

£4.50 | MARCH 2025

# Psychic News

EST. 1932

*Developing your mind, body and spirit*

## EXPLORE THE FASCINATING FIELD OF PSYCHOMETRY

**FURRY FRIENDS MAKE  
SPIRIT RETURNS**

**YOKO ONO HAS SOME  
'CONNECTION TO THE  
OTHERWORLDLY'**

**TAP INTO INNER PEACE AND  
SELF-HEALING POTENTIAL**

**CARDIFF POLTERGEIST  
IMPRESSES PROFESSOR**

**HAUNTING TALES FROM  
ADELE'S FORMER VILLAGE**

**VICTOR HUGO TOLD OF  
ATTENDING SÉANCES**

**BLISSFUL STATES  
TRIGGERED BY TRAUMA**

**COMEDIAN HELPS HEAL  
SPIRITUAL SCARS AT  
BATTLEFIELD**

**BEST-SELLING AUTHOR  
THERESA CHEUNG SHARES  
HER PSYCHIC STORY**

**MARCH INTO SPRING  
WITH INNER INTUITION**

**MEDIUM BRINGS HEALING  
HOPE AFTER PEOPLE 'TAKE  
THEMSELVES HOME'**

**FRANCE'S MYSTICAL PAST**

**HARRY EDWARDS' SANCTUARY  
UNDERGOES 'REAWAKENING'  
RENOVATION**

**INTERNATIONAL PSYCHIC  
DETECTIVES SEARCH  
FOR PEOPLE AND PETS**

**MEDIUM FINDS MAN  
MISSING FOR THREE DAYS**



ISSUE NO 4246





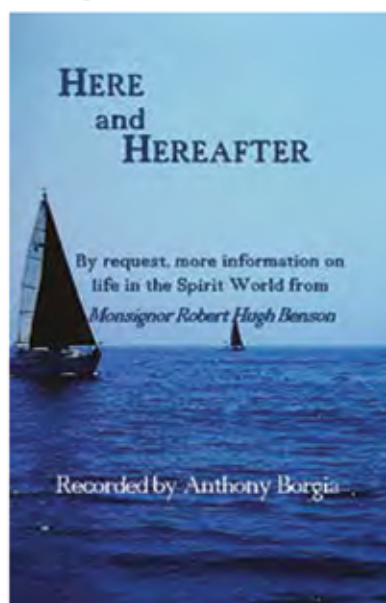


**FACTS: More spirit communications from Monsignor Robert Hugh Benson**

This book, the first of three following the very popular descriptions of *Life in the World Unseen*, contains spirit scripts received clairaudiently by Anthony Borgia from Monsignor Robert Hugh Benson, a friend from his schooldays.

Print: UK £9.50 US \$12.00

Digital: UK £4.99 US \$6.99



**HERE AND HEREAFTER**

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 was able to furnish information which answered many of the questions.

Print: UK £9.50 US \$12.00

Digital: UK £4.99 US \$6.99

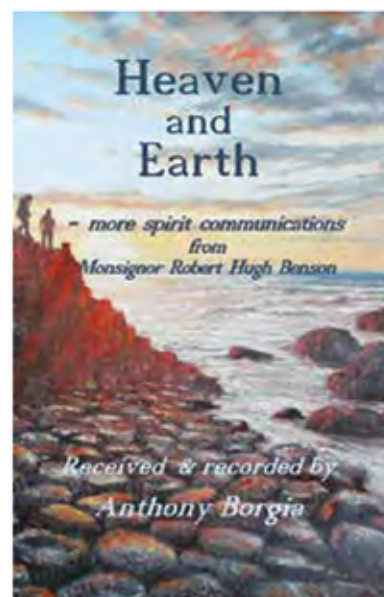


**MORE LIGHT**

This is the second of three books from Monsignor Robert Hugh Benson, following his very popular descriptions in *Life in the World Unseen*. These amazing spirit scripts were received clairaudiently by his friend, Anthony Borgia.

Print: UK £9.50 US \$12.00

Digital: UK £4.99 US \$6.99

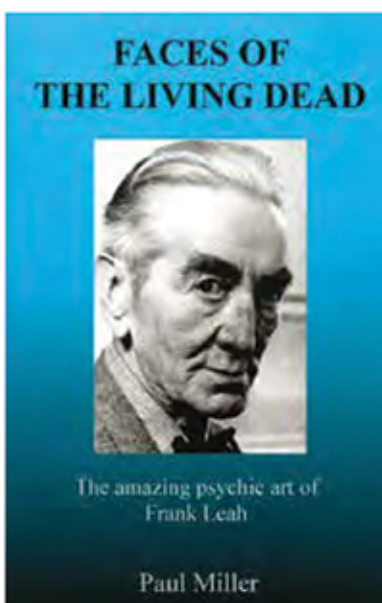


**HEAVEN AND EARTH: More spirit communications from Monsignor Robert Hugh Benson**

This reprint of a classic Spiritualist book is the third in the series of further spirit communications from Monsignor Robert Hugh Benson.

Print: UK £9.50 US \$12.00

Digital: UK £4.99 US \$6.99



**FACES OF THE LIVING DEAD**  
By Paul Miller

A talented journalist, artist and draughtsman by profession, Frank Leah possessed a far more extraordinary gift: he was the greatest psychic artist this world has seen.

Print: UK £8.50 US \$12.00

Digital: UK £4.99 US \$6.99

**AVAILABLE  
FROM  
Amazon.co.uk  
Amazon.com  
or  
direct from:  
www.snppbooks.com**

*Where many more  
Spiritualist books  
covering a range of  
subjects can also  
be purchased*



# Contents

- 04 Two worlds are one**  
Get in the swim with diver Tom Daley who practises mindfulness and discover why humans should breathe like a dolphin

- 08 Radio show tells of blissful states triggered by trauma**  
A BBC radio series about perception and alternative realities features two people who experienced peace and bliss in the midst of terrible events

- 10 Medium finds man missing for three days**  
A clairvoyant is credited with finding a vulnerable man who went missing from his care home

- 11 Paranormal TV series returns with four new cases**  
A hugely successful supernormal series returns with a new set of stories linked to haunted homes

- 12 Famed sanctuary undergoes 'reawakening' renovation**  
A healing sanctuary set in a stunning Victorian house and gardens is undergoing a renovation to refresh the grand property

- 14 International psychic detectives search for people and pets**  
Medium Lisa Bettison tells her psychic story and how she and other clairvoyants run an international psychic detective group

- 15 Haunting tales from singer's former village**  
A West Sussex village which was once home to chart-topping singer Adele has more than its fair share of paranormal activity



- 16 Comedian helps heal spiritual scars at battlefield**  
British-Iranian comedian Omid Djalili takes a serious look at a historical English battlefield and helps heal the psychic wounds left there

- 18 Yoko Ono has some 'connection to the otherworldly'**  
A close friend of Yoko Ono, the wife of former Beatle John Lennon, says he is sure she is psychic



- 19 Battle looms over future of famous haunted pub**  
The owners of one of the UK's most famous haunted pubs launch an appeal that it must be rebuilt after being ravaged by fire and then demolished

- 20 Underground is open about ghost sighting on Tube**  
Researchers seeking records of paranormal sightings on London's Underground uncover a haunted happening at King's Cross station

- 21 'Everyone has psychic gifts' says best-selling writer**  
An in-depth interview with Theresa Cheung, who has been writing about spirituality, dreams and the paranormal for the past 25 years

- 24 Medium brings healing hope after people 'take themselves home'**  
Medium Becc Sawyer tackles the difficult subject of suicide with sensitivity and understanding

- 28 When furry friends make spirit returns**  
Hereditary medium and author Glynis Amy Allen investigates animals and the afterlife



- 31 COVER STORY**  
**Explore the object of psychometry**  
A fascinating all-round look at this psychic gift along with a DIY guide to how you can try your hand at it

- 34 Researcher gives flavour of France's mystical past**  
The author of five books, this month sees the publication of Rob Wildwood's fabulous new volume *Magical France: 500 Sacred & Mystical Sites*

- 37 Sudoku competition**  
We have copies of Heather Askinosie's *Daily Crystal Inspiration Oracle Deck* as prizes for five lucky winners

- 38 Tap into inner peace and self-healing potential**  
A Master of Science in biology, Marzcia Techau covers various areas, such as how to find healing and guidance from the spirit realms

- 42 March into spring with inner intuition**  
Regular columnist Ceryn Rowntree gives easy-to-follow tips on how to connect with our inner intuition

- 45 Famous author told of attending séances**  
In his wonderfully researched column, Graham Jennings highlights three topics, including a celebrated author's psychic story and the astonishing Elberfeld horses

- 48 Professor probes pesky poltergeist Pete**  
John West charts one of the most intriguing cases of poltergeist activity, which was investigated by a leading psychic researcher

- 52 A good read**  
Read about various subjects like psychic archaeology, shamanism and healing, and two new oracle decks

- 54 Classified advertising**

- 56 What's on at Spiritualist churches and centres**

EDITOR  
Tony Ortzen

CHIEF REPORTER  
Ann Green

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

CIRCULATION MANAGER  
& EDITORIAL SECRETARY  
pneditorials@gmail.com

TECHNICAL ASSISTANT  
Magnus Smith

DESIGN AND LAYOUT  
Louise Lynch

ACCOUNTS  
Bryan Golland

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

Tel: 01376 563091

EDITORIAL EMAIL  
pneditorials@gmail.com

WEBSITE &  
ONLINE SUBSCRIPTIONS  
[www.psychicnews.org.uk](http://www.psychicnews.org.uk)

ISSN 0033-2801

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

#### FRONT COVER

Photo: Louise Lynch, DALL-E, Leonardo.ai



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



MIX  
Paper | Supporting  
responsible forestry  
FSC® C017177



# TWO WORLDS ARE ONE

NEWS AND VIEWS FROM  
THE EDITOR'S DESK

BY TONY ORTZEN

## Tom's in the swim with mindfulness

A COUPLE of months ago, I began with the exciting news that an American investigation found that mindfulness is not all in the mind, as some sceptics claim. First, a quick recap.

Conducted by researchers at the University of California San Diego School of Medicine, a team used advanced brain imaging techniques to compare the pain-reducing effects of mindfulness, a placebo cream and a "sham" mindfulness meditation in healthy participants.

"The study," said a feature about the trial, "found that mindfulness meditation produced significant reductions in pain intensity and pain unpleasantness ratings, and also reduced brain activity patterns associated with pain and negative emotions."

Prof Fadel Zeidan, who was involved in the study, commented: "By separating pain from the self and relinquishing evaluative judgement, mindfulness meditation is able to directly modify how we experience pain in a way that uses no drugs, costs nothing and can be practised anywhere..."

"Millions of people are living with chronic pain every day. There may be more these people can do to reduce their pain and improve their quality of life than we previously understood.

"We are excited to continue exploring the neurobiology of mindfulness and how we can

leverage this ancient practice in the clinic."

Mindfulness involves living in the present moment, appreciating the here and now, and not dwelling too much on the past or future.

Now let's dive in and greet Olympic gold medalist swimmer Tom Daley, who revealed to American business news channel CNBC that he practises mindfulness.

Speaking to Tania Bryer at the World Economic Forum in Davos, Switzerland, Tom



**TOM DALEY** admits that at first he was sceptical about mindfulness. (Photo: Facebook)

### **Psychic News (incorporating Two Worlds)**

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

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

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

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





**EXPERT** says if “you breathe consciously every eight minutes every day, you transform not just your world view, but your life as well.”

referred to the pressure of going “into an Olympic game where you have to perform on that one day. Those six dives have to be perfect. If they’re not, it’s over.”

Britain’s most decorated and recently retired diver, Tom added: “Going into that is, of course, completely terrifying. You have to get to a place where you can be as relaxed and peaceful as possible.”

Tom’s sixteen-year Olympics diving career began at the age of fourteen when he won gold at the European championships. He went on to win a total of five Olympic medals.

Tom, who was initially sceptical about mindfulness, added: “After 2016, I started doing mindfulness.

“I also started doing breathing techniques and guided meditations. It took me ages to actually start doing it because as soon as somebody said, ‘Oh, you should try mindfulness and meditation’ I was like: ‘Come on. What is that really gonna do?’”

At first, Tom found it “challenging,” but eventually got into the swim of things.

“What I loved about it was the fact that I could go to this mind bank if you like,” he explained.

“I like to think of mindfulness as going to the mind bank and taking out all of the mind cash you need for the day.

“The nice thing about this mind bank is that it doesn’t run out of cash. Throughout the day, you can go back and take whatever cash you need to be able to perform at your best.”

CNBC added: “Mindfulness is a tried and tested method that has been proven to decrease feelings of anxiety and depression.

“One 2024 study of 1,247 adults from 91 countries by the University of Southampton and Bath found that after a month of practising mindfulness for ten minutes daily, participants reported

reduced depression, improved wellbeing and decreased anxiety.

Previously, meditation expert Vishen Lakhiani told CNBC: “People think that the length of your meditation is what determines the quality of your meditation.

“That’s not true. Don’t think that you need an hour in meditation. You can take a one- to three-minute dip into peacefulness and see remarkable results. The biggest benefits are going to happen in the first few minutes.”

## Take a deep breath...

CERTAIN mind, body, spirit practices involve breathwork, but according to an expert on the subject humans can learn from dolphins. Take a deep breath and I’ll explain.

Writing in the *Irish Examiner*, Rita de Brún began: “Breathwork – that venerable, ancient art, once chiefly linked with mystical philosophies and birthing women – is deep in the zeitgeist and in the daily practices of legions of celebrities.

“Among them are: songsters Taylor Swift, Billie Eilish and Justin Bieber.

Actors: Jennifer Aniston, Owen Wilson and Orlando Bloom. Broadcaster Oprah Winfrey, too.

“Even the England national football team. Last year, after a Euros win against Slovakia, the players were put through their paces by the breathing specialist Stuart Sandeman.”

Rita interviewed breathwork expert Michael Wood. Originally from England, he has lived in Ireland for over 30 years and is the author of the recently published *Just One Conscious Breath*.

Michael’s great-grandfather, Bertie Buckland “was Chief Druid of England back in the day.”

Discussing breathwork, Michael commented: “This is something we should all do. Think of dolphins.

“They come up for air every eight minutes, then dive deeply into their world. Become a land dolphin. Breathe consciously like a dolphin.

“Conscious breath is a bridge between you and your awareness. So when you consciously breathe, you take a step out and look inwards.

“What is looking in is awareness and is greater than the person who’s consciously breathing. So if you breathe consciously every eight minutes every day, you transform not just your world view, but your life as well...

“We forget that our breath is the portal, and that we can’t get there until the head is clear from clutter and ego. All of that must be stripped away.”

Michael added: “Along with consciously breathing like a dolphin, consciously nasally breathe.

“Walk in nature, and consciously and exclusively breathe through your nose. That way, you centre yourself and distill your thought stream...

“It’s very simple. You don’t need to get on a plane to Bali to follow. Get to know and befriend your breath. It has never let you down...

“It’s your life force. It’s like this beautiful, loyal pet that you’ve ignored your whole life.

“It’s there, it loves you and it’s wagging its tail and saying, ‘This is the key to your awareness, calmness and clarity.’”

As Michael and Rita talked about the benefits of not thinking, she said that “when out walking and at regular intervals throughout the day, I have no thoughts at all. I’ve been this way for as long as I remember.”

Michael replied: “That’s a massive blessing. The spiritual teacher Eckhart Tolle says his greatest achievement in life is to stop thinking at will.

“The Indian philosopher Krishnamurti would walk in the woods for hours and not have a thought. That’s high level.”





## Watch your words when discussing the 'dead'

AS Spiritualists, we believe in life after death. Passing on is simply taking off a sometimes heavy, worn out overcoat and entering a love and light-filled land Above complete with our memories, personalities, intelligence and other obvious assets.

Thus, when going to a funeral for a family member or friend, it's best to take care what one says about the so-called departed because they can also attend the service if they choose to.

Along similar lines, here's a newsy nugget from spiritual healer Matthew Manning, whose "dead" father recently popped in.

On Facebook, Matthew, who has treated members of the Royal family and ordinary folk like thee and me, posted: "Yesterday I was chatting to a patient about my father, who passed away almost fifteen years ago.

"Towards the end of his life he had been deeply suspicious of what was then relatively new computer technology.

"Until he died, he only used a typewriter, carefully erasing any errors with Tipp-Ex and keeping copies of his correspondence on carbon paper. He was truly a 21st century Luddite."

Matthew's mother "had wanted a computer whilst he was alive, but he told her there was no point as she couldn't type – a strange and false excuse!

"Within months of his death she bought a computer, and later an iPad, and quickly

got the hang of an online life.

"The family now joke that she's had a hand transplant as she's always on her iPad."

As Matthew recounted this story to a patient, he "heard a sound from the table close by in my healing room – and saw my reading glasses moving by themselves across the table top only stopping when they reached a book and couldn't slide any further.

"My patient just caught the final moment of movement and we laughed about it."

Matthew ended: "It's been a very long time since I've seen an object moving by itself in my presence, but I knew immediately that it was my father.

"For whatever reason, wherever he may now be, he had obviously heard what I'd said about him and was making himself known.

"Although I was reminiscing with some affection, it reminded me of the old adage to never speak ill of the living. Nor, it would seem, the dead!"

## As others see us...

BECAUSE we're all so used to Spiritualism and psychic phenomena, it becomes part of everyday life and the paranormal is quite normal.

However, for some folk it's all a bit weird and whacky, so it's interesting to take a step back and take a peek now and again at how others see us.

Step forward Olivia Williams, senior reporter for the *Liverpool Echo*, who began her report:

"Several people were moved to tears after watching Psychic Sally. The TV medium, whose full name is Sally Morgan, has appeared in a range of TV programmes over the years.

"Her first show was *Sally Morgan: Star Psychic* in 2007, which showcased her attempts to connect audiences with the spirits and ghosts of their loved ones.

"Others may remember her from *Celebrity Big Brother* in 2018, where she finished in fifth place."

Olivia attended a recent evening of mediumship by Sally at the Floral Pavilion in New Brighton "where standard tickets cost £30.50. As a sceptic and someone unfamiliar with her work, I had no idea what to expect.

"The 73-year-old was welcomed to the stage with a huge applause and to a backdrop of pink and emblems of her name and face.



**MANY of those at a demonstration by medium Sally Morgan "were moved to tears."**  
(Photo: Facebook)

"Sparkling in a silver sequined blazer and silver shoes, we were introduced to some background information."

Sally told the audience that if someone thought a communication coming through her was for them, to stand up and they would receive a microphone before appearing on the screen.

The first contact Sally received "was regarding a woman 'in a blue nightie and wandering the streets.' Other information included a 'big tree.'"

Olivia continued: "It appeared the audience were slightly hesitant to begin with, but the information soon resonated with someone.

"Many of the audience members who stood up were moved to tears as loved ones seemingly came through with 'messages' via Sally.

"Some of the information didn't land and people were left pondering what it meant to them.

"One 'message' regarding a crash involving a young man appeared to be accurate and as a sceptic, I wondered how Sally got this so right."

Olivia added: "For me it was the audience who made the show with their raw honesty and vulnerability. People shared heartbreaking memories and I only hope their interactions with Sally brought them some peace."

Then came: "There were times the topics were especially heavy, involving children and illness, and Sally said she believed it was her duty to pass this on.

"However, there were light moments in the show which brought warmth and laughter.

"One incident involved a 'cat' which brought laughter and there were sprinkles of Scouse humour throughout.

"Sally was also very charming and shared moments of her own loss following the death of her husband John in September 2021."

Olivia ended: "The show has not changed my mind as a sceptic, but I believe some people were brought comfort following the show.

"If, like me, you are unsure I would suggest to go with an open mind and you may be surprised."



**HEALER Matthew Manning saw his reading glasses "moving by themselves" across a table.**  
(Photo: Facebook)



# SAVE PSYCHIC NEWS URGENT APPEAL

Please help us save *Psychic News* so we can continue to spread Spiritualism to the world.  
All donations will be gratefully received.  
Here is how you can donate.

## By Cheque

You can send a donation by cheque to our office.  
Please make cheques payable to: **Psychic Press Ltd**  
and send them to:  
**Psychic Press Ltd,**  
**Unit 2, Griggs Business Centre, West Street,**  
**Coggeshall, Essex CO6 1NT**

## By Phone

You can make a donation over the phone using a credit or debit card. Please call: **01376 563091**  
We will be able to take your calls between  
11am and 7.30pm – Monday to Friday.  
We only have one phone line, so if it goes to voicemail  
please leave your number and we will call you back.

## GoFundMe Page

You can make donations by card or Paypal.  
Go to: **www.gofundme.com**  
and search '**Save Psychic News**'  
or use the direct link below:  
**www.gofundme.com/f/save-psychic-news**

## Via Paypal

You can send donations from your  
Paypal account straight into ours.  
Send your donation to: **pnadverts@gmail.com**  
Please mark payments as a 'Donation'

## Bank Transfer

You can send donations directly  
into our bank account.  
Sort Code: **20 36 98** Account No: **63272923**  
Account Name: **Psychic Press Limited**  
Please mark payments as a 'Donation'

## Standing Order

You can send monthly donations directly into our  
bank account by setting up a Standing Order with  
your bank. Our details are:  
Sort Code: **20 36 98** Account No: **63272923**  
Account Name: **Psychic Press Limited**  
Please mark payments as a 'Donation'



*IN their teens and early twenties, Gen Z has emerged as the most spiritual age group in the UK.*

## Generation Z scores an A

NOW in my 70s, one thing I've learnt is that age doesn't automatically bring wisdom or other noble assets. However, it seems that Gen Z – those in their teens and early twenties – score an A when it comes to spirituality.

Conducted by OnePoll, a survey has found that 62 per cent of Gen Z describe themselves as "very" or "fairly" spiritual.

Thus, they are the most spiritual age group in the UK, with just 13 per cent identifying as atheists.

Surprisingly, of those aged over 65 only 35 per cent classed themselves as "very" or "fairly" spiritual.

The same description applied to 36 per cent of those aged 55-64 and 52 per cent of people between 35-44.

A poll of 10,000 people was commissioned by Christopher Gasson to mark the publication of his latest book about religion, *The Devils' Gospels: Finding God in Four Great Atheist Books*.

Freya Stewart-Williams, twenty, from London, told *The Times* how despite coming from a Christian family, she did not "want to believe" in God, but did feel as if "something is out there."

Freya worked in a crystals shop in London's Covent Garden selling gemstones with healing, calming or luck-bringing qualities.

"The main demographic (of customers) was people in their early twenties," she said. "We classed ourselves as a 'spirituality shop'."

"With the rise of TikTok and social media, there was a massive trend for it during the first lockdown.

"I think the openness of this generation when talking about mental health and accepting that we all experience different states of mind has been a massive driver for people being more open to spirituality."

When asked about the biggest factors for declining Christianity rates in the UK, Gen Z cited the "inability to grapple with scandals involving abuse" as well as generational change.

Many young people described spirituality as encompassing wellness and mindfulness. Other associations included nature, astrology and crystals rather than participating in religious rituals.

The great Irish dramatist and author George Bernard Shaw famously declared, "Youth is wasted on the young." As Gen Z has embraced spirituality, it seems he was wrong in this case.





# Radio show tells of blissful states triggered by trauma

A BBC radio series about perception and alternative realities has featured two stories in which people experienced peace and bliss in the midst of traumatic events.

Host of the Radio 4 programme *Sideways*, Matthew Syed first introduced David Wright, who joined the RAF in October 1990 aged seventeen. A few months later, he was sent to fight in the first Gulf War after the Iraqi invasion of Kuwait.

The young recruit soon found himself in constant danger, witnessing terrible scenes and losing comrades in horrific acts of violence.

One night while watching missiles being intercepted overhead, David suddenly experienced himself floating in the sky with stars all around.

There was “a feeling of serenity, of peace and calm, nothingness,” he recalled. “Just a beautiful feeling that I had

connected to the universe. It was a really strange feeling, but a welcoming one.”

David believed that even if a missile had come down “and killed us all it wouldn’t have mattered, it was just me in a moment of bliss in the middle of a warzone.”

Back home in Grimsby, Lincolnshire, David knew he couldn’t tell anyone about his worst memories or the ecstatic experience and kept them secret for years.

In October 1992, David was sent to Northern Ireland during a period of IRA attacks. Spending time alone in the mountains of County Armagh he experienced more episodes of floating.

“This time it was for longer periods,” he said. “It was deeper.” The sensation was like “being ‘beamed up,’ into that state

where your mind is no longer running things.”

Continuing his military career, David privately allowed himself to enter blissful states while on battlefields. He got married and had children, but still didn’t discuss his ability to enter an altered state.

In 2007 while serving in Afghanistan, his life changed forever. Searching for bombs and mines, David felt a pain in his leg and thought he had been shot.

Looking down, David saw that he had been bitten by a huge camel spider. Although not venomous, the bite caused a severe bout of sepsis.

In hospital, David was told he would die within hours. He lay back and transported himself to his familiar blissful state.

Against all the odds, David survived. Weakened and with type one diabetes, he was discharged from the RAF on medical grounds.



Two years later he was diagnosed with post-traumatic stress disorder. On a course to help those suffering combat stress, David was introduced to meditation.

"I didn't know until that moment in 2011 that I'd been doing this for years," he told Matthew Syed.

"When I told the instructor what I had been doing and experiencing, she said 'You're already at a really high level for meditating.' I realised I needed to study this."

While working towards a doctorate in trauma, psychology and counselling, David met Dr Steve Taylor, a senior lecturer at Leeds Beckett University specialising in transpersonal psychology – the study of ranges of human potential beyond normal states.

In recent years, Dr Taylor's research has focused on "transformation through turmoil," as discussed in his 2021 book *Extraordinary Awakenings*.

It deals with the transformational effects of intensely stressful and challenging experiences such as bereavement, serious illness and addiction.

Dr Taylor found that events may create a shift in identity which is equivalent to a spiritual awakening. It became apparent that this was what David had tapped into during his meditations.

In a second story, listeners heard about Shakespearean actor and singer Renu Arora's near-death experience (NDE).

One evening in March 2017, Renu popped to her local shop in the midst of a normal day of rehearsing.

Standing at the edge of the pavement to look up the road, she was caught on the

boot by a bus, dragging her leg under it.

Instantly realising that she might be about to die, Renu became aware of "three realities at the same time."

In the first scenario, Renu "was underneath the wheel of the bus. The second was feeling this imprint of me still standing up. I could still feel my feet on the floor."

In her "third reality," Renu had "ejected my body and found myself floating higher and higher."

"I could see the top of the red bus. The physical world felt like it was just dissolving. I felt this enormous sense of peace and joy."

Renu remembered being "bathed in so much light. I was full with a love that was unlike any I had felt in human form."

In the 90 seconds it took to release Renu from under the bus, her leg was completely crushed, "but I didn't experience any sensations of pain. There was such a sense of awe and wonder."

Feeling she could happily stay forever in that "space of eternity," Renu was abruptly back in real time.

Screaming with pain, she was rushed to hospital. Every bone in her right foot was broken and her leg crushed. The actor had also lost her singing voice.

At first, Renu cried every day. Later, she shifted her mind back to the blissful experience as well as the terrible accident.

Renu told listeners: "My brain was flitting between the horror of what I was experiencing on a physical and emotional level, and the beauty, joy and love and the transcendence of this enormous, life-changing and profound spiritual experience. I had to find a way to bridge them both."

It took three years, but Renu slowly started to use the experience as an anchor to help get through her recovery.

Renu "felt like I had a master re-set. So many of the limiting beliefs that I imposed on myself had fallen away in a heartbeat."

The actor has rebuilt her life and sense of identity, accepting her life as a wheelchair user.

Thankfully, her voice returned. In 2021, she landed the role of opening the Royal Shakespeare Company's first show back after the Covid pandemic.

The *Sideways* programme highlighted the work of Dr Andrew Newberg, director of research at the Marcus Institute of Integrative Health at Thomas Jefferson University in Philadelphia, USA.

Dr Newberg has scanned the brains of hundreds of people engaged in spiritual practices as well as those who had blissful experiences in unexpected settings.

He explained that when something frightening happens, "your arousal system kicks in to a very high level, ready for a fight



**RENU ARORA** "ejected my body and found myself floating higher and higher." (Photo: Facebook)

or flight response.

"What can happen is the calming side can pop on and suddenly you're overwhelmed by a feeling of calmness and bliss."

His studies have found that "an area of our brain that we think is involved in this feeling of oneness or unity is in the back of the brain called the parietal lobe." This section processes sensory information such as touch, pain and temperature.

A neuroscientist, Dr Newberg noted that during frightening experiences "there is a significant decrease of activity in this parietal lobe. We lose the boundary between ourself and the rest of the world around us."

People also reported feeling a sense of clarity and "understand the world in a way they never have before."

There may be a feeling of "being carried along, of not being in control. A sense of surrender feels beautiful, whether in deliberate practice or in an extreme situation."

In 95 per cent of cases, people said the blissful experience had transformed them in a positive way.

Renu Arora comments on her website that three years after her NDE, "in 2020, BBC Radio commissioned me to write and compose three pieces – a Pandemic Trilogy – (one specifically for World Trauma Day) about my accident and NDE."

"These had an overwhelming audience response, which jammed its switchboard with callers."

On *Sideways*, Renu added: "I'm not really interested in trying to prove to people that it happened or trying to verify it. The most important thing for me is to use it to be a better human being."



**DR ANDREW NEWBERG:** "Suddenly you're overwhelmed by a feeling of calmness and bliss." (Photo: Jefferson Health on Facebook)

# Medium finds man missing for three days

A CLAIRVOYANT has been credited with finding a vulnerable man who had been missing for days.

The remarkable rescue occurred after 62-year-old Eric Allen White, who has dementia, wandered away from his care home in San Antonio, Texas. He was wearing only pyjama trousers, a T-shirt and sandals.

Authorities had been alerted and were searching the area, but could find no trace of the missing man.

Mr White's carer Angelica Diaz told local reporters that in desperation she posted an appeal on Facebook.

She was contacted by Vic Andrea, a sixth-generation medium based in San Antonio. Vic said she felt a connection to the case and believed she could help.

The psychic's message said she "can often pick up on visions, thoughts, directions, etc."

Vic added that she appreciated people might have strong religious beliefs, but if they would trust her, she would try to connect to Mr White's spirit guides for information.

Offering her services for free, Vic set about meditating on the missing man that night.

"I just started getting downloads," she said. "I could see, like, his path. It's like a vision, like a movie."

Vic received names connected to Mr White's family, which impressed Angelica Diaz, who commented:



**ERIC ALLEN WHITE** wandered away from a care home. (Photo: Angelica Diaz on Facebook)

"I thought: 'Wow, that's really uncanny. How does she know that? Okay, she's the real deal.'"

The women agreed to meet, but Vic wasted no time in seeking more information to try and locate Mr White. In a vision, she believed she was seeing through his eyes.

Although confused, Mr White seemed to be admiring the beauty of nature all around him "like a kid in a candy store. He just kept walking and walking in a trance at the beauty outside."

Vic saw that at first Mr White wasn't scared, but was cold. When it became dark, he started to panic.

In her mind's eye, Vic saw him trying to get into a large concrete circle to get out of the wind. She kept hearing mentally, "Follow the birds."

On TikTok, Vic explained how on the third day Mr White had been missing, she headed out to an area of woodland she felt guided to investigate.

Seeing a flock of scavenger birds, Vic knew they were significant. In her vision, she saw vultures circling over Mr White's body, thinking he had died. Vic was sure he was still alive.

"I went out and started following Spirit, following the birds," she said. However, the first ones she encountered were flying around the remains of a deer.

Vic then came upon a barbed wire fence, exactly like one she had seen in her vision. "Everything in my holy gut told me to keep walking," she recalled.

After half an hour, Vic started to consider returning to her car, but stopped to look at the view towards San Antonio.

Suddenly, she spotted Mr White lying on the ground by some concrete blocks, including a "cement circle thing" just as she saw in her mind's eye.

The confused man was muttering his wife Becky's name. Carer Angelica Diaz and rescue services were called, and quickly came to the scene. "It was just a sweet, sweet moment," Vic added.

Angelica expressed her enormous relief



**PICTURED left, medium Vic Andrea is seen with missing man's carer Angelica Diaz.** (Photo: Facebook)

that Mr White had been found safe with only minor injuries after being missing for three days.

On her website, Vic says she was born with "an innate spiritual gift. I have journeyed through life guided by an unwavering connection to the spiritual realm."

"My earliest memories are of kindergarten, where I experienced events beyond comprehension, setting the stage for a lifelong exploration of the unseen."

"Growing up under the influence of my grandmother, a beacon of spiritual wisdom, I witnessed firsthand the profound impact of her practices."

"With boundless compassion, she utilised premonitions and prayer to heal the sick and guide countless souls on their life paths."

"Though initially overwhelming, her extraordinary abilities ultimately inspired me to embrace my own gifts."

Vic adds: "My personal belief is that psychic potential lies within every individual, but when coupled with lineage, it unlocks profound depths."

"My journey has been enriched by the constant presence of my ancestral guides alongside angels who have been with me since birth, forming a powerful connection that sustains me through life's twists and turns..."

"It is my privilege and honour to extend my gifts to others, providing solace, direction and healing on their journey towards wholeness."



INVESTIGATOR and TV presenter Danny Robins discovered that a haunted property was once an orphanage, which closed in 1902 following alleged brutality towards children. (Photo: BBC)

# Paranormal TV series returns with four new cases

A **HUGELY** successful paranormal series has returned to TV screens with a new set of stories linked to haunted homes.

*Uncanny* follows host and ace investigator Danny Robins as he interviews people about their experiences, then throws the cases open to sceptics and believers for comment.

"We were absolutely blown away by the theories and interaction from viewers of the last series," Danny said ahead of the first of four new programmes.

In episode one, Danny was joined in the studio by Liam, who grew up on a remote property called Holly Mount Farm in Greenmount near Bury, Greater Manchester.

Liam's otherwise happy childhood was marred by sightings of a little boy and an overbearing, oppressive presence. He was so terrified that even as an adult, he refused to go upstairs in the house alone.

"The bedroom was one of the worst areas," Liam explained. "There was a corner of the room which was deep and dark with a rail across it for hanging clothes on. It always felt like there was somebody in that corner..."

"I always felt like I was being watched. It wasn't just my imagination: something was there."

On Christmas Day 2000, Liam "went downstairs early to open my presents. It was a PlayStation; I turned on the console and began to play.

"I felt eyes burning into me. I turned to the corner of the room. That's when I saw him – a little boy just standing there watching.

"When I turned, he was gone. It

happened so many times that I started to dread certain parts of the house."

For years, nobody else acknowledged the paranormal activity. When his parents finally opened up, Liam discovered that not only had they also seen things, but it had been going on for generations before him.

His grandparents first rented Holly Mount Farm from a nearby convent in the 1960s. Danny's investigation uncovered testimonies from several people who visited the farm, all of whom reported an overwhelming feeling of unease.

Friends of Liam who stayed overnight also reported hearing footsteps and whispers when no one else was there.

Liam's mother Sarah described seeing the little boy, who had the appearance of a Victorian child, in the farm's dairy.

Both Liam and his father Jim, who also grew up on the farm, said they saw a "hooded figure" in the house.

"I used to get shaken awake most mornings at around about four in the morning," said Jim.

"I had a stack of encyclopaedias. One time they just slid off the cabinet, were in the air for a couple of seconds and then slammed to the floor right in front of my eyes.

"I was bloody scared. I heard something from the corner of the room, turned and saw a dark shadow-like figure. It looked like it had an overhanging hood."

Researching at Bury Archives, Danny learned that Holly Mount dates back to an orphanage, Holly Mount School, which was

opened in 1889 by Belgian Roman Catholic nuns.

It took in children from deprived backgrounds, who would be given a "moral education."

University of Manchester historian Dr Eloise Moss thought it possible "that a child could have been working in the dairy. It would have been an ordinary part of their routine to be working on the farmland."

The school closed in 1902 following alleged brutality towards the children, who complained of being starved and mistreated by the nuns.

Danny commented: "On top of all the ghost stories, children were dying. They were buried at a mass grave in Bury.

"Seeing the names of all these children, all 99 of them, I can't help wondering if the little boy that Sarah and Liam saw is one of these names here.

"It makes me wonder, 'Could the hooded figure that Liam and Jim saw, the figure that felt so oppressive, be wearing not a hood, but a nun's habit?'"

Following each episode, a podcast called *Uncanny: Post Mortem* brings together famous fans from across the sceptic-believer divide.

Celebrity ghost watchers, including actors Kiell Smith-Bynoe, Meera Syal and Charlie Cooper as well as *Uncanny* regular experts such as Scottish writer and paranormal psychologist Evelyn Hollow, join Danny alongside the lead witness at the heart of each story.

Both series of *Uncanny* are available to view on BBC iPlayer.

# Famed sanctuary undergoes 'reawakening' renovation

A HEALING sanctuary set in a stunning Victorian house and gardens is undergoing a huge renovation to refresh the grand property and continue the legacy of its founder.

Burrows Lea in Shere near Guildford, Surrey, is the former home of renowned spiritual healer Harry Edwards. It is now run by a charitable foundation bearing his name.

The 30-acre site is a haven of tranquillity, offering visitors a chance to relax in nature's restorative peace and receive spiritual healing from qualified volunteer healers.

The sanctuary has welcomed people from throughout the world, hosting spiritual events of all kinds from conferences and workshops to weddings and animal healing days.

Activities take place either in the main house or within a large marquee in the grounds.

New trustee Kim Pilkington told *PN*: "The house is so special. It has been well



**HARRY EDWARDS** purchased Burrows Lea in 1946 to dedicate himself to spiritual healing. (Photo: The Harry Edwards Foundation)

loved for many, many years and we felt it was time to refresh it and prepare to receive future generations of visitors.

"We're having to do some work to the interior of the house. We're not doing any structural projects as yet, but in time hope to expand our teaching space not only for our academy, but so we can invite spiritual groups and teachers from all over the world."

Kim added that recently "a music video and a fashion shoot were filmed at the sanctuary.

"The creators expressed their delight in the place and in its energy – it has ley lines running through the grounds. They helped us see its potential through their eyes.

"We felt it would benefit from a fresh approach after many decades of use. We wanted to marry the soothing energy of the natural surroundings with the interior of the house."

Recalling the legacy of the world-renowned healer, Kim added: "We aim to reaffirm Burrows Lea as the home of spiritual healing in the UK.

"Harry started that mission here in 1946. We want to engage with an even wider audience to share his incredible

spiritual principles and healing practices in the same way he did."

Kim described the first phase of work as "redecorating and refurbishing. We are reimagining some of the space by, for instance, creating a special meditation room.

"We are also refurbishing six large guest bedrooms and considering ways to create two more bedrooms."

With new trustees on board at the foundation, Kim described the plans as "a kind of reawakening."

She explained the trustees' aim to reach out to people of all ages, backgrounds and beliefs.

"For instance," Kim continued, "we're engaging with a lot of creatives who want to make music with higher spiritual vibrations within it to support people, especially youngsters who are so often bombarded with less than useful noises."

The foundation is also "working with trance medium and psychic surgeon Peter Efford, who is channelling Harry and Dr Peter Guy Manners, a pioneering osteopath and creator of 'cymatic therapy.' It uses sound waves to promote balance and healing in the body."



**RENOVATIONS** to the property will be completed later this year. (Photo: The Harry Edwards Foundation)



There is no charge to walk in the grounds of Burrows Lea or visit the house, which is open seven days a week.

General manager Caroline Baudry and healing office and volunteer manager Estelle Parker were taken on last November.

A fundraising manager is currently being appointed. Among the new trustees is Harry's great-granddaughter Alex Jeffery.

Kim is a reiki master, a teacher at London's College of Psychic Studies and a director of a successful software company.

Proprietor of a holistic health centre in Birmingham, healer Stuart Morris has a psychic connection with Harry, and believes he is gathering together a group of visionaries who are committed to rejuvenating his beloved sanctuary.

Now called Harry's Sanctuary, the chapel where the great man conducted healing can hold 80 people.

The basement, said Kim, is "full of amazing photographs, letters and notes written by Harry... It's a unique archive."

Harry was well known to readers of *Psychic News* for decades. Born in Islington, North London in 1893, he had eight siblings.

Following his father's career, he entered a printing apprenticeship and also developed a lifelong interest in politics.

In 1914, Harry enlisted in the Royal Sussex Regiment and served during the First World War. He achieved the rank of Captain and was sent to Persia (now Iran) to oversee the building of a key railway line.

When locals went to him with illnesses and injuries, Harry did his best to help them



**KIM PILKINGTON:** "We aim to reaffirm Burrows Lea as the home of spiritual healing in the UK." (Photo: The Harry Edwards Foundation)

with only a rudimentary medical kit.

Nevertheless, the recovery rate was remarkable and it soon became clear that Harry had a special ability to heal.

Returning home in 1921, Harry married Phyllis White the following year. The couple opened a stationer's shop and printing works in Balham, SW London.

Harry first visited Ilford Spiritualist Church, Essex, as a sceptic, but was impressed by what he saw and eventually joined a development circle. He became a trance medium, but even more importantly realised he had the ability to heal.

Distance was no object for healing. Harry's first success came when he heard of a man dying in hospital with advanced tuberculosis.

Harry focused his attention on him and "saw" all the details of his location. He later discovered that the information was correct.

On the night of Harry's "visit," the patient began to recover. Within three months, he was back at work completely cured.

With the outbreak of the Second World War, Harry joined the Home Guard, healing members of the Armed Forces and even his own son.

By the end of the war, it was time to make a major decision. In 1946, his brother took on the printing business and Harry, with the support of one of his sisters and her husband, purchased Burrows Lea to dedicate himself to healing.

Over the years, *PN* printed countless stories of Harry's healing successes. In November 1948, a hospital nurse named Sister Kemp told a *PN* reporter that Harry straightened the "worst curvature of the spine" she had ever seen.

The same year, he conducted a healing demonstration in Manchester, which was attended by 6,000 people.

London's Royal Festival Hall was packed when he appeared there in 1951. He held similar events in venues from Newcastle to Amsterdam.

As well as attracting thousands of followers at demonstrations, at the height of his ministry Harry received over 10,000 letters a week. He employed a number of typists to send out his replies.

Keen to see others train in healing, Harry became President of The Healing Trust (then the National Federation of Spiritual Healers) from its inception in 1954 until his passing in 1976 aged 83. Burrows Lea was the group's first headquarters.

He had the vision of spiritual healing becoming a significant component of



**AT the height of his ministry, Harry Edwards received over 10,000 letters weekly.** (Photo: The Harry Edwards Foundation)

public healthcare and wanted to see healers and doctors working together.

Harry also shared his knowledge in books with titles including *Life in Spirit* (1968), with a chapter titled *A Guide to the Development of Mediumship*.

His 1974 *Guide To The Understanding and Practice of Spiritual Healing* is still considered to be an essential read for those wishing to learn more about the practice.

The charity Harry established in 1966 carries on, bringing healing to thousands all over the world in person, by distant treatment and online.

It is hoped that the current phase of refurbishment at Burrows Lea will be completed by May this year.

Kim Pilkington said that away from ladders, paint pots and dust sheets, the sanctuary in a wing of the house is still open seven days a week.

The group also offers a Healing Minute conducted by practitioners which is broadcast live on Facebook at 10.00 am every Monday, Wednesday, Saturday and Sunday. Previous episodes are available on YouTube.

Other offerings include a monthly Healing Circle, Healing for You and bi-monthly animal healing. Pets are welcome at the sanctuary for healing and recreation.

**For further information, visit [www.he-foundation.org](http://www.he-foundation.org), check social media pages or phone 01483 202054.**

**Those interested in becoming a healer can join the foundation's academy and take courses, which range from a one-day experience to a full two-year certification.**

# International psychic detectives search for people and pets

**YORKSHIRE** medium Lisa Bettison promised the spirit world she would devote herself to working with it fully, but first wanted to raise her family. Now in her fifties, with her sons grown up, she is doing just that.

As well as serving Spiritualist churches, Lisa helps trace missing people and pets through an international psychic detective group.

Lisa told PN: "I grew up near Hornsea, East Yorkshire. As far back as I can remember, I would see people and hear talking when no-one else was there.

"A particular woman was around me a lot. One day I described her to my mum, right down to a scar on her lip from a dog bite. She knew straight away it was my grandma Muriel, who passed before I was born."

Psychic ability runs in Lisa's family. "My mum has the gift, but doesn't use it," Lisa added.

"My grandparents and great-grandparents were mediums. They used to sit and hold séances when it wasn't accepted."

At school Lisa saw spirit forms in classrooms. Some spoke to her, but she didn't dare reply. Lisa knew her friends and teachers "would have thought I was daft if I told them."

At the age of sixteen, Lisa and her mother visited medium Tessa Hazelwood. The Other Side "told me I should be doing this work and how things would snowball if I did."

Lisa subsequently joined the medium's development group and met her lifelong spirit guide.

"He's a Native American," she said. "I

know a lot of people say that, but he looked so unusual and had piercing blue eyes. Tessa knew who he was and said that if I looked in some books I would find him."

Lisa did so and "discovered his name in life was Quanah Parker. He was a Comanche chief. History tells us he had piercing blue eyes, so I knew that was him."

Additional spirit guides joined Lisa as her ability and work progressed. At eighteen, she attended workshops with medium Stephen O'Brien in Swansea and gave her first platform demonstration.

Around that time, a close friend of Lisa's called Darren passed tragically in a car crash. She was away, but woke up in the night knowing there was something wrong. She rang home and heard the terrible news.

"Darren started coming through to me," Lisa recalled. "He told me there was another car involved.

"I knew his mum well. When she visited, I told her that I didn't think it was an accident and gave her a few details.

"Next thing, the police asked me how I knew these things. They believed I was right, but shouldn't disclose anything."

Although there was not enough evidence to convict the person Lisa named, "he was arrested at a later date on a different offence. I believe justice was done."

Lisa took up a career in nursing, married her husband Phil and raised two sons,



**LISA BETTISON:** A scar from a dog bite clinched "dead" grandmother's identity.

Daniel, now 33, and Luke, 28. She told Phil that one day she would devote her time to spiritual work.

"I attended Spiritualist churches regularly, but didn't start giving platform demonstrations until later," Lisa continued. "In the meantime, in my late twenties I volunteered with the police as a special constable.

"We were going out on public order patrols around the town of Beverley. It became a standing joke that on a Saturday night when dealing with drunk and disorderly people, I could point out the ones we would be arresting later. By the end of the night, they were the individuals in custody."

Lisa's colleagues asked how she could spot potential troublemakers. "I could feel their aura," she explained, "and sense their intentions."

As Lisa developed her psychic ability, she attended courses at the Arthur Findlay College, Essex, where leading medium Tony Stockwell invited her to join a course on psychic detective work.

"After that we formed an elite international class of eleven of us – British, Canadians, Australians and Americans," said Lisa.

"While the British police aren't keen to engage with psychics, the ladies overseas have worked directly with sheriffs and police departments in their areas."

To name just a few, there's forensic astrologer and psychic investigator Anita Racicot McMillen in New Hampshire, America.

"We also have Jennifer King Brazier in Washington," said Lisa. "She's a medium and has just launched a new TV series



**AS a child, clairvoyant saw spirit forms in classrooms, but friends and teachers "would have thought I was daft if I told them."**



called *Passed But Present*.

"Kelly Kristin is an investigator and tutor, and recently ran the *Psychic Symposium*, a three-day Zoom event with development classes."

Lisa taught a class called *A Fly on the Wall* "as that's how we do psychic detective work – observing a situation like a fly on the wall."

"I took students in a guided meditation to see what they could detect in a known case I had prepared. They came up with amazing results."

All told, eleven women take on cases and share the name, photo and last known location of the missing person or pet they hope to find.

Each of them focuses on the details individually and then meet via Zoom to discuss their impressions. They make no charge for their services.

As an example of Lisa's work, she recalled the case of an elderly man in Wales, who had been missing for a week.

Lisa directed his family to an area she saw in a vision. Although she warned relatives he had passed, they were able to retrieve his body and to find peace for themselves.

Asked why it is not always possible for a clairvoyant to trace a missing person, Lisa commented: "I think some people don't want to be found, though I know that's really hard for their family."

"It's the person's own choice. You pick up their thoughts and feelings. Sometimes they say, 'Don't look for me.'"

Lisa continues to keep a promise to her guides and serves Spiritualist churches every week. She was recently pleased to see large congregations at Bridlington, York and Scarborough.

By request, Lisa plans to hold psychic detective workshops soon, and will also be taking to the stage in May with past-life regression hypnotherapist Tony Rae. He has been Chairman of The British Council of Professional Hypnotists since 1995.



INVESTIGATOR and tutor Kelly Kristin is one of the psychic detectives. (Photo: Facebook)

ADELE said a mansion she once rented was "quite scary."  
(Photo: Christopher Macsurak)

## Haunting tales from singer's former village

ACCORDING to *The Guardian*, a west Sussex village which was once home to chart-topping singer Adele has more than its fair share of paranormal activity.

The star briefly rented Lock House at Partridge Green in 2011-12, but her comment that the place was "quite scary" allegedly affected its chances of being sold.

The owner is trying to obtain planning permission to convert it, saying the offhand comment to a journalist by Adele has "blighted" his property. *PN* covered the story in September 2024.

Now *Guardian* writer Sammy Gecsoyler has highlighted other homes which may have more than a haunting melody within their four walls.

Thirty years before Adele's short stay, a couple were forced to move away from the village when nighttime rumblings and unexplained bright lights disturbed them.

The appearance of a face looking down on them was enough to convince them to up sticks and move elsewhere.

It was later revealed that the property, which was previously three cottages, had a tragic history.

One night in July 1941, a German plane was shot down over the homes. A woman living in one of the houses heard a noise and rushed to pick up her baby. The aircraft exploded, sending the engine crashing through her roof; it landed on the bed.

The disintegrating plane sprayed oil around the cottages, causing them to catch fire. The pilot's body was found wedged in the rafters of one of the roofs.

"If a house has had a past life, there may well be a higher chance of a sighting," said local historian Graham du Heaume. His 2010 book *Haunted Henfield* covers the town and its surrounding district, including Partridge Green.

Graham worked at the Natural History Museum as Head of Technical Services in the International Institute of Entomology. He later became a mudlark, scouring the banks of the River Thames and River Avon, collecting thousands of discarded historical artefacts.

Just before Graham retired, he visited a medium with his wife. It left a lasting impression on him.

Graham recalled: "He said to me: 'I've got a lady who's passing by. She sends her love and she's lost her little finger on her right hand.'"

"I went cold. That was my aunt, who I last saw in 1952. She lost her little finger on her right hand."

Since moving to Henfield, Graham's talent for collecting turned to tales of the supernatural.

One woman who took care of a cottage in Partridge Green said a "bloke dressed like an 18th-century soldier" would often be seen on the stairs and in the hallway.

A gardener at a nearby pub told Graham that a Victorian girl dressed in white would sit on a windowsill watching him as he worked. He saw her hundreds of times.

Even the former Budgens supermarket in Henfield, which was sold in 2023, was the target of poltergeist activity.

"Boy, was that haunted," said Graham. "There was a hell of a lot of stuff going on there."

Former staff members told him that blocks of cheese and bread would fly off shelves and counters. On one occasion, somebody witnessed a jar hovering in midair before dropping on the ground.

People reported seeing shadows or hearing footsteps along with smelling tobacco smoke.

At the Green Man pub, owner Becky Illes said, "Apparently there's a cat ghost here." It doesn't deter diners at the 19th-century gastropub situated on the side of a long, leafy road.

"I'm not gonna get involved," the publican added. "We can just coexist with one another."

Recalling one story from a former member of staff, Becky added: "When she was leaving to lock up, she thought she'd seen movement and then the kettle turned on. There was no one else in the building."

However, Becky isn't entirely convinced. "When you're in an old building, especially when it's windy, doors can creak," she commented.

"In our kitchen, when the wind blows, the door can move. That doesn't mean there's a ghost. It just means there's a breeze."

Graham du Heaume is similarly relaxed about the tales of ghostly encounters and unexplained noises. "I believe they can't hurt you," he concluded.



SPIRITUAL sleuth Konstantin Pavlidis is seen with comedian and history enthusiast Omid Djalili. (Photo: Hello Deer Studios/Sky HISTORY)

# Comedian helps heal spiritual scars at battlefield

BRITISH-IRANIAN comedian Omid Djalili has taken a serious look at a historical English battlefield and helped heal the psychic wounds left there.

In the Sky HISTORY pilot episode of *Battlefield Healers: Bosworth Field*, Omid and “metaphysical and spiritual sleuth” Konstantin Pavlidis investigate the Battle of Bosworth of 1485.

The conflict was the last significant clash of the Wars of the Roses, the civil war between the houses of Lancaster and York that extended across England in the latter half of the 15th century.

In August that year, Henry Tudor brought a small army to Leicestershire to challenge the much larger ranks of King Richard III. Richard was slain, paving the way for a new era led by Henry VII.

Several accounts of the battle survive, but they all tell a slightly different story, giving historians room to debate what actually happened.

Publicity for the show asks, “Was Richard III the deformed villain he’s been made out to be or was he demonised by those who killed and succeeded him?”

*Battlefield Healers* features academics, archaeologists and local historians. Konstantin Pavlidis was brought on board to offer a more spiritual perspective.

An expert in traditional medicine and healing, Mr Pavlidis believes that “we are a multi-level, multi-layered being that exists in other dimensions as well.”

The team tapped into the energies of the site and carried out a healing ceremony to alleviate the after-effects of the

enormous suffering and tragedy that took place there.

Award-winning writer, producer and director Jasper Warry, of BAFTA-nominated production company Hello Deer, called the programme a “true passion project,” which is based on a “profound and incredible experience” he had filming with Mr Pavlidis at the Battle of Hastings site in 2017.

He said that Omid and Mr Pavlidis did an “incredible job” in bringing the story of the Battle of Bosworth to life, adding that it’s “a genuinely original format which will offer a new perspective on our rich and fascinating history.”

Sam Pearson, executive producer for Sky, said the broadcaster was “struck by the originality of Hello Deer’s approach of bringing in an enthusiastic modern-day Spiritualist to try and unlock the battlefield horror and the enduring mystery of these iconic events in a new and vivid way.”

Omid Djalili admitted to a *Daily Mirror* journalist that sometimes his sense of humour got the better of him during the shoot.

“I am spiritually minded, but when Konstantin was saying, ‘I’m feeling something,’ while we were filming, it was funny to me,” the comedian commented.

“When you go to the site, you don’t have to be a medium to think, ‘My God: something bad happened here.’

“There are bits in the ground that feel like bones. There’s a swamp: it’s eerie, horrible.

“Then Konstantin did this whole healing ceremony. Afterwards, it felt like there was some kind of closure.”

Omid Djalili, 59, was born in London to Iranian parents who followed the Baha’i faith, which teaches the essential worth of all religions and the unity of all people.

He has enjoyed a career in comedy with acting, starring in films such as the smash hits *Mamma Mia! Here We Go Again* (2018), the Oscar-nominated *Shaun the Sheep Movie* (2015) and Oscar-winning *Gladiator* (2000)

He is currently on tour with his stage show *Namaste*. His website states, “Omid peacefully bows to his inner anger and unleashes a torrent of comedic vitriol upon the current state of this dangerously messed up planet.”

Online, the station referred to “sensitives and mediums who know the battlefield like the back of their hands and help us develop a deeper understanding of what occurred.

“We’ll learn about the geopolitical and human stories that led up to the conflict, the key protagonists and antagonists on each side, the blood and gory details of the battle itself, the weapons and techniques used by the armies, as well as folklore and mysteries that have travelled down the centuries to this present day.”

*Battlefield Healers: Bosworth Field* is available to watch on Sky HISTORY.



# SPIRITUALIST ASSOCIATION OF GREAT BRITAIN

**Est 10<sup>th</sup> June 1872 ~ Celebrating 152 Years**

341, Queenstown Road, Battersea, London SW8 4LH

Telephone: 020 7931 6488 Email: [info@sagb.org.uk](mailto:info@sagb.org.uk)

**PHONE LINES  
NOW OPERATE  
EVERY DAY  
FROM 11.45am  
TO 5.30pm**



**NOW  
Open to  
the public  
7 DAYS A WEEK  
11.45am to  
5.30pm**

**DEMONSTRATIONS:** Thursdays, Fridays and Saturdays from 3.30pm to 4.30pm & Sundays 5pm to 6pm

**SUNDAY SERVICE** at the SAGB at 3.30pm to 4.30pm

You can also join the service online with ZOOM (Meeting ID: 830 6071 9053 ~ Passcode: sagb2024)

## **HEALING CLINICS:**

Monday to Friday and Sundays from 3pm to 5pm plus

Saturdays 1<sup>st</sup> Clinic from 1pm to 3pm, 2<sup>nd</sup> Clinic 3.30pm to 5.30pm

**ZOOM CLINICS:** Mondays 7pm to 8pm • Wednesdays 4pm to 5pm • Fridays 4pm to 5pm

For all other activities at the SAGB and online including PRIVATE APPOINTMENTS, OPEN CIRCLES, OPEN PLATFORM, CLASSES, LECTURES, HEALING COURSES and EVENTS

please visit our website: **[www.sagb.org.uk](http://www.sagb.org.uk)**  
and Facebook at: **[www.facebook.com/SAGBORGUK](https://www.facebook.com/SAGBORGUK)**



INTERNATIONAL  
SPIRITUALIST  
FEDERATION

- ♦ **Annual Teaching weeks**  
Bringing together Spiritualists worldwide to learn and share
- ♦ **Online Events and Training**  
Services, workshops and online gatherings
- ♦ **Science Forum—**  
Keeping you up to date with scientific developments
- ♦ **Worldwide Members Representatives**  
Support network for Spiritualists

Supporting Spiritualists Worldwide  
for 100 years



I.S.F. Inaugural Meeting Liège, Belgium  
1923

For more details, membership  
& to book events, visit our website  
**[www.theisf.com](http://www.theisf.com)**



# Yoko Ono has some 'connection to the otherworldly'

A CLOSE friend of Yoko Ono, the wife of former Beatle John Lennon, says he is sure she is psychic.

Elliot Mintz, long-time friend and public relations representative of the couple, said all he needed was one phone call to convince him that Yoko had "some sort of connection to the otherworldly."

Now 92, Yoko grew up in Tokyo, Japan, and moved to New York City in 1952. She was part of the local artistic community in the 1960s, but shot to worldwide fame when she married John Lennon in 1969.

The couple used their honeymoon as a stage for public protests against the war in Vietnam.

They held what they called their "bed-in for peace" in the presidential suite at the Hilton Hotel in Amsterdam. Footage of the pair was broadcast around the world.

Some fans later blamed Yoko for the break-up of the iconic Liverpool band as John became increasingly avant-garde in his own art, music, poetry and activism.

John was shot and fatally wounded outside the couple's New York apartment on December 8, 1980. He was aged 40.

Yoko has suggested she and John were telepathic. In 2021 she posted on social media platform X: "Between us, we were very psychic. We knew all the time what the other was thinking, what was going to be said by the other, our responses, everything. It was sometimes unnerving."

Now Elliot Mintz has gone further in his memoir, *We All Shine On: John, Yoko, and Me*, published by Bantam. He wrote that Yoko was "even more airy and ethereal in private than she was in the media."

He commented that Yoko often spoke with a "vagueness that left him with more questions than answers."

Sometimes, said Elliot, she would convince him she had a connection to a higher plane. He wrote:

"You had a dream two nights ago, didn't you?" she asked me out of the blue during one particularly long phone call."

"It was about your mother, wasn't it?" said Yoko.

Elliot was stunned, adding, "I had indeed had a dream about my mother, one that I



**JOHN LENNON and Yoko Ono used their honeymoon as a protest against the war in Vietnam and held a "bed-in for peace" in the presidential suite at the Hilton Hotel in Amsterdam. (Photo: Eric Koch/Anefo/Dutch National Archives)**

was sure I hadn't told a soul about."

Yoko went on, "You were arguing with her about your childhood stutter, yes?"

Elliot's cheeks grew hot as he gripped the telephone receiver "as if I were strangling it. How could she possibly know?"

"My mother and I were arguing about my stutter in my dream. When I woke up, it left me feeling insecure and inadequate."

Having carved out a career as a media consultant and radio presenter, he was comforted when Yoko pointed out: "But you speak beautifully now, Elliot. People pay you to speak on the radio."

"You won the struggle with your stutter because you imagined you could change. Your stutter is gone because you wanted it gone."

After John's assassination, Elliot tried to convince Yoko to give a radio interview to dispel unsavoury rumours which were circulating.

Yoko said she wanted first to consult her team of advisers, who, according to Elliot, included "tarot readers and numerologists."

Cynically, Elliot replied that if the advisers were so helpful, why hadn't they warned her about John's upcoming murder?

"Elliot, how do you know I wasn't warned?" asked Yoko. "Did you ever ask me if there were warnings?" He now posed the question to her.

"Yes," Yoko answered. "I was told he was in danger in New York and that he should be removed immediately. That's why I sent him to Bermuda over the summer."

"But I couldn't keep him away forever. He had to come back at some point."

In a report on [americansongwriter.com](http://americansongwriter.com) last year, it was suggested that Yoko had told John of the danger, but he replied, "If they're going to get you, they're going to get you."

Yoko insisted to Elliot: "It didn't matter what my advisers told me. John didn't believe in bodyguards; he wouldn't put up with them. He wanted to be free."


Yoko once commented: "I realised that if my thoughts immediately affected my body, I should be very careful what I think."

"Now if I get angry, I ask myself why I feel that way. If I can find the source of my anger, I can turn that negative energy into something positive."

Other times she stated: "If someone is unpleasant to you, draw a halo around his or her head in your mind. He/she is an angel who came to teach you something."

Yoko also commented, "The regret of my life is that I have not said, 'I love you' often enough" and "Most people think that I am too optimistic, but my optimism is based on the thought that negative thinking is a luxury we can't afford."





# Battle looms over future of famous haunted pub

*POLICE have so far made six arrests in connection with a suspected arson attack on the historic pub. (Photo: MIDI from Wikimedia Commons)*

THE owners of one of the UK's most famous haunted pubs have launched an appeal that it must be rebuilt after being ravaged by fire and then demolished.

The Crooked House in Himley, South Staffordshire, was originally a farmhouse dating back to 1765.

Coal mining from 1835 onwards resulted in subsidence, which caused the south side of the building to sink into the ground by several feet.

The property became a pub around 1830 and was called the Glynne Arms. It was officially renamed The Crooked House in the early 1990s.

On spookyisles.com Andrew Homer says children were once seen dancing in the vicinity.

"Nothing unusual in that," he adds, "except that these particular children are usually seen dancing in a circle wearing clothes that date to a much earlier time."

The site says the pub is home to at least two apparitions. A young girl dressed as a parlourmaid, complete with cap, was "seen standing near the old fireplace."

"A visiting psychic who saw her was able to name the young lady, and she was known locally as Polly."

"She was thought to be responsible for any mischievous activity in the pub, such as things going missing or getting moved."

"It seems Polly was more likely to have been associated with the earlier Georgian farmhouse."

On other occasions, staff and customers reported seeing a man, described as being in his 60s or 70s, "entering the old bar silently."

"At first, nothing seemed untoward until it was realised that he had suddenly disappeared, with nobody seeing him leave."

"It was thought by staff that he may have been a former landlord returning to

check on his old pub."

In the *Shropshire Star*, journalist Mike Lockley said that a woman once staying at the pub "was startled by the metallic shrill of spurs on oak floorboards..."

"In the dim light, the startled guest could make out a figure in full Royalist uniform of an English Civil War trooper."

The form advanced to the foot of the bed. Looking steadfastly at her, he opened and closed his mouth, "but was unable to utter a sound."

"Convinced by this time that her visitor was a denizen of the other world and no ill-mannered practical joker, the lady became paralysed with fear."

"At last the ghost abandoned its efforts and, moving towards the fireplace, with an infinitely sad expression in its eyes, pointed emphatically at the hearthstone and vanished."

In August 2023, the pub was gutted in a suspected arson attack and demolished without permission two days later. The blaze was tackled by 30 firefighters.

Brewer Marston's sold the property to ATE Farms Ltd, which was then controlled by former nail technician Carly Taylor. It had been listed for sale for £675,000.

The Crooked House became a well-known tourist attraction due to subsidence.

Its destruction went viral. South Staffordshire Council served an enforcement notice last February ordering ATE Farms to rebuild the iconic venue following its "unlawful demolition."

The notice requires the building "to be built back to what it was prior to the fire."

It also specifies the materials which

must be used to rebuild the property.

The council set a three-year compliance deadline for the property to be rebuilt.

ATE, which purchased the pub nine days before the fire and is now run by Mrs Taylor's husband, Adam, has launched a battle against the order, with an appeal hearing set to take place this month.

"The UK's wonkiest pub needs to be rebuilt, back to what it was prior to the fire, as ordered by South Staffordshire Council," said Gary Timmins, pubs and clubs director for the Campaign for Real Ale.

"If this appeal leads to this decision being reversed, it would be a complete mockery of pub protection and campaigning efforts from the local community."

Police have so far made six arrests in connection to the suspected arson attack on the historic building. All those arrested were released on bail while the investigation continues.

Following the enforcement notice, ATE launched an appeal to the planning inspectorate.

Submitted on the owner's behalf, a document reveals their intention to rebuild the pub on another piece of land they own, along with other developments to "increase footfall..."

"The appellant has not refused to rebuild the building and has actively engaged with the council regarding this."

"Requiring a re-build in the same location, whilst reflective of popular opinion, will not change the fact that the building in that location is not viable as a public house."

Five men aged 23, 33, 44, 51 and 66, and a 34-year-old woman were arrested between August and October and remain on conditional bail. The police investigation is ongoing.



# Underground is open about ghost sighting on Tube

RESEARCHERS seeking records of paranormal sightings on London's Underground have uncovered a haunted happening at King's Cross station.

A recent Freedom of Information (FOI) request to Transport for London (TfL) asked for details of any paranormal activity across the capital's network since January 2022.

The query encompassed "any reports of paranormal activity at Tube, Docklands Light Railway, London Overground, Elizabeth Line and tram locations."

In her reply Gemma Jacob, TfL's senior FOI case officer, said: "I can confirm that we hold some of the information you require."

"We have carried out a keyword search of all London Underground incident reports over the requested timeframe using the following words – ghost, paranormal, spirit, apparition, ghoul, phantom, poltergeist and banshee."

"The search returned 156 results, but only one of them related to paranormal activity. This related to a distressed fifteen-year-old boy at King's Cross on the Metropolitan line in December 2023, who also mentioned that he had seen ghosts."

"The remainder of results were records talking about being in 'good spirits' (typically a customer or train driver after an incident) or spirit as in alcohol (customers who were intoxicated/carrying a bottle of spirit)."

The applicant also requested the name of the station nearest to any sightings and "a copy of any internal staff logbooks/ documents for ghost sightings at the Aldgate East station." Ms Jacob said that TfL did not have this information.

The originator of the request is unknown, but media speculation has suggested they may have a particular interest in the grisly history of the area around Aldgate East. It was here that five

murders by Victorian serial killer Jack the Ripper took place, four years after the station's opening in 1884.

Another area of intrigue may be the fact that cemeteries and plague pits were disrupted during the construction of the lines and tunnels that form the modern-day Underground.

Many workers and passengers have passed on the Tube over the years, giving rise to speculation that the forms of one or more of them could still roam the network.

Construction workers are believed to have reported seeing an Ancient Egyptian princess – a priestess of the sun god Amen-Ra or Amun-Ra – who is said to wander tunnels at night wearing a loincloth and headress.

At Aldgate, paranormal activity has reportedly occurred over the past century. This includes the apparitions of three young girls from a family named Sullivan,

who died in a fire at their home near the station in 1896.

Five years ago, a track worker who survived being electrocuted was said to have been comforted by the ghost of an elderly woman as he lay injured.

In 2019, a similar FOI request was made to TfL, asking for details "of sightings of ghosts that have been reported by London Underground staff on the network."

The applicant also asked for reports "by external contractors working on the London Underground network." The time frame was "as far back as is practical."

In addition, the applicant wanted "details of sightings of ghosts that have been reported by members of the public travelling on the London Underground network."

Sara Thomas of TfL's FOI Case Management Team responded, "Unfortunately we do not hold any information on ghost sightings as you have requested."

A search was carried out using the keywords "ghost, spirit, apparition, ghoul, phantom, poltergeist and banshee."

Ms Thomas explained that 178 results came up, but none related to ghost sightings. The majority were reports of "phantom" or "ghost" Oyster charges. These are recognised glitches where people were charged unexpectedly on their Oyster travel card.

A second search was carried out on the internal database for reports by station staff. This "generated 35 hits over the last five years on a keyword search of 'ghost'."

"Further analysis of these results showed that all the reports were related to signal 'ghost spots' meaning radiation radio wave harmonics that communicate to the Central line trains and tell the train to interpret the train codes in a more restrictive manner, but no actual reports of any ghost sightings."



TRANSPORT FOR LONDON responded to two requests about apparitions on the Underground.





# 'Everyone has psychic gifts' says best-selling writer

**BEST-SELLING** author Theresa Cheung has been researching and writing about spirituality, dreams and the paranormal for the past 25 years.

"Women's Health" magazine called her the "British grande dame of psychic and spiritual studies."

With a new book just released and several more in the publishing pipeline, Theresa has written over 150 titles.

Earlier this month, PN chief reporter Ann Green interviewed Theresa about her astonishing life and career.

The first question Ann asked was "How did it feel to be listed among the 100 most spiritually influential people in 2023?"

THAT'S amazing, isn't it? I'm on there with the Dalai Lama and the Pope! The list is produced by Watkins Publishing, which has specialised in mind, body, spirit topics since 1893.

I think the list is based on book sales, algorithms and Google searches. To be honest, there are so many incredible people in this movement who have achieved far more than me; I know of many others who should be on the list.

Of course, it's a wonderful boost to the ego. I was very honoured and would love to be on it again. It's a blessing. I'm very grateful for it.

**The internet says you lived a "bohemian existence" growing up, living in rented accommodation and caravans. Can you fill in the details?**

I was born into a family of astrologers and travelling psychics. My mother was Dutch Indonesian, so I'm of mixed race.

She came from a highborn family in Indonesia and was descended from nobility. They owned a theatre in Bandung,

West Java, but during the Second World War the Japanese took over and she lost everything.

My mother's parents were put in a concentration camp and she was shipped to Holland. For a time she was a nun, but even after leaving the convent she had a deep yearning for understanding spirituality and religion.

She made her living as an astrologer in the days when it wasn't the done thing. I grew up in this bubble of believing everybody was psychic and that it was totally normal to chat to "dead" people.

My father was born disabled, as he was crushed in the womb by his twin and had a deformed right hand and chest, but loved sport and still managed to become a tennis coach.

He had his own bohemian lifestyle, but my parents had a complicated relationship. We were always moving about the county of Sussex.

It was a tough life. For a time I was anorexic, which is a rejection of one's own body image.

I was given a masterclass in learning about Swiss psychiatrist, psychotherapist and psychologist Carl Jung, astrology, dreams and synchronicity, and went to demonstrations of mediumship every week.

**How did these events affect or influence you as a child?**

When I was four or five, I went to my first demonstration of mediumship and saw people crying and smiling at the same time.

I thought, "Wow, how is that possible?" because they were allegedly having communication with the Other Side through mediums.

At that point, I was very influenced by Christian belief and wanted to be the first female priest.

**You graduated from King's College, Cambridge with a degree in theology and English. What happened to your plan to enter the priesthood?**

I had been to many schools over the years. My mother became ill when I was sixteen, so I then home educated myself, gaining three good A levels by correspondence course.

Most colleges rejected my application, but on a whim I applied to Cambridge and was accepted.

For the first time, I realised my belief in spirits and angels wasn't normal. I was taught about other religions including Buddhism, Hinduism and Islam.

I fell in love with them all, but couldn't choose just one, so became like so many

others nowadays who are spiritual but not religious.

Looking at the sceptical point of view was important and the academic rigour of Cambridge was so useful. I'm sure it's the reason why I've been offered so many opportunities, especially in writing books.

#### **What's a typical day for you at home in Windsor, Berkshire?**

My husband Ray has a brain injury. He suffered a number of strokes, had a fall and has had cancer, so I'm now his carer.

It's been the biggest lesson that offers wisdom. My life has changed dramatically over the last five or six years, which has taught me to make the most of every moment.

A lot of my day is taken up with caring. I'm under contract to several publishers, so have two more books coming out this year and two next year.

In June 2025, we're releasing *The Akashic Records: Open the book of your soul and discover your purpose*. This will be followed by *The Little Book of Intuition: Simple practices for working with your sixth sense* in July.

I also run a podcast, which I started in 2019. It's called *White Shores*. This is a reference to a passage in Tolkien's *Lord of the Rings*, which I love. I interview scientists, psychologists and authentic practitioners.

#### **Have your children followed your lead into the world of the paranormal?**

My children are now aged 24 and 26. They grew up with me giving angel talks and writing books about heaven, the afterlife and astrology.

My son Robert took it literally and is now a professional pilot in Arizona, so in a way he has his own wings!



**SOME people reported "strange dreams" during the Covid pandemic.**



**AFTER Theresa Cheung was asked to compile a book of angel encounters she received a sack of letters.**

My daughter Ruthie is still here in Windsor. She studied theology at Cambridge as well and currently works in human resources.

#### **You've been on radio, TV and written for various publications such as the "Daily Mail," "Daily Express" and "Sunday Mirror" as well as various UK-based and international magazines. Does this generate lots of contacts from readers?**

I'm on social media where people can message me, but I still like to receive e-mails and give my web address in all my books.

A lot of my time is spent responding to everyone, offering guidance, etc, although sometimes it takes a while to get back to people.

Books are expensive, but I can now point people towards episodes of my podcasts which might be relevant. There are over 300 available.

The episodes are free to listen to. There's a link on my website. I have no adverts on my podcast.

#### **When people contact you, what are the issues they most commonly raise?**

Because of my encyclopaedias, people contact me about all spiritual topics. I guess I get the most questions about dream decoding and signs from the afterlife.

Basically people want to know how to be happy and have inner peace. It's wonderful that they are wising up that material success isn't all it's cracked up to

be.

You only have to look at the high-profile suicides of celebrities who appear to have it all, but then take their own life.

They have money, opportunities, popularity and all the things you'd think everybody would want, but there's still a deep emptiness within.

#### **How did you find the stories for your books about people's experiences with angels?**

I wrote the *Element Encyclopedia of 20,000 Dreams* for HarperCollins in 2006. American supermodel Bella Hadid bought a copy and posted about it on her Instagram account, which has 46 million followers. Needless to say, it sold really well.

The publisher asked me to compile a book of angel encounters, as the subject was popular at the time, so I reached out to a number of my contacts.

I received a sack of letters from people with stories of dreams coming true, intuition and finding a white feather – the sort of angel signs PN readers will be familiar with.

Next came the heartrending task of choosing which ones to use in the book, contacting people, changing their names if necessary, etc.

I put together *An Angel Called My Name* and added my own story of how these signs were commonplace in my own family. The book came out in 2008.

I didn't expect much, as there wasn't a lot of publicity. However, when I was reading the *Sunday Times* one weekend my



book was at number four in its bestseller list.

**How easy is it to talk about paranormal subjects when you're on TV?**

I've now been on ITV's *This Morning* dozens of times. During Covid, people were reporting strange dreams.

I guess a producer on the show had my book and they got in touch. We did a call-in section on dreams just as an experiment and it went really well. It is a blessing and a dream come true to be repeatedly invited back.

Generally, the mainstream media are willing to talk about dreams because whether you believe or not, people still have dreams and want to understand their meaning.

The media aren't as keen to talk about psychic stuff, angels and the afterlife, although there are wonderful signs that this may be changing with the likes of *Uncanny* on BBC2 with Danny Robins.

On TV and radio I always aim to be balanced. I never say "I've seen angels or heaven," or that I know the answers to all of life's mysteries.

I always say it's a matter of belief and that this is my personal experience. I've had dreams of the afterlife, but a sceptic could argue it's all imagination.

But then I ask, "What is imagination?" We don't understand it and need to research it more.

**In your view, why are our dreams so important?**

In our waking life, we tend to repress or deny what we truly think, but dreams don't lie. They're authentic and brutally honest about what you really feel about someone or something.

**Have you worked with mediums in recent years?**

In 2017, I co-authored a book called *Answers from Heaven* with medium Claire Broad. It included true stories of people who experienced direct communication from the spirit world and those who received proof of survival through a sitting with Claire.

I presented the scientists' side. The book did phenomenally well and Claire is still giving sittings and running training courses.

Claire doesn't charge exorbitant fees, which is always a huge red flag for me. When some mediums become celebrities there's the need to perform.

**Your 2018 book, co-authored with scientist Dr Julia Mossbridge, is called "The Premonition Code: The Science of**

**Precognition, How Sensing the Future Can Change Your Life." How can premonitions help people make the best choices?**

We all need to impress our future selves with our present actions. I like to ask, "What would your future self think of what you're doing now?"

When people think they're being observed, they improve their performance or behaviour.

I say, "You're being observed by your future self all the time because at some point in the future, you'll look back on what you've done and reflect on it."



**THERESA CHEUNG:** "What would your future self think of what you're doing now?" (Photo: Nina Duncan)

**Is the future set in stone or can we change it?**

We can change it. It's all potential futures which we're creating every moment. That's where dream work is so powerful.

When you wake up with a dream on your mind – and sadly 90 per cent of them are anxiety-based – what you're getting is a symbolic snapshot of your mindset expressed to you like a poem in the language of symbols.

If you carry on thinking, feeling, saying and doing what you're undertaking right now, this is maybe where you're heading.

If you don't like that, it's a transformative gift because you can say, "I'm going to consciously change my perspective and the future it's attracting."

**Your books have been translated into 40 languages. Can you name some of the more obscure ones?**

I would say Norwegian, Korean and Japanese. I feel very fortunate that my works are accessible to so many people around the world.

**Does any one of your books stand out for you in particular?**

If I can be cheeky there's three. I'm beyond grateful for my dream dictionary, which put me on the map, is still in print and has gone all over the world.

It's an A-Z of the most common dream symbols interpreted from a psychological, spiritual perspective. Sceptics can get something out of it, but so can believers.

The next would be *Empower Your Inner Psychic*, which is a tribute to the scientists I've collaborated with at America's Institute of Noetic Sciences.

I've backed up every point I make in that book with an interview with the scientists involved on my podcast, talking about their study and why it matters for human evolution.

Don't think being psychic is a gift or for a special few. Everybody has got it. Simple tools like meditation can help unlock someone's intuition and psychic hunches.

The third is my latest book, *The Dream Cure: How recalling your dreams can heal your life*. I write about how dream work has helped me in my own crisis as my husband's carer.

You need inner strength. All carers do. They also need to know that there's a small part of them which can transform pain into purpose. I have connected with millions of people silently in that role.

**Finally, do you believe in life after death and if so, can you briefly say why?**

Yes, I believe in some form of life after death. My reasoning is that according to quantum science everything in the universe is energy, including our thoughts and feelings.

We also know that energy cannot be destroyed. It can only transform, so is it not such a leap of faith to believe that the energy of our thoughts, feelings and consciousness can survive bodily death.

Of course, there is no definitive proof yet, but near-death experience accounts and afterlife dreams come close to convincing witness statements.

They are currently being studied by visionary scientists as the data they are, which is an exciting development.

**Theresa Cheung's website is at [www.theresacheung.com](http://www.theresacheung.com)**



# Medium brings healing hope after people ‘take themselves home’

By Becs Sawyer



*Even some Spiritualists find it hard when someone passes on. This situation is magnified if a family member or friend ends their earthly life.*

*Medium Becs Sawyer tackles this difficult subject sensitively in her latest book “Suicide and the Surviving Spirit: True Life Stories of Healing Through Mediumship.”*

*In these abridged extracts Becs (seen left) looks at suicide from a Spiritualist perspective and concludes by reminding us that earthly life “is but a flicker in our eternal existence.”*

MY book is dedicated to anyone and everyone who has had their world rocked to its very core by losing someone they love to suicide. My hope is that it might shine

a guiding light on someone’s journey.

Secondly, it is dedicated to courageous and brave souls who shared their stories and experiences.

Of all the topics a medium can explore, suicide is perhaps the most profound. The word itself resonates deeply, evoking intense emotions, pain, heartache and often many unanswered questions.

I prefer not to use the word “suicide.” Instead, I use the phrase “taking themselves home,” as it better encapsulates the essence of their decision – a choice to leave the earthly journey behind and return to the spiritual realm when life becomes too unbearable.

In my mediumship practice, I see instances of individuals “taking themselves home” in three distinct ways.

The first group consists of those whose lifestyle choices, such as excessive drinking, drug use or reckless behaviour, inadvertently lead to their departure from the physical world – a self-destructive cycle they couldn’t escape from.



The second group includes those who make a sudden, impulsive decision driven by intense emotions, such as anger or despair.

This can be an “out of the blue” event that feels so out of character when it happens.

Finally, there are those who, overwhelmed by emotional, mental or physical pain, see taking themselves home as a release from their suffering.

While these categories offer some insight, every case is unique. For me, this is where my work truly happens within the power of eternal love.

The reunions that manifest, the coming together of loved ones, the healing, the release of suffering and the letting go of guilt and anger all help take small steps forward from the pain of losing someone who has died by suicide.

No Spiritualist medium can ever take away the pain of missing a loved one, but mediumship can help shape and change how we grieve.

With suicide, there are often many unanswered questions, along with emotions such as guilt, intense pain, anger and rage that can last a lifetime.

The healing potential of mediumship through a sensitive and loving reunion can help bring some closure, allowing for the release of emotions and a movement away from the darkness of carried pain.

Mediumship is a natural phenomenon. The physical mind of the medium, with all its chatter, is what gets in the way.

My role during an evening of mediumship is to get myself out of the way so Spirit can do their job. I set up the space and the presence for them to use.

Spirit knows their job: they are the ultimate intelligence. The more I can stay out of the way, the less interference there is from my conscious mind.

I work through sensing, which develops into a feeling and then becomes a knowing. This is commonly known as clairsentience.

I get to know spirit contacts, meeting



A 50-PENCE piece figured in evidence from a “dead” son. (Photo: Perseus1984)



MEDIUM struck the right chord with mention of a broken guitar.

them in a place of love and memories, and can then represent them and share their story.

I know we are all divine beings of the light, but Spirit will always start the reunion with you in the way you knew them.

Your loved ones know what they want to share, how they want to share it, and, most importantly, where the healing, release and love are needed for you.

My passion, role and greatest joy is to facilitate reunions, but not to be involved with them because they are yours to embrace, enjoy and remember.

As a young trans child who thought they were the only one in the world, I spent much of my life questioning my place and growing up in fear of being discovered.

The profound fear of ridicule and rejection was a constant companion. Only later in life did I find peace and gratitude for this gift we call our body.

Although I never attempted to take myself home, it left me with a deep empathy, compassion and understanding for those who do. I can blend with them, feel their love and hopefully represent them and the healing they bring.

My book features questions and answers put to several people who received messages from me from a loved one who took themselves home.

One of them was Rebecca-Louise, who was reunited with her brother Tim initially via his friend Lucy.

I first met Rebecca-Louise and Tim in a neurological unit. By this stage he could not talk at all. Asked, “What happened after his passing?” Rebecca-Louise replied:

“After the funeral, we came to one of your evenings where Tim came through

‘like a steam train’ and mentioned something about his guitar being broken.

“You said you were confused because you’d seen the guitar standing at his funeral.

“The guitar had indeed been broken (the headstock was broken off). Tim was upset about this, but we got it repaired.

“No one could play it like Tim did. It was his absolute favourite. You could feel the grooves where his fingers used to play.

“You told us how much having the guitar at the funeral meant to him. No one outside the immediate family knew about the broken headstock, yet you mentioned it, which was another turning point for us.

“Tim also came through with a message about a 50-pence piece he gave to my dad dated 1969.

“Dad carried that coin everywhere with him in the back of his phone case. Tim mentioned the coin and what it symbolised. Dad was completely comforted by that.

“It was the same with the story about the fishing in Belgium. Tim came through with a joke about who had caught the bigger fish. It was those little details that only our family knew which reassured us that he was still around.”

Asked, “What would you say to someone else who loses someone through suicide?” Rebecca-Louise replied:

“I would tell anyone going through something similar that while you can’t change what’s happened – sure, you can sit there and scream and ask “Why?” – but you have to make peace with it.

You have to understand that it was their choice with all the hurt and everything they were going through. Once you start to understand that, you can make peace



**A TATTOO of an angel on a mother's shoulder proved crucial to verify a spirit message.**

with it.

Knowing your loved one is no longer suffering, that they are at peace and that the love between you is unconditional and will never go away is crucial.

It's important to make peace with it yourself because if you don't, it can eat you up inside.

I would suggest going to a mediumship night because even listening to other people's reunions gives you that sense of comfort.

Finally, I've learned there's no one to blame for what happened. It's ultimately a choice they made. It really does hurt, but it's not your fault.

You cannot blame yourself. We were initially full of what-ifs – "What if we had done this or that?"

You might feel guilty, thinking you could have done something differently, but you did everything you could.

You'll never get over losing someone you love, but you can learn to live with it and find a new way forward to navigate a new life.

I truly believe Tim wouldn't want me to sit here feeling sad and hurting. He'd want me to remember the good times and live my life fully. **J**

There is often a stigma and condemnation attached to those who die by suicide. In fact, suicide was still illegal in the UK until 1961.

Many people mistakenly believe that the Bible condemns individuals who take their own lives to Hell. However, the

Bible says no such thing; this is a common misconception.

For me, losing a child must be one of the hardest things to bear. Losing a child to suicide adds a depth to the grief that words cannot describe.

One of the most poignant reunions I've ever been part of involved a young boy reconnecting with his mum.

He gently reassured her of his eternal love, told her he was safe and loved, and sought to ease her overwhelming guilt and the constant questioning of what she might have done wrong.

Nothing I say or do can take away the pain of losing someone.

For this grieving mum, words couldn't erase the hurt, but she later shared that the reunion brought her profound healing.

She had been haunted by the fear that her son was alone and longed to join him. His words – sharing that he was safe and loved in Spirit – helped ease her despair and gave her the strength to move forward.

I often say and firmly believe this: no one gets stuck when they cross over. Spirit takes meticulous care with every passing.

They are the ultimate intelligence, and every soul is met with unconditional love.

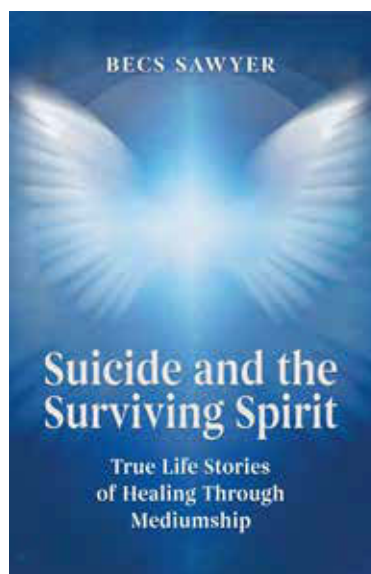
Sometimes, Spirit shares details so specific that they provide undeniable reassurance.

One evening, a young man reunited with his mum, who was in deep despair after losing her son to suicide. He spoke to her gently, fully aware that she was on the brink of giving up on life herself.

As the reunion drew to a close, I said, "I am the angel on your shoulder." I worried it might sound generic, but always strive to convey a spirit communicator's exact words.

The woman looked at me in shock, pulled down her top and revealed a tattoo of an angel on her shoulder with her son's name beneath it.

Always remember we are all made of beautiful stardust, and that this life is but a flicker in our eternal existence.

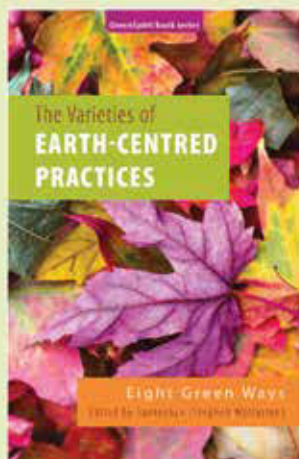


**"Suicide and the Surviving Spirit: True Life Stories of Healing Through Mediumship" costs £7.55. It can be ordered online or at bookshops.**

**You can read much more about Beccs Sawyer at [becs-medium.com](http://becs-medium.com)**



GreenSpirit Book Series



**The Varieties of Earth-Centred Practices: Eight Green Ways** covers eight interconnected key areas of Earth-centred wisdom: the way of simplicity; the way of storytelling; the way of creativity; the way of rambling; the way of gardening; the way of contemplation; the way of community; and the way of activism.

New Release

*Presents an insightful overview of eight Gaia-centred paths and experiences of green spirituality*



Edited by Santoshan aka Stephen Wollaston.  
Title #14 in the low-cost GreenSpirit Books Series. Free ebook editions are available for members of GreenSpirit. The 1st title in the Series is free in paperback for new members.

[www.greenspirit.org.uk/books-greenspirit-book-series](http://www.greenspirit.org.uk/books-greenspirit-book-series)

Available in hardback, paperback and various ebook formats

## WESTBURY SPIRITUAL CENTRE

### NEW VENUE

Westbury Leigh Community Hall, Upper Room,  
Westbury Leigh, Westbury, Wiltshire BA13 3SQ

Website: [www.sue-clements.co.uk](http://www.sue-clements.co.uk)

Tel: 07908-000621

Every Wednesday

An Evening of Clairvoyance

Doors open at 7pm for a 7.30pm start

Different medium each week

Free parking ~ £5 entry fee

For mediums serving the centre and special events, see  
our Facebook page: *Westbury Spiritual Centre*



## Stone of Destiny – Love Incarnate 2

A novel by Sheila Nickolay/White  
*Stone of Destiny* continues the love story of *The Druid's Stone* with Toni and Robert – the Druid and the Black Knight – as they are again guided by the stone to try and avert death and corruption.

From the Cotswolds to 18th century East London and luxurious villas in Greece and Paxos, Toni's affiliation to the stone puts them and their faithful Druid group in danger.

AVAILABLE FROM AMAZON

# NEVER MISS AN ISSUE OF PSYCHIC NEWS MAGAZINE

Subscribe direct and enjoy the luxury of having the magazine delivered to your home every month

Subscribe direct by  
Phone: **01376 563091**

Web: **[www.psychicnews.org.uk](http://www.psychicnews.org.uk)**

Post: please send your details or the form below  
along with payment to:

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

Please send me a Postal Subscription to  
Psychic News for (please tick box):

### UNITED KINGDOM

6 mths = £32 ☐

1 year = £59 (Saving £5) ☐

### EUROPE

6 mths = £49 ☐ 1 year = £89 ☐

### OVERSEAS OUTSIDE EUROPE

6 mths = £55 ☐ 1 year = £99 ☐

Name .....

Address.....

.....

.....

.....

Telephone No.....

Email Address.....

I enclose a cheque for £.....

Cheques payable to 'Psychic Press Ltd'

Please charge my card £.....

Card No .....

Expiry date .....

Sec. No (last 3 numbers on reverse).....





# When furry friends make spirit returns

By Glynis Amy Allen

***Animals we share our lives with are far more than pets, but become a very special part of our families.***

***A hereditary medium, Glynis Amy Allen has a special link with them. She is often able to find animals when they have been lost or stolen and passes on their communications from the Larger Life.***

***Glynis is the author of the number one online bestseller "Ghosts of the NHS," which describes her work with Spirit in hospitals. Here are extracts from her follow-up book "Furry Spirits."***

IT'S easy to understand that many people become very attached to their pets, but sometimes the relationship can be taken perhaps a little too far.

A young couple came to see me and the lady said, "We have lost our baby girl and

want to know if she's okay."

I had mixed feelings about this couple, who didn't seem as terribly upset about the loss of a child as I'd expect. I asked the child's name and the lady said, "Sheba."

Hmm, I suppose there are plenty of

unusual names nowadays. What happened next took my breath away as the most beautiful Golden Labrador appeared beside me.

I was confused until the man asked, "Who looks after animals in heaven?" Ah: their "baby girl" was this much-loved dog.

When I told them about the Golden Labrador at our feet, the lady put her hands to her mouth and said, "That's our baby girl, Sheba."

"Your girl is being helped on the Other Side," I explained. "In fact, she is with your brother Colin."

"No," she said, "my brother isn't there. He was frightened of dogs."





**GLYNIS AMY ALLEN:** *Pets who have passed "are watched over by angels."*

She wasn't convinced and insisted I should describe her brother. Taking a couple of discreet deep breaths, I asked my guide Black Feather for a bit of extra help.

I was shown a youth of about fourteen years old in a wheelchair as he had spina bifida; he was clutching an Action Man figure.

I was then given the date he passed over and relayed all this information to them, assuring them that our pets are watched over by angels and all the animals we have loved continue to be with us like guardian angels.

Sheba then showed me the lower half of her body where there was a large swelling on her left leg. The couple confirmed that yes, it had been a tumour that spread.

"What are guardian angels?" they asked. "How did you know Colin's name?" "How do you communicate with animals?"

This was turning into an interrogation. I just told them that I connect with animals the same as I link with humans and that I have a wolf and an owl as my animal spirit guides. They looked at me as though I was crackers.

There was even more as Sheba showed me a vision of this couple looking at chocolate-coloured puppies. The man confirmed that she had four such puppies a few months before.

I continued, "One of those puppies is coming back to you." The lady was still finding it hard to take all this in and shook her head.

"No way," she said. "We vetted all the people who took the pups. And not only that, we've kept in touch with them and all the dogs are happy."

Colin now wanted to get back into the conversation. "I wasn't scared of Sheba," he objected. "I taught her to fetch her ball. She was so gentle as she picked it up and chucked it onto my lap."

"No, that's not right," I was told. "We never saw that."

I was getting a bit fed up with their

negativity, so said: "I would check with your mum and dad because they looked after Colin and Sheba while you both worked. And please check out the puppies' owners."

The following day the man rang to say, "Guess what..." Of course, I knew what was coming, "You were right."

"Dad did teach Sheba to fetch her ball to Colin. And an e-mail was waiting for us saying that the owners of one of the puppies are emigrating, so would we like their pup back?"

Our pets will always find ways of letting us know that they're fine and still with us, but we don't always need a medium.

Soon after Nigel and his young son moved into their new home they got a rescue cat through the People's Dispensary for Sick Animals.

Angie was a tiny thing, crossbred and about one year old; she was abandoned when her mother died and had clearly been through some difficult experiences.

She was very wary of people, but sweet-natured. From the beginning, it was also clear that Angie had an independent mind and preferred the outdoors.

Definitely not a house cat content to sit on a lap and watch television, Angie was very much a free spirit.

At about four years old, she had a nasty accident getting caught up in a neighbour's wire netting and losing a lot of blood as she struggled.

They got her to the vet just in time and she needed an operation and a lot of aftercare.

Following this, Angie seemed to appreciate humans better. Her relationship with the family became closer – well, as close as a relationship between a human and an independently minded cat can be.

Angie developed a stomach tumour and died at the age of eighteen, her ashes being buried in the garden at her favourite resting place.

Later, Nigel also put a small stone monument there for her. This was in a wooded area close to where he would sit and meditate each night.

One night in the early summer two years later, Nigel was there as usual and feeling especially peaceful when his thoughts focused strongly on Angie.

He talked to her in his mind for some time, telling her how much she was loved and missed, and recalling her adventures, saying that he even missed the occasional dead mouse she would leave as a "gift" by the back door, though he hardly approved of that.

Early the next morning, Nigel went out to his car to find a dead mouse right beside the driver's door. Nothing like this had happened since Angie's death and, he says,

it hasn't happened since.

Had Angie's spirit somehow influenced one of the other local cats to leave a message to let him know she heard him the night before and was responding?

There was more. Nigel has studied the paranormal for many years with a special interest in synchronicity.

On his car journey that morning he noticed the registration plate of a car which travelled in front of his for a long way – AMO...ANS.

"Amo" is Latin for "I love you." "Ans" was an abbreviation Nigel often used in his work to mean "The answer," so if you have lost your dear pet, look out for these special signs...

One of the most rewarding parts of my work is finding beloved pets who have been stolen or lost.

Vera is an elderly lady who contacted me about her Red Setter dog, Tessa, who had gone missing while they were staying with Vera's daughter in the Lake District.

Vera was very tearful, saying that Tessa was her soulmate and normally never left her side.

The daughter had taken Tessa out with her own two German Shepherd dogs, but Tessa chased a rabbit and disappeared. "I'd told her not to let her off the lead," Vera explained.

As she described Tessa, I had a clear vision of her. She was beautiful but wet and shivering with blood on her legs.

I didn't pass this on yet because Vera was upset enough, but told her that Tessa was still alive and promised to try and find her with the help of her husband, who had died two years before.

She was shocked, asking, "You mean you



**THE ashes of a cat named Angie were buried at her favourite resting place.**



**A DOLPHIN led a well-known deep-sea diver to a distressed female dolphin, who was saved from drowning along with her calf.**

can connect with my husband?" Vera was on an emotional rollercoaster, not knowing what to think or believe.

Vera had put posters up everywhere asking for help in finding Tessa, but to no avail and she'd now been missing for three days.

She kept saying, "I know she has died or she would have found her way home to my daughter's place."

I called my spirit guide forward to help. He brought Vera's husband through, showing me Tessa and what had happened to her.

She jumped into a boat with two men, but had then fallen into the water and was struggling. The men were wearing green caps with a logo at the front, but I couldn't make it out.

They tried to rescue her, but then I saw she'd made it through the shallows towards the grassy bank and run off into a craggy area.

"Why not take your daughter's two dogs," I suggested to Vera, "and call out Tessa's name? I'm sure you will find her, but be prepared as she's not in a good state."

"She's limping and has blood on her leg. I think it may be fractured. Someone at the boathouse will know where she is."

After Vera had rung off, I was shown a vision of Tessa sheltering in a cave not far from the boathouse. She had the most beautiful soulful eyes, but they were fading.

It looked like Tessa was dying. I rang Vera immediately to tell her what I'd seen. A few hours later, a very tearful Vera called back.

"We have found her!" she said. "Tessa was exactly where you said she would be. A man came out of the boathouse and asked if I was the owner of the Red Setter."

"He said he'd been about to go onto

the lake with his son when the dog came running up and jumped into their boat. He tried to hold her, but she scrambled out and ran off.

"Anyway, we found her in a small cave and got her to the vet straight away. He said that if she'd been out another night she would have died."

Vera later sent me a photo of Tessa alive and well, happily splashing in the water on a lead.

It is incredibly sad that for generations human beings have cared so little for our beautiful planet, exploiting both the Earth and her wildlife for our own short-term benefits.

Instead of recognising that we are custodians of other creatures which are not pet material, we have ignored or abused them or hunted many of them almost to extinction. Yet many animals, furry or not, have intelligence and emotional awareness that deserve to be recognised.

A famous story, although by no means the only one of its kind, was told by well-known Italian deep-sea diver Enzo Maiorca a few years ago.

He was in the water near Syracuse beside his boat and talking to his daughter Rossana on board.

Feeling a light nudge in his back, he turned round to see a male dolphin at the surface very close to him. Enzo was used to interacting with dolphins, but this one was deliberately getting his attention.

It swam a short distance away, returned and swam away again, as though wanting Enzo to go with him.

He followed, diving down to a depth of about twelve metres where he found a female dolphin trapped in a discarded fishing net.

Enzo and his daughter managed to free

the cow, working fast because a dolphin can only survive under water for about ten minutes.

Suddenly Enzo realised that the cow was not only pregnant, but about to give birth. After the calf was born, the bull circled Enzo then rose up in the water and touched his cheek with his nose "like a kiss of gratitude" before the new family swam away.

"Until man learns to respect nature and talk to the animal kingdom," Enzo said, "he will never know his true role on Earth."

**Glynis Amy Allen is the author of several spiritual books. "Furry Spirits" is fully illustrated in colour and published worldwide by Local Legend for £10.00.**

See <https://local-legend.co.uk>







# Explore the object of psychometry

HAVE you ever picked up an old piece of jewellery or an antique and felt a strange sensation – maybe a sudden emotion, a flash of an image or an unexplained sense of knowing?

This phenomenon is what Spiritualists call psychometry, which is the ability to read the history of an object through touch.

Some believe that items absorb energy from their owners, retaining memories, emotions and echoes of past events.

For mediums, psychometry can be a powerful tool in making connections with spirit communicators. By holding an object once treasured by someone who has passed on, they can tune into that person's energy and relay messages from the Larger Life.

But how does psychometry work?

Where did this idea come from? Can anyone try it for themselves?

Let's explore the fascinating world of psychometry, its history and how you can put your psychic abilities to the test.

The term psychometry comes from the Greek words *psyche* (soul) and *metron* (measure), meaning "measuring the soul."

The idea behind psychometry is that objects act as energetic sponges, absorbing and storing the vibrations of people who have handled them.

Mediums use this technique to receive intuitive impressions about an object's owner or history. When they

touch an item such as a ring, watch or photograph they may experience:

- **Visual images:** Flashes of events, faces or places.
- **Emotions:** Overwhelming happiness, sadness and anxiety linked to the owner.
- **Sounds or words:** Names, snippets of conversations or background noises.
- **Physical sensations** such as warmth, cold or tingling in the hands.

Spiritualists believe that psychometry works because everyone emits an energetic imprint – a unique vibration that lingers on the things they own and love. These residual energies are what mediums tap into when handling an object.

## The history of psychometry

While the term “psychometry” was coined in the 19th century, the idea that items can hold memories or energies is much older. Many ancient cultures held beliefs which align with modern understandings of psychometry.

- Egyptians believed that relics and articles used by the deceased retained their essence, which is why they buried people with their belongings.
- Indigenous cultures often considered items belonging to the “dead” as spiritually charged and even risky to handle without ritual cleansing.
- Hinduism and Buddhism discuss the concept of energy transfer, suggesting that karma and spiritual energy can be imbued into objects.

These traditions suggest that the idea of objects holding spiritual or emotional imprints has been around for thousands of years.

### Scientific exploration of psychometry

The modern study of psychometry began in the 1840s, thanks to the work of Joseph Rodes Buchanan, an American physician and professor.

He theorised that objects absorbed “soul impressions,” and that sensitive individuals could read them. His book, *Manual of Psychometry: The Dawn of a New Civilization*, (1885), was one of the first to introduce the term to the wider public.

Prof Buchanan’s experiments showed that some people could identify objects they had never seen before simply by touching them. He believed this ability could revolutionise archaeology, criminology and medicine.

Another key figure was William Denton, a geologist who became fascinated by Prof Buchanan’s work. His wife Elizabeth was reportedly gifted in psychometry and able to describe places and historical events simply by holding ancient artefacts.

By the early 20th century, psychometry had become an essential tool for mediums. It was commonly used at séances and sittings, where mediums would ask clients to provide a personal item from a “dead” loved one to establish a connection.

### Remarkable cases of psychometry

One of the most famous cases occurred in the 1960s when a British police officer decided to test a medium by giving her a glove from an unsolved murder case.

The medium immediately described a violent struggle, a man with dark hair and



*EXPERIMENTS by Prof Joseph Rodes Buchanan showed some people could identify objects simply by touch. (Photo: Library of Congress)*

the image of a canal.

Weeks later, a suspect matching the medium’s description was arrested – and the victim’s body was discovered near a canal just as she had described.

#### The psychic archaeologist

Psychometry has also been used in archaeology. J. Norman Emerson, a Canadian archaeologist, worked closely with psychometrist George McMullen,

who was able to describe ancient Native American settlements simply by holding artefacts.

Mr McMullen provided details which were later confirmed by excavation and historical records, demonstrating a fascinating crossover between intuition and scientific discovery.

#### The soldier’s pocket watch

During a public psychometry demonstration, a medium was given a Second World War pocket watch. As she held it, she described a young soldier, a battlefield and a deep sadness.

The watch’s owner, an elderly man, was shocked. He confirmed it had belonged to his brother who died in battle, and that the description of the scene matched letters he received before his brother’s passing.

### Psychometry in art and culture

Psychometry has captured the imagination of writers and filmmakers for decades, appearing across various forms of entertainment.

Due to its ability to link the past, many authors have explored psychometry, using it as a key element in supernatural mysteries and thrillers:

- Stephen King’s *The Dead Zone* – The protagonist, Johnny Smith, can touch objects and see visions of past and



*A BOOK published in 1885 by Prof Joseph Rodes Buchanan introduced the wider public to psychometry. (Photo: Library of Congress)*





**ITEMS** such as jewellery are ideal to psychometrize.

future events, allowing him to solve crimes and prevent disasters

- Marion Zimmer Bradley's *The Mists of Avalon* – Features characters who use psychometry to gain insight into historical and mystical events.
- Dean Koontz's *Odd Thomas* series – Follows a young man with psychometric abilities who helps uncover secrets and solve crimes by handling objects.

## Psychometry in film and TV

Hollywood and TV have also embraced psychometry, often depicting it as a dramatic or investigative tool:

- The TV series *Medium* – Starring Patricia Arquette, the programme features a clairvoyant who can receive impressions from objects, helping law enforcement solve cases.
- The film *The Gift* (2000) – Cate Blanchett's character has psychic visions, including psychometric impressions that aid in solving a murder.
- The TV series *Touching Evil* – Both the British and American versions feature detectives who use psychometry to track criminals.
- The film *Push* (2009) – Features characters with various psychic abilities, including psychometry.
- The *Doctor Who* episode *Hide* – The doctor describes psychometry and demonstrates it in action while investigating a ghostly phenomenon.

Psychometry's presence in popular culture reflects the possibility that objects can carry echoes of the past.

## Try it for yourself

Interested in exploring your own psychometric abilities? Follow these simple steps to practise psychometry and develop your intuition.

### Step 1: Choose the right object

Select a personal item with a strong emotional or historical connection, such as a piece of jewellery, an old letter or family heirloom. Avoid brand-new objects, as they may not have accumulated much energy.

### Step 2: Create a focused environment

Find a quiet, comfortable place where you won't be disturbed. Dim the lights, light a candle or play soft, meditative music to help you relax and tune in.

### Step 3: Relax and clear your mind

Take deep, slow breaths to calm your mind. Close your eyes and let go of any distractions.

Imagine yourself tuning into the object's energy, like adjusting a radio to find the right frequency.

### Step 4: Hold the object gently

Place the object in your hands. Close your eyes and allow yourself to connect with it. Let your fingers explore its texture, temperature and weight. Pay attention to any immediate sensations or emotions.

### Step 5: Observe and record your impressions

Without forcing anything, take note of what comes to mind. You might experience:

- Images: Flashes of people, places or events.
- Sounds: Words, names or snippets of conversations.
- Emotions: A sudden feeling of happiness, sadness or unease.
- Physical sensations: A tingling feeling, warmth or coolness in your hands.

Write down everything you perceive, even if it doesn't make sense right away. Sometimes, small details can become meaningful later.

### Step 6: Validate your insights

If the object belongs to someone you know, ask them about its history and see if any of your impressions match. When working with an unknown item, try researching its background to verify your findings.

### Step 7: Practise regularly

Like any skill, psychometry improves with practice. Try reading different objects and compare results over time. You may find that certain items like jewellery, books and photographs provide stronger impressions for you.


## Test yourself with a partner

Ask a friend to bring an object with a known history, but don't let them tell you anything about it beforehand.

Hold the item and share your impressions, then ask your friend to confirm or refute your insights. This can be a good way to refine your abilities and build confidence.

1. Choose the right object: Pick a small personal item with a rich history like a ring or watch.
2. Create a calm environment: Find a quiet place and relax.
3. Hold the item gently: Keep an open mind and observe sensations.
4. Notice your first impressions: Pay attention to any images, emotions or words that arise.
5. Jot down what you sense.
6. Verify your insights: Compare your notes with known facts about the object.

Whether seen as a psychic gift or a subconscious skill, psychometry continues to intrigue, so why not try it for yourself? You might just uncover a hidden ability you never knew you had...



KNOWN as the “Chair of Isis,” a large boulder with a stone seat carved out of it near Rennes-les-Bains in southern France has become popular with spiritual seekers. (Photo: Rob Wildwood)

# Researcher gives flavour of France’s mystical past

By Rob Wildwood

*Based in Glastonbury, Somerset, Rob Wildwood is a folklore researcher and spiritual traveller who has spent over ten years criss-crossing France documenting and photographing sacred sites and following its ancient alignments and pilgrimage routes.*

*The author of five books, this month sees the publication of his new volume, “Magical France: 500 Sacred & Mystical Sites.”*

*Superbly illustrated, Rob’s unique atlas of France reveals a mythical past charted through its sacred landscape.*

*Readers can explore its unique spiritual connection to Mary Magdalene, pilgrimage routes, ancient goddesses, Celtic saints and much more.*

*In a nutshell, “Magical France” is a cultural companion to some of its most enchanting places, from medieval castles to holy wells and ancient standing stones to forests steeped in folklore.*

*As well as covering sacred places, the detailed book also features legends and esoteric customs which have shaped the land and its people.*

*Superbly researched, Rob brings a different side of France to life, homing in on smaller, less well-known sites that people may not normally come across on their travels.*

*In these extracts, Rob looks at several subjects, starting with alignments and earth energies.*

THE landscape of France is crossed by ancient alignments, some covering relatively short distances while others extend across the whole country.

They include rows of menhirs (upright standing stones) such as the world-famous alignments at Carnac in Brittany, while others are marked by medieval churches, cathedrals and castles.

Some are oriented towards the rising and setting of the sun at solstices and equinoxes, while others are believed to be currents of earth energy, known to the ancient Druids as “wouivre,” which can be traced by dowsers.

The most significant of the energy lines is the Apollo-Athena alignment that crosses France from northwest

to southeast, entering France at Mont Saint-Michel on the Normandy coast and leaving through the Alps.

It’s formed of two currents, one male (Apollo) and the other female (Athena), which cross at key sites to form power points or nodes.

Along the Apollo-Athena alignment are important sacred sites, with several significant locations dedicated to Archangel Michael.

It is part of a much longer alignment that runs from Skellig St Michael in Ireland through Cornwall’s St Michael’s Mount, and after leaving France passes through Italy and sites dedicated to Apollo in Greece.

Another long-distance alignment, which also passes through Mont Saint-Michel, is the Ogmios line that begins at the Callanish stone circle in Scotland’s Outer Hebrides and runs through Glastonbury Tor in England. After crossing the Channel it continues southwards through western France.

The Grand Meridian of Gaul is a ten kilometre-wide line that runs





*FOLKLORE researcher Rob Wildwood spent over ten years criss-crossing France documenting and photographing sacred sites and following its ancient alignments and pilgrimage routes. (Photo: Rob Wildwood)*

north-south through France from its most northern point at Dunkirk south to the Pyrenees. It passes through many significant sites including the nation's capital.

Meridians follow lines of longitude and are a key part of the earth's energy grid. The Paris Meridian, fixed during the building of the Paris Observatory in the 17th century, falls within the Grand Meridian and connects with other ancient alignments.

These and other alignments form France's sacred geography, sometimes marking out geometric patterns of sacred sites that reflect significant astronomical events – traces of an ancient understanding of the earth and its relationship to the heavens.

## Goddess

From ancient times to the Gallo-Roman period and even beyond into the Christian era, there have been sites in France sacred to the divine feminine.

It's thought that the most ancient religion of prehistoric people was a form of goddess-worship based upon a Mother Goddess who represented the power of the earth and fertility.

Her symbols have been found on some megaliths, such as the Cairn de Barnenez – thought to be almost 7,000 years old and a candidate for Europe's most ancient surviving structure.

In southwest France, the Basques revered Mari, a supernatural form of the ancient Mother Goddess.

The Gauls had many goddesses, whose worship continued under the Romans. They included Segeta, goddess of the river Loire, whose sanctuary became the Roman town of Aquae Segetae.

The Romans also introduced their own goddesses who often supplanted those of the Gauls.

Many Christian holy sites were built on temples and sanctuaries that had previously been sacred to goddesses.

Arles Cathedral was raised on a temple to Cybele, the Roman Mother Goddess. The chapel dedicated to Archangel Michael on Mont-Dol in Brittany was established by St Samson on the ruins of Cybele's shrine.

Some goddesses were even transformed into saints. A notable example is the Celtic mother goddess Ana or Anu who was conflated with St Anne, mother of the Virgin Mary.

Sites previously sacred to the goddess were rededicated to St Anne, including the major pilgrimage sanctuary of Sainte-Anne-d'Auray, built on the site of the Gallic village of Keranna ("Village of Ana"). Likewise Libera, the Roman goddess of the harvest, became St Libaire, a saint of the Vosges region.

Some see the mysterious Black Madonna statues as representing a continuation of goddess worship beneath the Church's radar.

The Black Madonna of Notre-Dame de l'Épine found miraculously at Avioth in northern France is thought to have been a statue of the fertility goddess, Rosmerta, who was venerated by the Gauls.

Statues of Rosmerta have been found at other sites that were later dedicated to the Virgin Mary, such as Notre-Dame de Sion at Sion-Vaudémont in northeastern France.

## Places of healing

Since ancient times, those suffering have resorted to springs and wells that were reputed to possess healing powers. Most springs were believed to heal specific ailments, especially of the eyes.

In the pagan world, people thought deities and spirits imbued the waters with healing properties and they left votive offerings to them.

France has many such water sources, from simple woodland springs to monumental shrines.

Healing spas still exist from the Gallo-Roman era, such as the hot springs at Dax in southwest France and the baths at Aquae Segetae dedicated to Segeta, goddess of the river Loire.

Many of these sacred places were later Christianised and rededicated to saints so their healing powers could be claimed for the Church.

Chapels and churches were built beside, and sometimes over, the sacred springs. Legends grew up of a saint miraculously causing the water to flow, often by striking the ground with his or her staff.

Healing springs are found at many of the major sanctuaries, such as Mont Sainte-Odile in northeast France and Saint-Anne-d'Auray in Brittany.

According to Christian tradition,

miraculous water from the spring at Lourdes began to flow during the famous apparitions of the Virgin Mary in the 19th century.

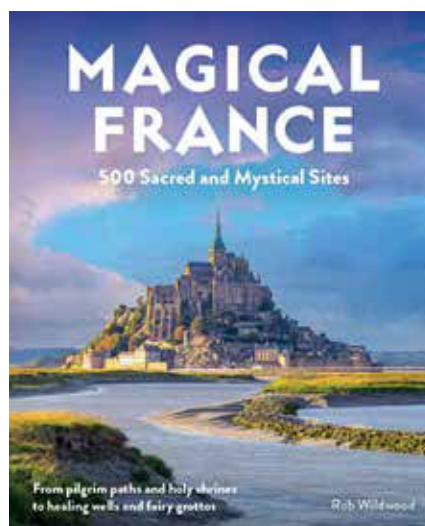
The holy water is still used throughout the sanctuary to heal pilgrims who come from all over the world in search of a cure.

Miracle cures were also attributed to religious statues and holy relics, especially statues of the Virgin Mary which often

owed their discovery to a miraculous event.

The statue of Notre-Dame du Roncier at Josselin was found in a bramble bush ("roncier"), and Notre-Dame de Marcellie, Limoux, lay buried in pastureland.

In Brittany there were the seven healing saints, each prayed to for the cure of a different ailment. Statues of the seven are housed in the crypt of the chapel of Notre-Dame-du-Haut in Trédaniel.





A NAKED water spirit emerges holding an amphora. It was created in the mid-19th century by local amateur sculptor Augustin Husson. (Photo: Rob Wildwood)

## Water spirits

In folklore, France's waters, both fresh and salt, are considered the realm of water spirits. Varied in nature, these spirits are usually female, with water traditionally seen as a feminine element.

For the Gauls and Romans springs, rivers, lakes and waterfalls were the domain of nymphs and water goddesses, such as Segeta who protected the river Loire, to whom the hot springs at Dax were dedicated.

At some of the water sources the guardian spirit was transformed into a Christian saint, as at Levroux in central France, where a spring once sacred to the goddess Rodene is now dedicated to St Rodène.

In Arthurian legend Vivian, the Lady of the Lake, was a water nymph. After meeting Merlin by the Fontaine de Barenton, in the enchanted Forest of Brocéliande, she used her charms to learn the secrets of his magic.

Nymphs and fairies are said to bathe in pools at Mortain in Normandy and within Finistère's magical Forêt de Huelgoat, and a nymph guards the source of the river Source at Fontaine-de-Vaucluse in Provence.

Some water spirits are still honoured by statues such as the 19th-century sculpture of La Naiade who rises from the river at Laignes in Côte-d'Or.

In the sea are the siren-like Marie-Morganes, fairies in the form of beautiful women who haunt the rugged coasts of Brittany, luring in sailors.

Dahut, the dissolute daughter of Gradlon, King of Cornouaille in Brittany, was transformed into a Marie-Morgane during the drowning of the city of Ys in Finistère's Baie de Douarnenez.

The French coastline is also inhabited by mermaids, maidens with fish-like tails who are sometimes seen sitting on rocks or frolicking in the waters.

Carved mermaids (and mermen) are a common motif in France's medieval

churches, especially along the Apollo-Athena alignment.

## Wishes and divination

Sacred wells and springs have long been seen as places where wishes could be granted and questions about an individual's future answered.

An old custom was to throw votive objects into the waters to seek good fortune from the presiding spirit or deity.

Marriage and fertility were prime concerns, and many local rituals were enacted by young women who were in search of a husband, or to aid conception.

At the Chapelle-Sainte-Geneviève in Normandy's Andaine Forest, they would write their name on the wall, while at Locmariaquer near Carnac the May Day custom was for women to slide down one side of the fallen standing stone, the Grand Menhir Brisé d'Er Grah.

For those who wanted to know whether they would be married within the next year, a common ritual was to throw a pin into a sacred spring and see if it floated: if it did the answer was a yes.

This was the practice at the Fontaine Miraculeuse in the sanctuary of Sainte-Anne-d'Auray in Brittany and the Fontaine de la Vierge in Finistère's Huelgoat Forest.

A similar divinatory ritual took place at the Fontaine de Barenton in the Forest of Brocéliande, where the waters would

bubble if the answer was affirmative.

To ensure fertility, married women would rub themselves against menhirs or touch a specific part of the stones.

People still leave their written wishes at magical places such as the Tombeau de Merlin in Brittany's Brocéliande.

In other places the granting of a wish entails performing a feat, such as throwing a stone onto the top of Carnac's tallest menhir, the 6.5 metre high Géant du Manio.

Good health was another big concern, with customs either to ensure a trouble-free year or to be forewarned of coming illness.

The townsfolk of Locronan would throw a piece of buttered bread for each member of their family into the water of a holy spring dedicated to St Eutropius; if it floated they would remain healthy for the next year.

## Visiting a sacred site

When you visit any of the magical sites in this book, remember that the place is sacred, filled with a spirit and a mystery that deserve both honour and respect.

If you want to show your reverence by leaving an offering at a site then please make sure it is made from biodegradable organic material.

Plastic ribbons kill trees and modern coins pollute well water. It is better to light a candle, sit in silence, quieten the mind and take time to tune into the energy of the place.

Let the stories and folklore guide you to the true "spirit of place" and what it has to offer in terms of insight and wisdom for our future with the land.

**Produced by Wild Things Publishing Ltd, "Magical France: 500 Sacred & Mystical Sites" is launched on March 1 and costs £18.99. It is available via the internet or can be ordered from bookshops.**



BELOW the Convent of Mont Sainte-Odile in Alsace is the Source Miraculeuse du Mont Sainte-Odile, a spring with miraculous waters said to heal eye ailments.



# COMPETITION

This month we have copies of Heather Askinosie's *Daily Crystal Inspiration Oracle Deck* as prizes for five lucky winners.

The publisher writes: "This easy-to-use 52-card oracle deck makes the wisdom of crystals convenient and accessible, even when you don't have any physical stones on hand.

"Just pick a card and trust your soul's intuition to unlock the clarity you're craving, whether it's about a relationship, finances or work.

"Stunning photography of Mother Earth's most energy-filled crystals adorn each card. In the guidebook, Energy Muse co-founder, and *Crystal Muse* and *CRYSTAL365* author Heather Askinosie offers instructions for different types of readings.

"Heather also describes the energetic properties of each crystal, and gives affirmations and 'crystal actions' to tap into a stone's power today."

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

*Daily Crystal Inspirations*, Psychic Press Ltd,  
Unit 2, Griggs Business Centre,  
West Street, Coggeshall, Essex CO6 1NT



Or enter by email: [pneditorials@gmail.com](mailto:pneditorials@gmail.com)  
The closing date for entries is 8<sup>th</sup> May, 2025.

		9		6			1	
3		5			7	8	6	
6	8		4		1		3	
7						4	9	1
	3						2	
5	2	1						6
	4		9		5		8	2
	5	3	1			6		9
	9			8		1		

**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.

## WINNERS

The winners of the DECEMBER 2024 sudoku competition are:

Rozenn Powell, Wales  
Mary Hall, Isle of Wight  
Hugh Singer, Surrey  
Rosemary Birrell, Scotland  
Carol Fisher, Lancashire

The winning numbers are: 834 972 651  
Each winner receives a copy of  
*Written In The Stars*  
by Kate Rose

For further details visit:  
[www.newworldlibrary.com](http://www.newworldlibrary.com)  
and:  
[www.wordsofkaterose.com](http://www.wordsofkaterose.com)







# Tap into inner peace and self-healing potential

By Marzcia Techau

*A Master of Science in biology, Marzcia Techau is a speaker, author, spiritual teacher, clairvoyant and healer.*

*Part of her master thesis at the University of Copenhagen was a healing study of plants. Later she worked as a research assistant at the University of Southern Denmark investigating the effects of energy healing on cancer survivors.*

*A medium for over two decades, in her teachings, talks and books, Marzcia emphasises the relationship between natural sciences and the spiritual world.*

*Marzcia's latest book is "Your Soul, Your Life," which is subtitled, "A Guide to Healing and Self-healing."*

*In these abridged extracts, she covers various areas, such as how to find healing and guidance from the spirit realms.*

START by having an awareness of how you find peace. Do you make time in your life to just be you, not having to perform, but just being and enjoying – a space where you can be in touch with yourself and your own energy without using it?

Some experience this state of mind when doing something creative. It may come when you are drawing, working with clay or sewing: you step into a place where time and space don't exist and the world outside disappears.

You are absorbed and an inner peace arises. You don't need to think about spirits or angels, but can just immerse yourself in painting or knitting without having to do anything else.

If you are a physical person, it may be that you get into that state when you

are out running without thinking about anything else except putting one foot in front of the other and feeling the pounding of your heart, the wind in your hair and freedom.

It could also be when you are out walking, swimming or exercising with no other goal than it being nice for your body to work and the brain is able to find calm.

For me, cooking and eating is almost a meditation. When I stand slicing vegetables or eat a well-prepared meal, I get an inner attention, calmness and well being that opens up my presence.

I get in touch with myself completely without having to call on my guardian angel or anything else exalted.

You don't have to consciously connect to the spirit world, but can certainly begin



**MARZCIA TECHAU:** "You don't have to consciously connect to the spirit world."

(Photo: Lærke Overgaard Kramer)

by becoming more aware of what creates the peace in you that lets you come into contact with your soul essence.

When you do so, you can always have that state with you even without having to sew, run or cook.

Many of us tend to opt out of the things in life that give us energy, inner peace and oneness because something else (or someone else) is shouting louder and demanding our attention.

When we take the time to fill ourselves with the state of being in touch with ourselves, it gives us access to live our lives



from a more authentic place.

Music can do something of the same. If you love music, you can always get in touch with that state within you just by hearing a few notes.

Instead of sitting with your hands clutched around the steering wheel on the way home, you can sit listening to music and let it be a time when you recharge so you can be there for your family.

Making room for that space within yourself allows something new to grow within you, and that is healing in itself.

These are tiny adjustments that you may know from mindfulness meditation – reaching inside to the best place where we come in contact with our innermost essence.

In there, there is calm, ideas and inspiration. In essence, this is what healing is all about: when we create an inner or outer space of calm, help comes.

If you are ready for the next step, you can also do a little spiritual practice. I began many years ago in this way:

Sit down in the morning with the intention of contacting the pillar of light, the dimension between the physical world and the spirit world.

Allow yourself to imagine that you are surrounded by a loving, safe presence. Maybe you experience it as a luminous presence.

Your soul recognises the presence, and your system begins to relax all by itself.

Now you can ask for help for the day: it can be from God, angels, guides or just the healing presence.

In this way, you get healing and support for the day and get to have the feeling of being in place in yourself before you rush off to work or into your thoughts and worries, and the to-do list take control of your life.

You stay in touch with your inner self and have an easier time engaging with life.

Do the same in the evening. Pray for healing so that whatever may be revolving in your mind can resolve itself, and you have peace to let go of the day and surrender to sleep and the night.

Notice how just getting in touch with yourself also puts you in touch with something bigger. Totally without the use of a healer, you can thus open yourself to both healing and guidance from the spirit world.

I believe that humans are here on Earth to experience something for ourselves and to disseminate or give something to the world.

If we don't make room for what we are deep down, it is difficult to fulfil some parts of our original purpose in being born on Earth.

As a healer, I want to be available as a channel. In reality, I would wish to be



**BETWEEN** *"the spiritual and the physical worlds, there is a dimension where the two worlds meet."*

unemployed because that would mean people had learnt to open themselves to their soul-consciousness and the support which is always present from the spirit world.

As a healer, I see people on a daily basis who are trapped in the power of their feelings, bodies or thoughts.

I help them get in touch with their soul essence where there is always peace. When this happens, the self-healing potential of the soul essence is activated and you can begin to help yourself.

The help of the spirit world is mental, emotional and physical. Those who are healed notice that within them there is something which has all the qualities they need and that they have something good to contribute.

Our blockages and beliefs can lead us to believe that we aren't good enough, we have no energy or that other people will never understand us anyway.

When you come in contact with your soul essence, you come in contact with something that will always support you. It gives you the strength to work on emotionally, mentally or physically difficult issues.

As a healer, I work to help people achieve oneness with their soul essence. From there, they can then begin to work with themselves, unleash their self-healing potential and become able to receive the love and support that is within human beings and outside from the physical world and the spirit world.

Mankind's notions of the soul are ancient. We have always known that we were more than our bodies, the thoughts we think and the feelings which arise in our systems.

Your soul is both your innermost self and a part of the divine, of all the souls in the world. You are completely your own and a part of everything.

You are your soul who received a body when you were born as a human being and live on as a soul when you have finished living in the body you have now.

Your soul is thus eternal and without physical limitations. It, and you, are far larger than your physical body.

When our souls are not incarnated as humans, animals or plants on Earth, they are in a different oscillation or frequency of consciousness which is around us all the time.

This is what I call the soul home. It is not a physical place like a house or a country, but a home that is beyond time and place.

When the soul is at home, it is connected to all other souls in the soul home; it feels good and is at peace, learning and developing.

The souls heal and reflect on the lives they have just lived. They support and help their living and deceased relatives.

Between the spiritual and the physical worlds, there is a dimension where the two worlds meet. I usually call it a pillar of light.

However, it is not a pillar in the literal sense; it is a dimension between the physical and spirit worlds, like a portal



**BEGIN** “to heal yourself by giving space in your life to a place where you are just you and don’t have to perform.”

between the two worlds.

It is also the tunnel that many who have near-death experiences refer to. In this dimension, there is infinite presence, love and light; it is delightful to be here.

I always connect with this pillar of light when I am going to heal a client. When I do that, I am enveloped by pure love and can share this presence and love with the client who is also being enveloped.

From here, there is unhindered access to the spirit world, the deceased, angels and guides who can offer all the help we need.

The sum total of all wisdom and all lived life is here. We have all been there and will all be going back there again.

It is important to understand that we all have a part of this divinity in us, for we are both physical and spiritual beings during our earthly lives.

We are all in touch with this dimension when we sleep, meditate and do spiritual work.

The spirit world has the possibility of supporting us daily even if we don’t consciously make contact, but if we train, we can get more support for both our inner and outer lives.

When a child is born, there is a strong attraction between a particular soul and the little new body. It isn’t like we are “assigned” a body, but rather that there is a meaning that precisely this soul and this body must learn to co-operate.

It may be a connection between the purpose of the soul – what it wants to accomplish – and this particular body.

It may also be there are themes the soul had in previous lives and didn’t really resolve, which recur in precisely that body in which the soul lands.

Several researchers have studied how

very young children insistently claim they are specific people that they shouldn’t be able to know at their age. They can point out places and know things which only the deceased person should know.

A well-known example is the Swedish author Barbro Karlén (born 1954), who early on claimed that she was the little Jewish girl Anne Frank (1929-1945), who wrote the famous diary.

Among other things, Barbro Karlén could find Anne Frank’s house in Amsterdam and point out things in the house that only the family knew about.

By virtue of the violent life that Anne Frank lived in the Nazi concentration camp Bergen-Belsen, and not least the violent death she underwent, the Swedish woman also had quite strong life phobias in her current life.

### In brief

- Healing is about connecting with the presence, the infinite support and love that is in the spirit world.

This energy is always present in the universe; you can connect with it yourself or a professional healer can help facilitate the contact to it.

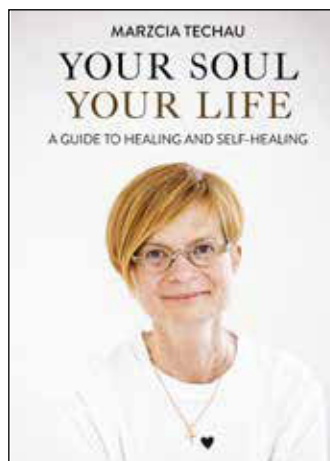
- As infants, we are used to orientating ourselves towards a loving presence from our parents or other caregivers by using our senses and our nervous systems.

We are completely dependent on it

because we can’t adjust ourselves into a calm state yet.

This searching within the surroundings and reflection of the presence is what happens in healing, where our nervous system searches for the calm, loving presence from the universe and reflects it in our interior.

The more you open yourself to the loving presence, the more you come in contact with your own soul essence, and the more oneness you feel with your soul.



- Your soul helps a lot in the process. It is used to connecting with other souls, so that when you give space to that part of you, you get even more help, and when you get help, there is even more development of yourself and your resources – it is a positive feedback system.
- You can begin to heal yourself by giving space in your life to a place where you are just you and don’t have to perform. It can be, for example, through creative pursuits, physical training, listening to music or other experiences where you come into a state of peace and flow, and are completely yourself.

**Published by O Books, “Your Soul, Your Life” costs £14.99. It can be ordered from various sites on the internet or from bookshops. An e-book version is available at £7.99.**

**To learn more, Marzia’s website is at [www.marzcia.dk](http://www.marzcia.dk)**



# The Greater World Christian Spiritualist Association

Founded in 1931 as a result of the two-world partnership between medium Winifred Moyes and her guide Zodiac, The Greater World Association is still flourishing

## DISTANCE HEALING

Please send your loved ones' details by email so we can add their names to our long distance healing list

**Friendship fee £12.50 p.a.**

A free Newsletter is issued to all members quarterly

**CONTACT US: Tel: 020 3011 0893**

**www.greaterworld.net**

*Have a look at our bookshop*

**email: greaterworld@btconnect.com**

**3-5 Conway Street, London W1T 6BJ**

## THE GREATER WORLD OWNED CHURCHES

**LEEDS  
GREATER WORLD  
SANCTUARY**

**14 Clarendon Road,  
Leeds,  
West Yorkshire  
LS2 9NN**

**President:**  
*Margaret Bellamy*  
*See Facebook page for  
service days and times*

**TEMPLE OF LIGHT  
221 New Road  
(Luton Arches),  
Chatham,  
Kent  
ME4 4QA**

**President:**  
*Rita Davidson*  
**Visit:**  
*www.greaterworld.net  
for details*

## SPIRITUAL BOOKS

Entertaining and inspiring!



With one eye-opening true story after another, Glynis Allen's debut book became an online #1 bestseller. An hereditary medium and a senior NHS nurse for three decades, she describes her daily work alongside spirit doctors, angelic beings and even the Grey Lady, a frequent ward visitor!

A devoted animal-lover, she also often communicates in her mediumship with much-loved pets who have passed, and has gained a reputation for finding lost or stolen animals. These stories, and much more, are told in her uplifting sequel.



**Exciting paperbacks & eBooks**  
**<https://local-legend.co.uk>**



**Reliable  
Informative  
No-nonsense**

**Psychic phone &  
written readings**

**PSYCHIC • MEDIUM • TAROT**



**Elizabeth  
Francis**

**Call +44 117 969 9945**

Phone readings from £27.99 for 20 minutes  
A variety of written readings available

**[www.elizabethfrancis.co.uk](http://www.elizabethfrancis.co.uk)**





# March into spring with inner intuition

By Ceryn Rowntree

“BEWARE the Ides of March” a soothsayer cautioned Julius Caesar – and rightly so since the Roman Emperor was indeed assassinated on March 15.

According to the ancient historian Plutarch, a seer warned him that his life would be in danger. The Roman biographer Suetonius named her as Spurinna, who was an expert in divination and the interpretation of omens.

Spurinna was correct, as a group of as many as 60 conspirators decided to assassinate Caesar at a meeting of the senate.

But is Spurinna’s advice something we should all pay attention to or has this March 15 been unfairly tarnished?

Perhaps just as importantly, how can we avoid any other suggestions of doom which may come our way on this or any other ill-fated day?

Though the narrative around Caesar’s death may suggest otherwise, the Ides of March wasn’t always a day of doom. In fact, until that day in 44 BC, it was not particularly notable.

Back then, Ides was simply a term used to denote the mid-point of a month in a calendar where individual days were not numbered.

However, given that it falls less than a week before the Spring Equinox, this date can be seen as aligning closely with springtime. With this

transformation, the wheel of the year moves from winter to spring.

Given the sense of renewal this time offers, perhaps like the soothsayer it makes it an excellent time to look to the future and contemplate what the newly flowering world has to share about what may be ahead for each of us.

## *Our own inner soothsayer*

Though Caesar enlisted the services of a wise one to gain advice into his future, we don’t have to do likewise when our inner intuition has so much to offer.

Just like a Roman soothsayer, we all have access to intuitive nudges, messages and other wisdom which can give us an insight into where our path through life may be headed.

As with any relationship, trust in one’s intuitive senses can take time to build and develop. However, it can grow and flourish easily with regular connection.

Here are three of my favourite practices for accessing and developing trust in my intuition.

**Start the day with your inner intuition:** Before





**TAKE** “a quiet walk outdoors without the distraction of your phone, music or even another person.”

getting out of bed, take a moment to close your eyes and take a few deep breaths before asking, “What do I need to know today?”

Notice any words, images or feelings which make themselves known. Write them down, then return to them at the end of the day and see how they applied to your day.

**Working with cards:** Each day, pull a tarot or oracle card from your favourite deck. Instead of referring to a guidebook or other sources of information, take time to tune into your own thoughts and feelings around the card before you.

Again, write them down if you wish. Be sure to reflect on your notes regularly to see where your intuition may have been leading.

**An intuitive walk:** Take a quiet walk outdoors without the distraction of your phone, music or even another person.

As you focus on your breath, pay attention to feelings that arise within you and particularly to sounds, sights or smells which jump out at you.

If we take the time to tune in, nature often provides a beautiful canvas through which our intuition can communicate.

Practise tuning into your intuition as often as you can. Not only will you begin to trust what your own wise inner soothsayer has to share, but the deeper your connection becomes, the louder and clearer its voice will be.

## Spring cleaning your energy field

Though it’s highly unlikely that our inner soothsayer will offer messages anywhere near as unpleasant as Caesar’s, it is understandable if the idea of looking to the future leaves you feeling a little wary.

What if instead we used the renewed energy of springtime to take back power over our own energy field by working to cleanse it from anything heavy or negative which may be weighing us down?

I believe that energetic cleansing can – and should – be as much a part of our daily routine as washing our hands or brushing one’s teeth.

It can be done in any number of simple and effective ways. If you plan to incorporate March energies into your energetic cleansing, how about one of these simple spring-themed exercises?

- **Cleansing with the spring breeze:** Make the most of springtime’s bracing breeze by opening all your doors and windows, and inviting fresh air into your home. As the breeze moves through your home and over your body, say aloud: “I welcome the spring. I welcome the air. May all fear be blown away until only wellness remains.”
- **Sunlight cleansing:** Take a few moments each day to feel sunlight beaming down and moving through you. Visualise its beautiful golden light

flowing through every cell of your being, releasing any heaviness or negativity which is held there and filling the space with warmth, light and a sense of life that can be carried with you throughout the day.

- **Anointing yourself with dew:** Head outside early in the morning to collect dew from the grass or other plants onto your fingers or a soft, clean cloth.

Set the intention that this fresh moisture of nature will cleanse and refresh your energy field and then dab a little onto your third eye, heart centre and solar plexus as well as any other points that feel right to you.

You can cleanse your energy field as often as you wish. I try to do this at least once a day and at any other time when I find myself feeling heavy, anxious or uncomfortable.

## Protecting ourselves from misfortune

Unless you are a tyrannical emperor, it’s unlikely you’ll need to contend with an entire senate of people looking to overthrow you!

However, this is not to say that we cannot benefit from a little energetic protection during the Ides of March or at any other time of year.

After all, energetic protection is not only about preventing betrayal or physical



**PROTECTION** practices include a sachet filled with herbs like rosemary, mint, basil and thyme.

attack, although many believe it can play a part in these too.

It's about supporting our emotional and mental health, and helping us to stay safe from any negative words or energy that may come our way.

Some of my preferred methods to protect my energy are quick and simple, such as calling out to guides to help me or visualising myself inside a beautiful bubble of protective light. Among my spring-themed protection practices include:

- **A herbal protection sachet:** Into a small pouch or bag, place a generous sprinkling of protective herbs such as rosemary, mint, basil, thyme or another one that calls to you.

When the bag is filled, whisper into it: "Awaken plant spirits as I call to you for protection. May we walk together in safety." Seal the bag and keep it close as you move through the spring and beyond.

- **Something sparkly for spring:** Crystals will always be a favourite way to protect my energy field.

When better to treat ourselves to something new and powerful than when a beautiful spring energy is in the air?

Crystals like tiger's eye, black tourmaline and labradorite are especially good at keeping us safe from negative or harmful energies.

Whatever you do to protect your energy around the Ides of March, remember that no time of year is naturally dangerous or untrustworthy.

As the custodians of our own energy, we have the power to decide what does and doesn't step into our energetic fields.

### Stepping out of fear

One of the easiest ways to experience misfortune is to focus our minds on bad luck and to fill ourselves and our energies with negativity.

With the phrase "Beware the Ides of March" ringing in our ears, it's more important than ever to remember that our thoughts are powerful and to do whatever we need to bring ourselves back to a place of empowerment rather than fear within our mindsets.

The following meditation can be a great way to support ourselves in making this change:

- Sitting or lying down comfortably, begin by closing your eyes and taking a few deep breaths to centre yourself into your body and the moment.
- As you breathe, allow yourself to become aware of any anxieties, fears, worries or concerns which may be present within your body.
- Taking another deep breath, envisage a large golden bag or sack in front of your mind's eye. As you exhale, see all your fears and worries moving out of your body and into the bag.
- Repeat this as many times as you need in order to feel clear of these worries. When you're ready, see the bag catching fire and burning up in a beautiful blaze.
- Take a few more deep breaths, and when you're ready, bring yourself back to the moment and open your eyes.

Of course, there are some fears that may not simply vanish with the help of a meditation.

If this is the case, consider writing about them in a journal or even speaking to a

trained professional to support you with fears and worries which continue to weigh heavily on your mind.

### Reclaiming the Ides of March

Caesar's assassination on the Ides of March reminds us that the energy at this time of year is rife for revolution, albeit ideally one with a less violent outcome!

Knowing that the energy of spring is always ready for change and new beginnings, take some time around the Ides of March to consider what you would like to see change within your life.

Take some steps towards making this happen, knowing that even the smallest of plans and inspired actions can be an important start in bringing about the changes we desire at this fertile time of year.

Although the soothsayer's words may remind us of the importance of listening to our intuition, it is also important to remember that we always have power over our own approach to each and every day.

If we do so with the right mindset, this mid-point of March can be a powerful time for renewal and a good reminder of our ability to protect ourselves as we look to the future.

As Cassius says elsewhere in *Julius Caesar*, we are "at some times, masters of (our) fates," so why not take back the Ides of March and claim it as a day when we all become masters of our fate?

**A medium, writer and teacher, you can learn more about Ceryn at [www.cerynrowntree.com](http://www.cerynrowntree.com)**



**CERYN ROWNTREE:** "We have the power to decide what does and doesn't step into our energetic fields."





# Your paranormal and spiritual questions answered

BY GRAHAM JENNINGS

## Famous author told of attending séances

**Someone told me that famous writer Victor Hugo was a pioneer Spiritualist. Is this correct? – Margery Lowe.**

Victor Marie Hugo was born in France in 1802 and is familiar to English readers through his novels *The Hunchback of Notre-Dame* and *Les Misérables*. He was also a prolific poet and playwright who became a literary giant.

A leader of the Romantic Movement in literature, Hugo became a politician, but could not reconcile his republican ideals with the growing autocracy of Napoleon III.

From April 1852 he lived in political exile on the Anglo-Norman isle of Jersey. Expelled in 1855, Hugo moved to neighbouring Guernsey.

Meanwhile, news of the explosion of Spiritualism in America had reached France where it aroused similar passion.

Delphine de Girardin, a journalist and childhood friend of Hugo, became an enthusiast. Around September 1853 she visited Jersey and introduced him to table tilting.

The sitters, she told Hugo, would sit around a table and place their hands on it. Spirit entities would then tilt the table by raising a leg or two before tapping on the floor, usually with one tap for "Yes" and two taps for "No."

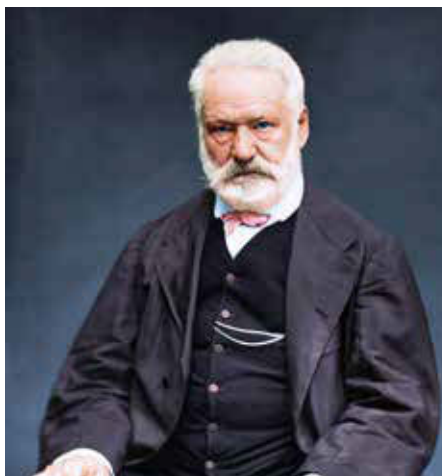
They would also tap a number of times for a particular letter of the alphabet, such as three for "C" and seven for "G."

Initially, Hugo was not keen, but his wife Adèle was and together they sat with Delphine.

For several nights nothing happened, then Hugo's sons Charles and Francois-Victor and two more friends joined them.

They quickly discovered that Charles was a natural medium. One of the first communications they received was from his sister, Hugo's adored daughter Léopoldine.

She drowned aged nineteen in the Seine with her husband in 1843. It has been suggested that his desire to hear from her was the chief reason for taking part in the



**VICTOR HUGO heard three raps and then discovered his son had passed from a heart attack. (Photo: Cassowary Colorizations on Flickr)**

experiment.

Sceptical but anxious, Hugo asked, "Léopoldine, is it really you?"

The taps spelt "Yes, Father..."

"Where are you, Léopoldine, my beloved?" Hugo continued.

"In a happy land, Father," came the reply.

A subsequent communicator was Jean-Jacques Rousseau, the Swiss-born philosopher whose treatises and novels inspired the Romantic Movement. Hugo was intrigued, but still sceptical.

Then France's greatest poet of the previous century, André Chénier, who was guillotined during the French Revolution, communicated.

He tapped out not only the remainder of the poem he had worked on prior to execution, but a number of other poems. They in turn joined together poems he wrote in earthly life.

All were in Chénier's style and of the highest literary quality. It was probably Chénier who convinced Hugo that the spirit communications were genuine. Charles Richet, the physiologist and psychical researcher, later paid him this tribute:

"The profound thinker (Hugo) has

divined, has intuited, as early as 1843 the radiation of apparently inactive substances, and the future will no doubt show that Victor Hugo has gone farther into these unknown domains than has contemporary science."

The family persevered with the séances and in February 1854 the Protestant reformer Martin Luther communicated. Hugo asked him why God did not openly reveal Himself.

"Because doubt," replied Luther, "is the instrument which forges the human spirit. If the day were to come when the human spirit no longer doubted, the human soul would fly off and leave the plough behind, for it would have acquired wings."

Later that year Galileo, the astronomer and mathematician, communicated. Hugo asked him about the infinite nature of the universe. Galileo had to admit he still did not know, explaining:

"I, Galileo, declare that I do not know the contents of infinity; I don't know where it begins and where it ends.

"I don't know what comes before, after, in the middle, to the right, to the left, east, west, south or north; I don't know its inside or its outside... Where is it going? I have no idea."

Hugo recorded hundreds of communications, many from historical figures such as Shakespeare, Plato, Hannibal, Sir Walter Scott and Jesus.

Ever curious about the mysteries of the universe, he continued asking similar questions before concluding that they would not be answered.

"It is becoming obvious to me," Hugo wrote, "that this world of the sublime, which has consented to communicate with our world of shadow, will not allow itself to be forced by us to reveal its secrets... The world of the sublime wants to remain sublime."

As well as communications, Hugo had premonitions. In 1871, soon after his return from exile, he said one morning:

"I've had a warning. Last night I heard

three raps somewhere behind the panelling in my room; the very same thing happened just before Léopoldine's death." Later, news came that his son Charles had passed from a heart attack in Bordeaux.

Hugo resumed his political career and was elected a senator. When he passed in 1885, he left 50,000 francs to the poor.

"I wish to be taken to the cemetery in the hearse customarily used for the poor," said Hugo. "I refuse the prayers of

all churches. I believe in God."

His wishes were ignored and he was given a state funeral attended by a million mourners. Hugo's remains lay in state under the Arc de Triomphe and were interred in the Panthéon.

# Slaughtered soldier named his murderers

*In the annals of Scottish justice there is the case of an English soldier who made a spirit return and told of his murder and named the murderers, not in English but in Gaelic. What is the full story? – Ryan Simpson.*

In 1749 the Scottish Highlands was volatile territory. Four years earlier at the Battle of Culloden, the clans, led by Prince Charles Edward Stuart, "the Young Pretender," had been defeated, but were not completely subdued.

English reprisals were ruthless. Redcoats patrolled the Highlands, and the kilt and tartan were banned. Resentment among many of the defeated still smouldered. Some even plotted the return of the Bonnie Prince.

In the summer of 1749, Sergeant Arthur Davies of Guise's Regiment with eight privates patrolled the mountains from Aberdeen to Dubrach in Braemar.

An innocent abroad, Davies naively carried fifteen-and-a-half guineas and wore a silver watch, gold rings, silver buckles and buttons.

Andrew Lang told his story in *The Book of Dreams and Ghosts* (1897). On the morning of September 28, Davies left his wife at Michael Farquharson's lodgings and set off with four men to meet a corporal's guard from the Spittal of Glenshee.

Of the terrain, Sir Walter Scott wrote, "A more waste tract of mountain and bog, rocks and ravines, without habitations of any kind... is scarce to be met with in Scotland." Davies carried a musket and, in the hills, left his men to stalk and shoot a stag.

He was never seen again. Rumour had it that Davies was murdered by Duncan Clerk and Alexander Bain Macdonald, and robbed of his valuables.

In June the following year a shepherd named Alexander MacPherson called at Michael Farquharson's lodgings. He told his son Donald he had been "greatly



*THIS representation shows a fateful meeting between Sergeant Arthur Davies and two men who were accused of murdering him.*

troubled by the ghost of Sergeant Davies."

Davies, he said, visited him in his shepherd's hut, or shieling, and directed him to the peat moss where his bones lay, which he wanted decently buried. On a second visit he named his murderers.

Presumably as MacPherson spoke no English, Davies communicated in Gaelic, a language of which he formerly had no knowledge.

MacPherson and Farquharson found the bones, buried them and said nothing, but rumours continued to spread.

In September 1753, Duncan Clerk and Alexander Bain Macdonald were arrested and tried for murder in Edinburgh on June 10, 1754.

MacPherson's ghost testimony was backed up by one Isobel MacHardie, who had shared the shieling and swore she saw Davies herself.

Nevertheless, the jury could not take the story seriously not because of the ghost so much as the claim that an English apparition had managed to learn Gaelic.

However, there was enough circumstantial evidence to convict the

accused, in whose possession articles of the deceased were found. Clerk suddenly became wealthy and his wife had worn Davies' ring.

A second witness named Angus Cameron even claimed to have witnessed the murder from afar. However, he was unable to explain why he was there or why he waited nine months to report it.

Cameron was suspected of smuggling gold to Bonnie Prince Charlie, so his testimony was discredited.

There are several explanations for Davies' knowledge of Gaelic. Spirit people can learn languages, even though on their side of life they communicate by thought.

In Davies' case, he would only have had to master a few words in order to communicate his name and the whereabouts of his bones.

Then again, MacPherson, speaking only Gaelic, would have thought in Gaelic. He could have picked up Davies' thoughts and transmuted them into Gaelic.



# Psychic horses learnt spelling and arithmetic

**Who or what were the Elberfeld horses? Is it true they could count and spell? – Anthony Hearne.**

In 1914, Belgian poet, playwright and essayist Maurice Maeterlinck (1862-1949) published *The Unknown Guest*.

Under the general heading of parapsychology, it included a chapter on his observation and examination of the remarkable Elberfeld horses.

They could recognise letters of the alphabet, spell and perform mathematical calculations way beyond the supposed capabilities of animals.

Was it clever trickery or could there be a supernormal explanation? In other words, were the horses effectively mediums?

Maeterlinck researched the horses' history, which began with a man described as an elderly eccentric misanthrope obsessed with animal intelligence. This was Wilhelm von Osten, who lived in Elberfeld, Germany.

In 1900, von Osten purchased a Russian stallion named Hans and taught it simple spelling and arithmetic. The horse became so accomplished that he was called Hans Kluge, or Clever Hans.

People flocked to von Osten's stable-yard to see him. Soon, academics took an interest including Prof E. Clarapède of the University of Geneva, who wrote:

"The horse was capable not only of counting (that is to say, of striking as many blows as he was asked), but also of himself making real calculations, of solving little problems...

"But Hans could do more than mere sums: he knew how to read; he was a musician, distinguishing between harmonious and dissonant chords.

"He also had an extraordinary memory: he could tell the date of each day of the current week. In short, he got through all the tasks which an intelligent schoolboy of fourteen is able to perform."

In 1904, a scientific committee was appointed to investigate, but arrived at no definite conclusion.

A second committee decided that the horse did none of the things himself, "but merely obeyed the imperceptible,



**KARL KRALL with two of the famous horses named Zarif and Muhamed. (Photo: Library of Congress)**

infinitesimal and unconscious signs which escaped from its master."

However, only two of the 23 professors who signed the report actually saw Hans perform. Von Osten was ridiculed and passed in 1909 aged 71, a lonely and embittered man.

Yet all was not lost. He bequeathed Hans to an Elberfeld manufacturer, Karl Krall, who had taken great interest in his work.

Krall began teaching the horse himself as well as two Arab stallions, Muhamed and Zarif, and other horses he acquired.

Whereas, wrote Maeterlinck, von Osten's teaching had been "in no wise angelic, but resembled rather a frenzied obstinacy," Krall "adored" his equine pupils.

He added: "This atmosphere of affection has in a manner of speaking humanised them. He talks to them long and tenderly, as a father might talk to his children."

Krall devised an alphabetic and numeric chart of 49 squares. The horse would indicate the required letter, number or symbol by tapping with his left or right hoof for so many squares down and so many across.

"Within a fortnight of the first lesson," wrote Maeterlinck, "Muhamed did simple addition and subtraction sums quite correctly. He learnt to distinguish the tens from the units, striking the latter with his right foot and the former with his left.

"He knew the meaning of the symbols

plus and minus. Four days later, he was beginning multiplication and division.

"In four months, he knew how to extract square and cubic roots; and soon after, he learnt to spell and read by means of the conventional alphabet devised by Krall."

When Maeterlinck visited, he was allowed to work alone with the horses and spoke the first word that came into his head. It was "Weidenhof," the name of the hotel where he was staying.

One of the horses immediately tapped "Weidenhoz." Maeterlinck was astonished, but Krall spotted the spelling error and told the horse to correct it, which he did by tapping "f."

By 1914, 163 monographs and treatises had been written about the horses by academics. They are held at the British Museum.

Maeterlinck considered a number of possibilities including animal mediumship. This was also the view of Prof William Mackenzie, the Scottish President of the Italian Society for Parapsychology.

He wrote, "The only possible explanation is that the horses are live medianic tables – or in short, mediums."

Writing in January 1964 for *Chimes* magazine, Prof Ernest C. Mead expanded on Maeterlinck's theory. He emphasised the love that both owners had for the horses, writing:

"Wherever love exists, an atmosphere is created into which spirits, once human souls living on Earth, in tune with the mental state provided, can enter.

"The owners and trainers, von Osten and Karl Krall, were deeply attached to their horses, and to this love the animals responded.

"The atmosphere resulting was one into which a certain spirit could enter, and the horses being clairvoyant, as most of the nobler animals are, obeyed their spirit master as they did their earthly ones.

"The answers to the questions put by the latter were given in obedience to indications by the former, thus the phenomenon!"

Writing as Graham Adrian, Graham Jennings is the author of the historical novel "Two Sisters," a spiritual romance set in this world and the next. Graham is also co-author of the non-fiction "Ghosts of War." Both are published by Local Legend and available worldwide. See <https://local-legend.co.uk>



*VARIOUS items suddenly disappeared and reappeared at business which sold and repaired lawnmowers.*

# Professor probes pesky poltergeist Pete

By John West

ONE of the most intriguing poltergeist hauntings on record took place in small premises named Mower Services in Cardiff.

Started in the late 1970s by John and Pat Matthews and Pat's brother Fred Cook, the business, which sold and repaired lawnmowers, consisted of a workshop and a small yard set back from Crwys Road.

Between the boundaries of Cardiff and Roath, for hundreds of years the start of Crwys Road was used for executions. Even today, the road junction there is known as "Death junction."

Mower Services originally formed part of a row of terraced houses built in the early 1880s. By the 20th century, it had become a busy residential and commercial area to the north of the city centre with numerous shops, a bank, a school and a Baptist church.

The haunting started with stones being thrown onto the metal roof of the building. It was assumed local children were responsible, but despite running outside, John was unable to find them.

The problem began to get worse with stones hitting windows. The Matthews informed the police, who failed to catch the culprits.

The situation worsened with the workshop also becoming affected. Staff saw stones, bolts and ball bearings flying across the room and hitting walls.

Objects even targeted members of staff, but fortunately no one suffered any injuries.

As the phenomenon intensified, the Matthews quickly discarded their initial assumption that someone in the building was engaging in a practical joke.

A paint scraper vanished only to reappear so hot to the touch that a blowlamp could have heated it. A terrible burning smell would follow the sudden icy coldness in one corner of the workshop.

A lawn mower suddenly started up on its own, and smashed dishes miraculously repaired themselves. Dust was dropped down the backs of workmen's shirts.

A diary once vanished from a drawer only to reappear on the roof of an adjacent building. One day, a set of keys disappeared. As everyone searched for them, they unexpectedly materialised and shot across the floor.

The Matthews were also plagued by phone calls to their home, sometimes every few minutes, but there was never anyone at the other end of the line.

The couple called out telephone engineers, but they were unable to locate any fault with the system.

The Matthews decided to lock up the

building and asked staff to stand around a bench. They then instructed each of them to hold out their hands to prevent any potential deceit.

John then asked for a stone to be thrown and one suddenly fell on the table. One of the others suggested writing down what happened.

In response, a pen fell to the floor, followed by a sheet of headed notepaper from the office on the first floor. Someone requested a spark plug, which promptly fell onto the table.

Fred Cook then asked for a gold sovereign and a coin marking the Queen's Silver Jubilee suddenly appeared. John recognised it. He usually kept the coin in a drawer at home. In all, the session in the workshop lasted for two hours.

Following this display, staff nicknamed the poltergeist Pete. The Matthews decided to call in David Fontana, a professor of psychology at Cardiff University and a member of the Society for Psychical Research.

He later became its President from 1995 to 1998. Prof Fontana's investigation of the case lasted from June 1989 to early 1992. The professor's first visit was an eventful one. He wrote:

"As I entered the workshop, at that very moment a stone was thrown across the room and bounced off a piece of



machinery.

"John was sitting there talking to one of the sales representatives, but there was no question that either of them was involved in this.

"John looked up at me and said: 'There – see what I mean? He's greeting you.' I think I was very pleased actually because it's so rare for investigators to be there when things actually happen.

"That made me take things very much more seriously than perhaps I otherwise would.

"You don't see the things in midair: you hear them hit the wall and clatter to the ground.

"You look round and the stone is there, but you don't actually see it in flight, which... rather strengthens the idea that nobody's playing tricks because if they were, you would see the things in flight."

Prof Fontana was impressed by the incident and made several return visits, usually unannounced, to the premises. The poltergeist appeared to delight in throwing things at him such as a stone and a ball bearing.

He also observed the disappearance and reappearance of a coin and the sudden appearance of a pen when Pete was asked to bring one.

Prof Fontana also observed "active corners" in the building, where the poltergeist would return objects thrown to him.

The professor witnessed an incident which had the potential to cause a serious injury after Pat Matthews entered the workshop from the adjoining retail shop.

As she was closing the door behind her, a large strimming wheel smashed against it.

As Prof Fontana noted, "Had the object arrived a split second sooner, it would in all probability have struck her a serious blow on the back of the head."

A brass shell case weighing 25 pounds flew across the workshop several times, so John decided to remove it to the yard.

Later, working at his bench, the case fell beside him. When the poltergeist was ordered to "fire the shell," blue flames emerged from it.

The case quickly garnered media attention and was covered in several newspapers, including *Wales on Sunday*, which featured the story with the headline, *Haunted and Taunted by Pete the Poltergeist*.

Speaking about the poltergeist, John said: "It seems to stem from one corner. One day I was moving things about in that particular corner. Because I was disturbing him, he threw two big marbles, which just missed me."

A man who worked two doors



*THE poltergeist-plagued company operated from an area which is still known as "Death junction." Seen here, it was once the site of various executions in bygone times.*

from Mower Services heard about the poltergeist, but wasn't convinced it was a genuine haunting.

Walking past the premises one day, he decided to throw a stone into the yard. He was shocked when it was thrown back and landed at his feet. Interestingly, the stone failed to hit a metal door, which was its intended target.

Pat and John were worried that the poltergeist would frighten away customers, but their fears were unfounded, as they were keen to witness the poltergeist for themselves.

One, Joyce Glenn, observed nuts and bolts flying around, and dropping on the floor out of nowhere. Another was showered with manure, prompting him to flee the building without waiting for his change.

The phenomenon continued. A table in the kitchen at the back of the premises was often found crudely laid out with cutlery and cups.

John once joked to Pat, "We've had everything except wood." John had barely finished his sentence when he saw a plank of wood flying into the shop. It travelled with such force that it took a piece out of an adjoining door.

Thieves once forced the front door of the building and stole £1,200 of stock. The insurance company sent someone called Gareth Lucas to assess the claim.

"When I was there," said Mr Lucas, "I heard the stones or noises coming from the back of the shop. When I asked them what it was about, I was told, 'Oh, that's Pete the poltergeist.'"

"I didn't really believe him, so I opened the door, looked through and could see a stone whizzing around on the floor. There was nobody else out there."

One of his colleagues, Reg Jenkin, was sceptical, but decided to visit the premises using the excuse that he wished to conduct a fire risk survey. He also witnessed stones

being thrown about.

Pete the poltergeist could also prove generous. Upon opening the building, staff would find a £5.00 or £10.00 note stuck to the ceiling tiles.

Fred even found one note pasted to the wet windscreen of his car. In all, they found £70.00.

Coins, including old pennies, also appeared, dropping at the feet of the person who requested them. One dated from 1912.

Pete would also visit Fred Cook's home, where the poltergeist would throw £1.00 coins at his front door as he crossed the hallway.

Carburettor floats, which control the petrol flow in lawnmower engines, were found lodged in ceilings.

Once, Fred, his wife and her sister were relaxing in the garden when the needle end of a carburettor float was pushed through the top of their parasol.

John challenged the poltergeist to move a carburettor float left on a flat surface in the workshop. As he was locking up for the evening, he felt something in his hand. Opening it, he saw the needle end of the float resting in his palm.

The poltergeist was even active in a nearby charity shop. Christine Windels was shocked to see a piece of string coming through the ceiling.

"It came through, curled back on itself and then dropped to the floor," she said. "I looked at the ceiling, but there were no holes, nothing at all!"

The Baptist church adjoining the lawn mower business also experienced some poltergeist activity.

One evening, the Rev Mike Fuller was working in his office when stones started hitting the window.

He went outside, but could see no one. Interestingly, the stone throwing stopped after Mike and members of his congregation walked around the boundary



*THE form of a child dressed in clothes of the 1940s was seen sitting on a shelf near the ceiling.*

of the church and prayed.

In 1991, Fred Cook saw an apparition. Upon opening the door to the workshop, he noticed a child sitting on a shelf near the ceiling.

"He was a little boy dressed in 1940's clothes," said Fred, "and no figure or face. You could see the outline, and he had a sort of cub cap on his head.

"You could see the outline of his hands, his face, and yet you couldn't put a face to him. You can imagine he was all grey...

"It's hard to explain, but he was sat on sort of a fixture where we kept spare parts for lawnmowers. Now he looked out of proportion to me.

"His body compared to his size, his head should have been in the ceiling... He looked really out of proportion."

Fred called out: "Hello! What are you doing here?" The apparition did not speak, but threw a carburettor at him and then vanished.

Pete would appear again. On its second appearance, John and Fred were working on a mower in the workshop.

Fred saw the boy sitting on the shelf. He told John to turn around slowly and look, but as he did so a house brick was thrown at the mower.

So who was Pete? It was suggested that the apparition was a seven-year-old boy who died in a car accident near the workshop.

Afterwards, a woman came forward and said that her brother was the boy involved in the accident.

However, Fred Cook wondered if the poltergeist was connected to his deceased father, as some of the coins that appeared from nowhere carried the year of his parent's birth.

Whatever the explanation, John Matthews believed that the poltergeist was childish in its behaviour and just wanted to play.

Fred once spotted the boy's apparition sitting on the counter next to the till swinging his legs. As Fred walked towards him, the boy faded away.

Later, as Fred was locking up, the form appeared again. It stood before him, illuminated in the light from an open washroom door, and seemed to be waving goodbye.

He described it as looking like "a little boy in 1940's clothes, boots up to his ankles and a little cub cap on his head. He had a little short coat.

"You could imagine he was all grey... but the face was there. It's hard to explain. All you could see was his hand waving."

In 1993, Mower Services moved to a new industrial estate in Cardiff. The old workshop was later demolished. The retail section of the premises became a restaurant. There have never been any reports of paranormal activity there.

The poltergeist now moved to Fred Cook's home. It would turn small pictures in their frames and toss spoons upstairs. A small blue jug vanished and then reappeared four days later.

The Cooks finally decided to move. The couple smashed the jug, as they did not want the poltergeist to follow them to their new home. The destruction of the jug had the desired effect, as Pete never reappeared.

Sceptics are quick to blame the haunting on the alleged gullibility of witnesses who, for instance, mistook the vibrations of traffic, the activity of rodents or children throwing stones as paranormal activity. Others believe that a staff member faked the poltergeist to scare coworkers.

However, Prof Fontana rejected such explanations in his report to the Society for Psychical Research entitled *A Responsive Poltergeist: A Case from South Wales*.

For instance, he witnessed some of the phenomena for himself. Prof Fontana also

conducted experiments at the workshop, throwing a stone into a corner. The poltergeist would then throw it back to him.

Prof Fontana noted that although he witnessed objects being thrown, he never saw their flight through the air, but only the moment they landed.

The failure of witnesses to see objects in flight has frequently been noted in poltergeist disturbances. For Prof Fontana, this reinforced the legitimacy of the case.

He was also impressed with the integrity of the witnesses, whom he regarded as reliable and sincere. The activity witnessed in nearby properties was also impressive.

Prof Fontana also believed that the poltergeist possessed intent and rudimentary intelligence, and did not believe it was a hoax.

After a long and distinguished career as a psychologist, parapsychologist and author, Prof Fontana died in 2010. He never wavered from the conviction that the Cardiff haunting was an authentic manifestation of poltergeist phenomenon.

The Matthews and Fred Cook also remained convinced that they had witnessed genuine paranormal activity, dismissing any notions they were victims of a hoax perpetuated by someone working in the workshop.



*John West is a writer, film producer, broadcaster and actor. In 2018, he teamed up with director Jason Figgis to make films and documentaries.*

*The pair have so far collaborated on several projects ranging from a film called "The Ghost of Winifred Meeks" to a series on writer Colin Wilson.*

*John has written three books on the supernatural – "Britain's Haunted Heritage," "Britain's Ghostly Heritage" and "Britain's Haunted Land." All are published by JMD Media.*

*They are available from sites such as Amazon or can be ordered from any bookshop.*





# WEBSITE LISTINGS

**Advertise your website here  
for just £25 a year  
Call: 01376 563091  
or email: [pnadverts@gmail.com](mailto:pnadverts@gmail.com)**

<a href="http://www.colourpsychologytoday.com">www.colourpsychologytoday.com</a>	<a href="http://www.chrisratterpsychicsurgeon.com">www.chrisratterpsychicsurgeon.com</a>
<a href="http://www.larrymedium.com">www.larrymedium.com</a>	<a href="https://positone.co.uk">https://positone.co.uk</a>
<a href="http://www.aurasunrise.co.uk">www.aurasunrise.co.uk</a>	<a href="http://www.bsnuc.co.uk">www.bsnuc.co.uk</a>
<a href="http://www.michael-chapman.co.uk">www.michael-chapman.co.uk</a>	<a href="http://www.academyofselfdiscovery.com">www.academyofselfdiscovery.com</a>
<a href="http://www.bearpawholistics.com">www.bearpawholistics.com</a>	<a href="http://www.crystalclearmeditation.com">www.crystalclearmeditation.com</a>
<a href="http://www.siobhanh.com">www.siobhanh.com</a>	<a href="http://www.petrene.com">www.petrene.com</a>
<a href="http://www.eternallifechurch.co.uk">www.eternallifechurch.co.uk</a>	<a href="http://www.andrewandmickey.co.uk">www.andrewandmickey.co.uk</a>
<a href="http://www.greaterworld.net">www.greaterworld.net</a>	<a href="http://www.sagb.org.uk">www.sagb.org.uk</a>
<a href="http://www.findmeamedium.com">www.findmeamedium.com</a>	<a href="http://www.collegeofpsychicstudies.co.uk">www.collegeofpsychicstudies.co.uk</a>
<a href="http://www.masterenergycolourhealing.org">www.masterenergycolourhealing.org</a>	<a href="http://www.daviddrew.co.uk">www.daviddrew.co.uk</a>
<a href="http://www.findmeamedium-directory.com">www.findmeamedium-directory.com</a>	<a href="http://www.valeriehardware.com">www.valeriehardware.com</a>
<a href="http://www.divinelight.org.gr">www.divinelight.org.gr</a>	<a href="http://www.wendydove.co.uk">www.wendydove.co.uk</a>
<a href="http://www.angelicreikiuk.com">www.angelicreikiuk.com</a>	<a href="http://www.tomjohnstonspiritualistmedium.com">www.tomjohnston spiritualistmedium.com</a>
<a href="http://www.joanfrew.co.uk">www.joanfrew.co.uk</a>	<a href="http://www.healingangels.co.uk">www.healingangels.co.uk</a>
<a href="http://www.emmalmather.com">www.emmalmather.com</a>	<a href="http://www.gypsyrosedivination.com">www.gypsyrosedivination.com</a>



## RONALD HEARN

Born on June 9, 1927, Ronald Hearn (pictured left) became one of this world's greatest tried-and-tested mediums. Apart from public demonstrations, he reached countless thousands of people through highly accurate taped sittings and many TV and radio programmes

The author of three books, London-based Ronald worked in the USA, Canada, Sweden, Australia, Germany and New Zealand as well as the UK

Ronald passed to the spirit world on June 5, 2016

To read about his unique gifts, please visit the official Ronald Hearn website at:

**[www.ronaldhearn.com](http://www.ronaldhearn.com)**



# A Good Read

All titles available from [Amazon.co.uk](https://www.amazon.co.uk) or [Amazon.com](https://www.amazon.com) unless otherwise stated

## I AM LOVING AWARENESS

A mathematician's spiritual journey

By Brian M. Woody

RRP UK £14.99 US \$17.99

214 pages

The publisher writes: "Come on a spiritual journey to discover the interconnectedness that exists between each other and the world beyond us."

"In *I Am Loving Awareness*, Brian M. Woody invites readers on a profound exploration of the cosmos, the self and the interconnectedness that binds us all.

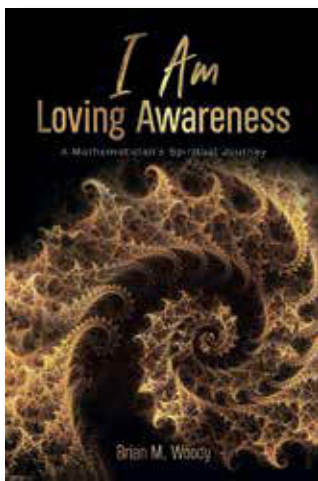
"Blending the beauty and precision of mathematics with the wisdom of spiritual teachings, Brian's journey unites chaos theory, quantum entanglement and Einstein's Theory of Relativity with the timeless practices of loving-kindness, acceptance and mindfulness.

"Inspired by the mantra of the spiritual teacher Ram Dass, 'I am loving awareness,' Brian shows how connection and compassion transcend the ego to reveal the deeper truth of our existence.

"More than just a mathematical or spiritual inquiry, this book offers a roadmap to living a life of awareness, gratitude and unity.

"Brian delves into acausal synchronicities, demonstrating how miracles arise from a shift in perception, and how the power of acceptance transforms both our inner and outer worlds. Drawing on a diverse range of ancient wisdom and spiritual teachings – from the Tao Te Ching and Patanjali's Yoga Sutras to Sufi and Christian mysticism, as well as insights from modern teachers like Ram Dass, Krishnamurti and Wayne Dyer – Brian crafts a narrative that is both intellectually stimulating and deeply healing.

"At a time when division and fear often dominate, his message of love and connection is more essential than ever."



spaces, passage tombs and monuments in Ireland and Northern Ireland in person or via projection from your home. In a light daydream meditative state, move backward in time and shed light on ancient history.

"Perfect for beginners, this book is complementary to the Metaphysical Ireland Historical Project Series audio programmes for psychic archaeology available on major digital music services.

"A description of each site, a brief summary of the history and archaeology, mythology and unanswered questions are provided to inspire your exploration."

## SHAMANISM AND YOUR SHADOW

Using animal guides to explore and heal your inner self

By Granddaughter Crow

RRP UK £16.99 US \$16.99

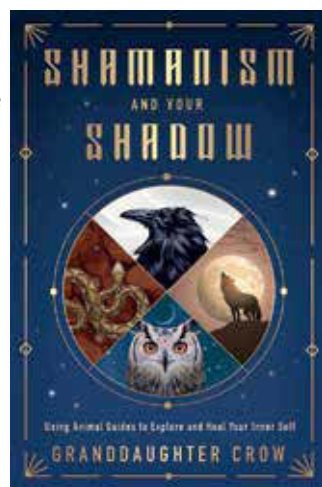
240 pages

The publisher writes: "Organised by the four cardinal directions and the animal guides associated with each one – raven, snake, owl and wolf – this book helps you find the beauty within your shadow without fear or shame.

"Each of the four main chapters features a variety of ways to explore each direction and animal through guided meditation and trance work.

"Discover stories, exercises and journal prompts that enhance your journey. Delve into the shadow medicine wheel; study how the time of day, season and landscape impact your experiences; and use tools that become extensions of yourself.

"Granddaughter Crow provides everything you need to approach, recognise, understand and accept your shadow."



## PSYCHIC ARCHAEOLOGY IN IRELAND

Unravel ancient mysteries and propel your life forward

By Meghan Hansen

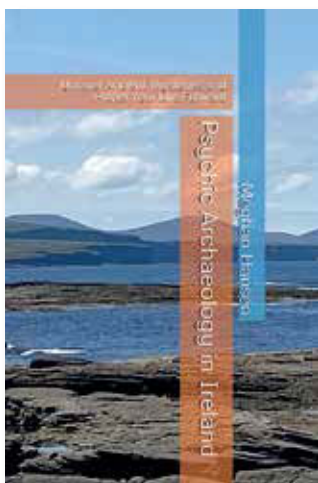
RRP UK £35.77 US \$44.99

521 pages

The publisher writes: "*Psychic Archaeology in Ireland* invites you to expand your intuitive abilities and dig deep within your heart and mind.

"Using all of your senses, immerse yourself in a sacred space in beautiful Ireland that you are most drawn to. Experience remote viewing, psychometry, spirit communication via automatic writing, telepathy and past life regression.

"Get ready for an adventure! Experience ancient sacred



## THE SECRET POWER OF INNER ALCHEMY

A practice for mind mastery and self realisation

By Raffaele Ricci

RRP UK £18 US \$20

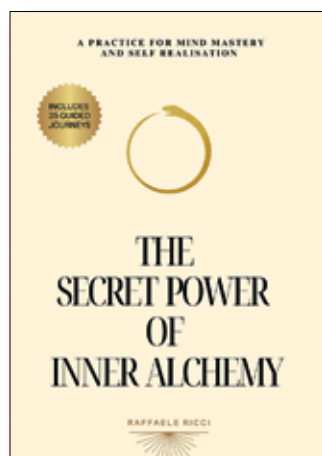
437 pages

The publisher writes: "Unlock the extraordinary potential within you with *The Secret Power of Inner Alchemy*, a transformative guide and practical path to personal growth and spiritual awakening.

"Discover how to:

- Elevate your vibrational frequency to align with your true purpose
- Shift your mindset and become the empowered leader of your life, able to overcome any challenge
- Transform the energy of your emotions (the lead) into inner strength and inspiration (the gold)

"With insights rooted in quantum physics, psychology and





esoteric spiritual teachings, Raffaele equips you with all the tools to trigger a profound transformation.

"Each part of the book includes daily self-work exercises and tailored guided meditations to integrate the practices seamlessly.

"If you are ready to awaken your true and authentic self, The Secret Power of Inner Alchemy provides the insights and the practical roadmap you need to make the vibrational shift.

"Change your inner reality and watch how the universe mirrors you."

## MINDFUL HEALING

Five simple steps to transform your life

By Dr Afrosa Ahmed

RRP UK £14.99 US \$12.99

256 pages

The publisher writes: "Are you feeling burnt out and lacking motivation? Are you overthinking and overanalysing? Do you feel you're stuck in a rut and not reaching your full potential? The doctor will see you now..."

"Dr Ahmed, medical doctor, mindfulness practitioner and founder of the life-coaching programme MindfulDoc, has written a revolutionary book which offers you a toolkit for life.

"The concept of mindfulness is very simple: it means paying attention to the present moment in a non-judgemental way. When we break free from our current way of thinking, we bring profound, positive changes to our lives.

"Featuring five simple steps, Dr Ahmed uses her knowledge of the human body alongside the ancient practice of mindfulness and shows you how to make long-lasting changes to your health and wellbeing.

"Unlike other wellbeing coaches she combines modern and traditional approaches to holistic healing at the same time. As Dr Ahmed says, 'medicine and meditation share from the same Latin root word,' and she seamlessly blends both together to create a bespoke wellbeing programme.

"Mindful Healing not only reveals the science behind mindfulness, but explains that simply by focusing on the mind, the rest will follow. From boosting confidence to building resilience, as well as creating better clarity and focus, reducing stress, and improving sleep, these are medically based meditations, to transform your life inside and out in just five weeks."

## THE NEUROSCIENCE OF TAROT

From imagery to intuition to prediction

By Siddharth Ramakrishnan

RRP UK £16.99 US \$19.99

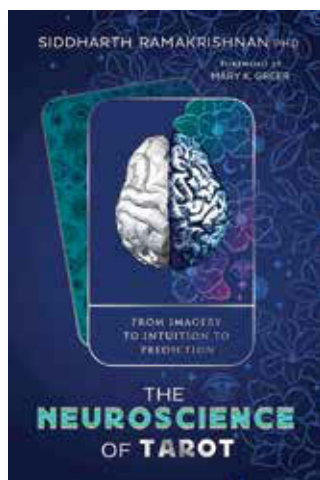
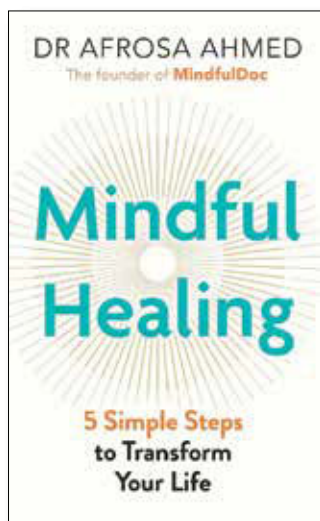
240 pages

The publisher writes: "What happens inside your brain when you look at a tarot card? How do you attribute significance to symbols?"

"In this book, Siddharth Ramakrishnan answers these questions and more as he explores the neuroscience behind intuition and proves that tarot readers aren't just making up their results.

"Learn how your body and brain work together to process images, attach meaning and elicit emotional responses, laying the groundwork for prediction.

"Filled with digestible explanations and dozens of exercises, this full-colour, illustrated book teaches you what intuition is scientifically and how to enhance it for more accurate readings."



# Oracle Decks

## ARCHETYPAL ASTROLOGY ORACLE

A 52-card deck and guidebook By Jonathan Waller

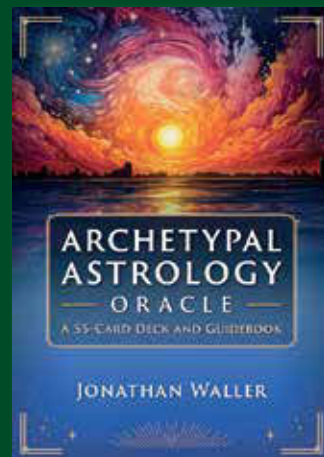
RRP UK £25 US \$30

The publisher writes: "Vividly bringing the planetary archetypes to life, the Archetypal Astrology Oracle invites you to explore and deepen your relationship to self and cosmos in a new and inspiring way.

"The 55 full-colour cards feature every planetary archetype individually – the Sun, Moon and planets – as well as each possible combination of two celestial bodies.

"The card interpretations explore how the cosmic bodies or aspects can positively or negatively affect your life, how to integrate their lessons and how to navigate their transits.

"Drawing insights from Jungian and contemporary psychology, current psychedelic therapy research and the work of Czech-born American psychiatrist Stanislav Grof, this oracle can be used for divination, aiding dream work or creating a tableau of your archetypal astrology birth chart for deeper insight."



## ALCHEMY OF THE SPIRIT

An oracle deck to guide your journey into the self

By Cristina González

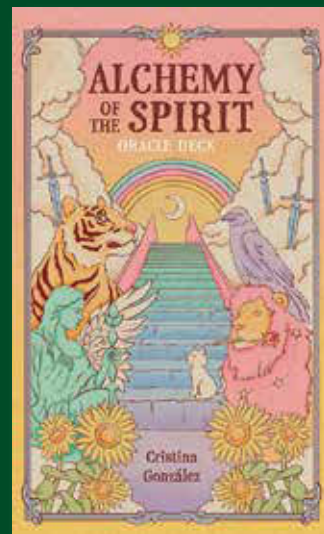
RRP UK £27.99 US \$29.99

The publisher writes: "Embark on a journey of self-discovery through the secret spiritual symbols of the universe.

"In her debut oracle deck, artist Cristina González presents gorgeously hand-illustrated artwork representing three types of motifs – Situations, Spirits and Symbols.

"Infused with ancient wisdom, the hidden messages within the artwork will help you tap into aspects of yourself you've forgotten or repressed, as you learn to parse the patterns of the world around you.

"Embrace change. Awaken your heart's innermost desires. Become who you were meant to be."



Have you recently published a non-fiction spiritual book or oracle deck?

If you have, please tell us about it.

We may be able to feature it in *Psychic News*.

Please email details to: [pnadverts@gmail.com](mailto:pnadverts@gmail.com)





# CLASSIFIED ADVERTISING

## READINGS

**PSYCHIC POSTAL READING £15**  
**KELLY CUMMING**  
24 Baglan Heights,  
Port Talbot  
Wales  
SA12 8UF

**JAMES - Medium**  
Telephone Readings  
£15 by appointment  
Telephone:  
0788 065 4071

**EILEEN RENDLE**  
Experienced Clairvoyant  
Psychic/Card Readings from £35  
One-to-one or phone reading  
Phone:  
01288 356802  
[www.eileenrendle.com](http://www.eileenrendle.com)

**SANDRA YVONNE**  
A caring Medium  
with over 35 years' experience  
Offers Tarot, Runes, Crystal Ball,  
Mediumship/Clairvoyance and More  
Face to Face, Telephone  
and Postal Readings  
Call me for direction and guidance on:  
020 8765 9049  
Email:  
[diamond27@talktalk.net](mailto:diamond27@talktalk.net)

**ROSA PLAZA**  
Trained at the  
Spiritualist Association of Great Britain  
as a Medium and Healer  
and at  
The College of Psychic Studies  
Over 30 years' experience  
Guided Meditations, Readings,  
Development Classes,  
Angelic Readings  
For all enquiries go to:  
[www.rosaplaza.uk](http://www.rosaplaza.uk)

**THE SPIRITUAL PATHWAY**  
Past, present and future guidance  
from the Divine Source of Life.  
Please include an up-to-date photo if possible  
(returnable) and £30 - Send to:  
Mr D. Spencer,  
22 Skylark Rise,  
Tavistock,  
Devon PL19 9FT  
Email: [spiritalker46@yahoo.co.uk](mailto:spiritalker46@yahoo.co.uk)

## KENT PSYCHIC MEDIUM

A respected Psychic / Medium with  
a deep connection to the Spirit Realm  
A compassionate and insightful guide  
on your life's journey  
Confidential, personal and safe  
sessions tailored to your needs  
Tel: 0796 903 8544  
[www.kentpsychicmedium.com](http://www.kentpsychicmedium.com)

## VIOLET MOON PSYCHIC MEDIUM



### ONLINE READINGS ONLINE CRYSTAL SALES

Pre-booked Readings via  
Zoom, WhatsApp, Messenger  
(Virtual Readings) or by Phone  
To book appointments  
Mobile: 07930 809172  
Email:  
[lorraine@violetmoonpsychic.com](mailto:lorraine@violetmoonpsychic.com)  
OR  
[violetmoonpsychic@outlook.com](mailto:violetmoonpsychic@outlook.com)  
Website:  
[www.violetmoonpsychic.com](http://www.violetmoonpsychic.com)

## HOWARD JAMESON

Psychic & Medium

Over 30 Years' Experience  
Founder of the British Psychic and  
Medium Association



Accurate Readings  
providing guidance  
and direction  
One-to-One &  
Phone Readings  
Central London

Call: 07921 168169

[www.howardjamesonpsychic.com](http://www.howardjamesonpsychic.com)

London & South East England  
Prestige Awards Winner:  
**PSYCHIC PROFESSIONAL  
OF THE YEAR 2024/25**

**PAUL CISELL**  
Psychic Medium offers  
30 years' expertise from  
the world of mediumship  
[www.paulcissell.com](http://www.paulcissell.com)

**NICK DEANE**  
Spiritual Medium  
Over 30 years' experience,  
SAGB trained.  
Gloucester, London, Online.  
Email:  
[nickdeanetoday@gmail.com](mailto:nickdeanetoday@gmail.com)  
Website:  
[www.spiritualsitting.co.uk](http://www.spiritualsitting.co.uk)

## JENNY REN

Psychic Medium  
Tarot, Astrology and  
Crossing Over Telephone Readings  
via WhatsApp - worldwide  
Website:  
[www.jennyrenpsychic.com](http://www.jennyrenpsychic.com)  
To book a reading email:  
[jenrenpsychic@gmail.com](mailto:jenrenpsychic@gmail.com)

## LOUISE

Mediumship and Flower Readings  
On Zoom or by phone  
Telephone:  
01983 211964  
or visit website:  
[www.gypsyrosedivination.com](http://www.gypsyrosedivination.com)

## ASSOCIATIONS

### THE BRITISH PSYCHIC AND MEDIUM ASSOCIATION

[www.britishpma.co.uk](http://www.britishpma.co.uk)

Listing Directory of Psychics,  
Mediums and Church Services

New members welcome

## BOOKS

### THE GENUINE JESUS

This Channelled Autobiography is the  
authentic story of his life and mission.  
To order the book or a free pdf visit:  
[www.thegenuinejesus.com](http://www.thegenuinejesus.com)

### BOOKS BY STEPHEN CHILDS

All under £10 from Amazon UK  
**VICKY AND THE WISDOM OF ANTON**  
How a long dead monk turned a  
disadvantaged woman into a happy  
Spiritualist medium  
**TESTAMENT TO ETERNITY**  
A journey from Catholicism to  
Spiritualism and beyond  
**STONE CIRCLES EXPLAINED**  
Common sense interpretations

## HEALING

### MICHAEL CHAPMAN

Healer practitioner  
By appointment only  
Telephone: (0044) 01970 832696  
Email:  
[chapmanhealing@gmail.com](mailto:chapmanhealing@gmail.com)  
Web: [www.michael-chapman.co.uk](http://www.michael-chapman.co.uk)



## REIKI TRAINING

ANGELIC REIKI UK Official  
Information, Practitioners,  
Teachers, Courses.  
[www.angelicreikiuk.com](http://www.angelicreikiuk.com)  
07925 127222

## SITTERS WANTED

**MEDIUM REQUIRES  
DEDICATED SITTERS**  
for weekly  
Transfiguration/Physical Circle.  
West Midlands Area.  
Enquiries please contact:  
[hev.welch@yahoo.co.uk](mailto:hev.welch@yahoo.co.uk)

## SOUL MATES

**THE FREE SPIRITS CLUB**  
For friends, romance or penpals  
Well-established ~ UK-wide  
Postal friendship club  
No internet needed  
For free information pack  
Call Rebecca:  
01633 526523

### NEW V.I.P. CLUB

Val's Important Pensioners  
1. If you are reading *Psychic News* we have  
one thing in common already  
2. Cake and company? - then that's 3!  
Do you live within 20 miles of  
Hayward's Heath, West Sussex,  
or surrounding areas?  
Regular meets for lunch, coffee, company,  
laughter and social events  
Email me at:  
[vharber@btinternet.com](mailto:vharber@btinternet.com)  
Free to join

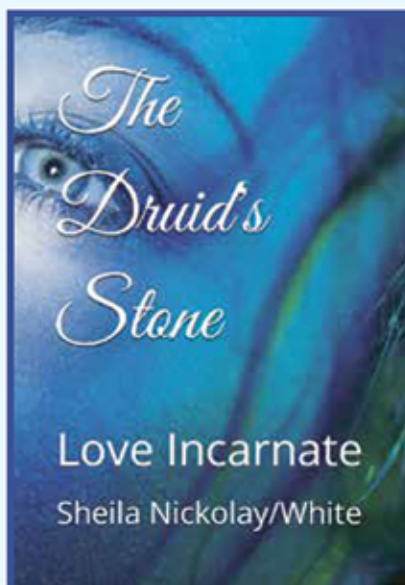
## SPIRIT ARTIST

**NIGEL COOPER  
SPIRIT ARTIST**  
Spirit Portrait and Reading  
£25 including postage  
Email:  
[nigel.spiritart@gmail.com](mailto:nigel.spiritart@gmail.com)

## MORE ABOUT LIFE IN THE WORLD UNSEEN

By Anthony Borgia

Available through Amazon  
and booksellers  
For more details, visit:  
[www.snppbooks.com](http://www.snppbooks.com)



## *The Druid's Stone – Love Incarnate*

A novel by Sheila Nickolay/White

Reiki Master Toni Eagle is bequeathed the ancient artifact known as The Druid's Stone, in the form of a beautiful amethyst pendant.

It has mysterious powers, desired by the witch Morgana who appears in the present day as a Satanist high priestess and continues the bloody battle for its possession.

Toni meets her past lover, the Black Knight, when their love story continues in the present day after its beginning in King Arthur's court where Toni was known as the Druid Tamaya and the historically destined owner.

**AVAILABLE FROM AMAZON**

## LEE CLAIRVOYANT

**I am an independent psychic with  
over 35 years experience**  
**I get straight to the point in my phone  
readings with honesty and details**  
**My customers return time and time again**  
**Specialist in love and relationship readings**

Call my landline phone:  
**01273 671796**

Credit & debit cards accepted. Entertainment.

## WENDY DOVE CLAIRVOYANT • PSYCHIC

Credit/Debit card calls: 0207 111 6126

Pay on Phone Bill:

0906 7393 020 (0906 £1.00 p/min.)

Text DOVE to 60016 (just £1.00 per text from UK)



When booking your Reading on 0207 111 6126 please quote 'News'  
to reception and you will receive our special offer of a 20-minute  
Reading for £20.00 ~ Wendy Dove's Pin number is: 6400

Website: [www.wendydove.co.uk](http://www.wendydove.co.uk)  
Email: [wendy@wendydove.co.uk](mailto:wendy@wendydove.co.uk)

We can also take payments via PayPal at £1.00 per/min when you book a Reading with Wendy Dove.  
Ts & Cs: SMS cost £1/msg, max £2/reply+your standard network charge 18+ STOP? Text Stop? to 60016 SP: DSMS  
help? 02071116126. You must be aged 18+ and have the bill payer's permission. Service for entertainment only.

Classified Advert Rates are on page 56  
(Churches on page 60)  
Display Advert Rates are on page 58



# What's On at Spiritualist Churches & Centres

## ENGLAND

### BERKSHIRE

#### MAIDENHEAD SPIRITUALIST CHURCH

River View Lodge,  
Ray Mead Road,  
Maidenhead  
SL6 8NJ

President: Jenny Lloyd

Telephone:  
07857 558 927

Sundays 6.30pm

Divine Service

Wednesdays 1pm - 3pm

Healing Clinic

Thursdays 7.30pm

Mediumship Demonstration

Monthly Open Platform

and other Special Events

*A warm welcome is  
extended to all*

Car Park and facilities  
for disabled visitors

MARRIAGE and

NAMING CEREMONIES

#### READING NATIONAL SPIRITUALIST CENTRE

York Lodge,  
81 Baker Street,  
Reading,  
Berkshire  
RG1 7XY

Telephone:  
07535 929897

Email:

reading.events@outlook.com

Website:

readingsnucentre.com

Sundays

Doors at 6pm for 6.30pm

Divine Service

Free Will Offering

Mondays 7.30pm - 9.30pm

Open Circle

£6 (£5 for members)

Wednesdays

6.30pm - 8.30pm Healing

Thursdays Doors at 7pm

Demonstration Evening

£4 per person

Plenty of parking and

disabled facilities available

All Welcome

## COUNTY DURHAM

### NEW LISTING HORDEN SNU SPIRITUALIST CHURCH

Yoden Way,  
Horden,  
Peterlee,  
County Durham  
SR8 4RD

The church is behind the  
Prestige car wash and next  
to the new Aldi Peterlee  
store on Yoden Way

Sunday 6pm

Divine Service

Thursday 6pm - 7pm

Healing

Followed by 7.15pm

Open Circle

For mediums serving the  
church and details of our  
Specials on Tuesdays, please  
see our Facebook page:

Horden SNU Spiritualist  
Church

All Welcome

## CORNWALL

### PENZANCE CHRISTIAN SPIRITUALIST CHURCH

Bread Street,  
Penzance, Cornwall  
Telephone: 07800 812973  
07800 813533  
07780 661670

Mondays:

7pm sharp

Open Healing Circle

Sundays:

Service 7pm

See Facebook

For Further Details

All Welcome

**MAIN CLASSIFIED  
ADVERTISING RATES**  
60p per word inc VAT  
Website address = 4 words  
Email:  
pnadverts@gmail.com

## DEVON

### BRUNSWICK SPIRITUALIST CHURCH

1 Keppel Place,  
Stoke, Plymouth,  
Devon PL2 1AX

Telephone: 01752 561167

Website:

brunswickspiritualistchurch  
plymouth.org.uk

Email: brunswickspiritualist  
church21@gmail.com

Sundays 6.30pm

Divine Service

Thursdays 7.30pm - 9pm

Mediumship Demonstration

Healing

Mondays 1.30pm - 3.30pm

(except Bank Holidays)

Donations appreciated

Development Groups

In church and online

Contact the church for  
information

See our website or Facebook  
page for a list of Mediums  
serving the church and

Special Events:

Official Brunswick

Spiritualist Church

All Welcome

## DORSET

### BOURNEMOUTH SPIRITUALIST CHURCH

16 Bath Road,  
Bournemouth,  
Dorset BH1 2PE

Telephone: 01202 551751

Website: www.bsnuc.co.uk

Every Sunday at 10.45am

Service with Mediumship

First Sunday of month

at 6.30pm

Service with Mediumship

Thursdays at 3pm

Demonstration of

Mediumship

Open Circle

Tuesdays at 7pm

Visit our website for

details of our other events

serving the church

All Welcome

### CHRISTCHURCH SPIRITUALIST CENTRE

196B Barrack Road,  
Christchurch,  
Dorset  
BH23 2BQ

President: Karen Martin

Enquiries:

07849 606437

Website:

www.christchurchsc.org.uk

MARCH 2025

Sunday Service at 10.45am

2<sup>nd</sup> MAGGIE BAKER

9<sup>th</sup> MARK STONE

16<sup>th</sup> STEPHEN MAYGAR

23<sup>rd</sup> JANET NEVILLE

30<sup>th</sup> ANDY FORD

Thursday Service

at 7.30pm

6<sup>th</sup> SANDY HAGGER

13<sup>th</sup> JO GORDON

20<sup>th</sup> VICKIE DRIVER

27<sup>th</sup> AGM

Healing In person

Tuesdays 10.00am - 11.30am

See website or phone

centre for details

Special Events

Saturday 8<sup>th</sup> March

10am - 12 noon

Private 1-1 Readings

Saturday 15<sup>th</sup> March

Workshop with

DARREN ORLOWSKI

Church accessible for

wheelchairs and has a loop

system for hearing

aid wearers

All Welcome

### KINSON SPIRITUALIST GROUP

Howe Croft

Community Centre,

1 Turnbull Lane,

(off Holloway Avenue)

Bournemouth,

Dorset BH11 9BG

Telephone: 01202 735346

Facebook page:

www.facebook.com/

KinsonSpiritualistGroup

Fortnightly Sunday

Divine Service at 6.30pm

with a Medium

See Facebook for specials

and other events

All Welcome



## RINGWOOD SPIRITUAL CONNECTIONS

The Annex,  
St Leonards & St Ives  
Village Hall,  
Braeside Road,  
St Leonards,  
Dorset BH24 2PH  
See our Facebook page:  
Ringwood Spiritual  
Connections  
Telephone: 01202 951405  
Mobile: 07958 509971  
Spiritual Connections  
Demonstrations of  
Mediumship  
**MARCH 2025**  
Sundays Divine Service 6pm  
9th SALLY CHASE  
23rd JO GORDON  
30th LYNN CHURCHILL  
COLEMAN  
See our Facebook page for  
details of future events  
All Welcome

## EAST RIDING OF YORKSHIRE

### THE ETERNAL LIFE CHRISTIAN SPIRITUALIST CHURCH

Driffild Community Centre,  
Mill Street, Driffild,  
East Riding of Yorkshire  
YO25 6TR  
Telephone: 07809 291928  
Website: [www.eternallifechurch.co.uk](http://www.eternallifechurch.co.uk)  
Every Sunday at 7pm  
Demonstration of  
Mediumship  
Spiritual Healing available  
All Welcome

## ESSEX

### DRAGON REALMS SPIRITUALIST CENTRE

Unit 2b, Muggeridge Farm,  
Maltings Road,  
Battlesbridge,  
Essex SS11 7RF  
Telephone: 07928 213793  
We are a Spiritualist centre  
that offers Reiki Healing,  
Reiki Training, Tarot Readings,  
Meditation, Workshops,  
Mediumship Evenings  
and lots more.  
See Facebook for further  
details: Dragon Realms  
Spiritual Centre  
All Welcome

## NEW HAVEN SPIRITUAL CENTRE

Belmont Hall,  
Parker Road,  
Grays, Essex RM17 5YN  
Every Sunday: Admission £5  
Doors open at 6pm  
for 1-1 Readings and  
Free Healing  
(Readings only £6 for 15 min)  
Then at 7.30pm  
Demonstration of  
Mediumship  
For mediums serving the  
centre and special events  
please see our Facebook  
page: New Haven  
Spiritual Centre  
All Welcome

### PYRAMID OF FRIENDS SPIRITUALIST CENTRE

**NEW VENUE ADDRESS**  
The Paddocks  
Community Centre,  
Pound Lane, Laindon,  
Basildon, Essex SS15 5SP  
(4th turn on the left!)  
Tel: 07983 428872  
2nd Wednesday in month  
6.30pm - 9pm  
£8, includes refreshments  
Readings available  
Healing and Stalls  
8pm - 9pm Guest Medium  
See Facebook for mediums  
serving the centre and  
special events:  
Pyramid of Friends  
Spiritualist Centre  
All Welcome

## 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  
[www.snu.org.uk/cheltenham-spiritualist-church](http://www.snu.org.uk/cheltenham-spiritualist-church)  
Facebook: Cheltenham  
Spiritualist Church  
Sundays at 11am  
DIVINE SERVICE  
Thursday 7.30pm  
Open Awareness and  
Development Group

Friday 1.30pm - 2.30pm  
Healing  
Saturday 7pm  
Evening of Mediumship  
Specials and Workshops  
Every six weeks  
All Are Welcome

## HAMPSHIRE

### BITTERNE SPIRITUALIST CHURCH

(Top of Lances Hill),  
390 Bitterne Road,  
Bitterne,  
Southampton,  
Hampshire  
SO13 1DR  
Telephone:  
07731 938587  
Email: [info@bitterne-spiritualistchurch.co.uk](mailto:info@bitterne-spiritualistchurch.co.uk)  
Website:  
[www.bitternespiritualistchurch.co.uk](http://www.bitternespiritualistchurch.co.uk)

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  
**MARCH 2025**

Sunday 2nd 6.30pm  
Divine Service with  
JULIE HUDLESTON  
Sunday 9th 6.30pm  
Divine Service with  
LAWRENCE SAVILL  
Sunday 16th 6.30pm  
Divine Service with  
JEFF WOODHOUSE  
Sunday 23rd 6.30pm  
Divine Service with  
DR ADRIAN COBB  
Sunday 30th 6.30pm  
Divine Service with  
DARREN ORLOWSKI CSNU  
Healing Service Offered:  
Every Tuesday  
2pm - 4pm & 5pm - 7pm  
Last booking @ 6.30pm  
All Welcome

Churches, centres  
and spiritual shops  
that supply  
Psychic News receive  
larger discounts  
to advertise on  
these pages.  
Email your text  
for a quote

[pnadverts@gmail.com](mailto:pnadverts@gmail.com)

## HERTFORDSHIRE

### CARPENDERS PARK CHRISTIAN SPIRITUALISTS

Great Gaddesden  
Parish Hall,  
Dagnall Road,  
Great Gaddesden,  
Hemel Hempstead,  
Hertfordshire HP1 3BW  
(Opposite Hemel  
Hempstead Garden Centre)  
Free parking available onsite  
Contact Elaine Federico:  
07746 730082  
Sundays 10.30am  
Divine Service  
(except first Sunday in month)  
Healing Available  
An activity table  
is provided for children  
All Are Welcome

## ISLE OF WIGHT

### COWES SPIRITUALIST CHURCH

Newport Road,  
Cowes,  
Isle of Wight PO31 7PA  
Facebook:  
Cowes Spiritualist Church  
Telephone: 0758 5227 348  
Sundays at 6.30pm  
Divine Service followed  
by Healing  
Thursdays at 7pm  
Open Circle  
(alternate weeks)  
£4 (£3 members)  
For Special Events please  
see our facebook page  
All Welcome

## KENT

### INDEPENDENT SPIRITUAL GROUP

Orpington, Kent  
Enquiries: 07879 820125  
or 07734 793640  
Website: [www.independant-spiritualgroup.uk](http://www.independant-spiritualgroup.uk)  
Sunday Service 6.30pm  
At Liberal Hall,  
7 Station Road,  
Orpington BR6 0RZ  
Wednesdays 7.30pm  
Open Circle at  
Conservative Hall,  
6 Sevenoaks Road,  
Orpington BR6 9JJ  
See Facebook for Events  
and Workshops  
All Welcome



## BEXLEYHEATH CHRISTIAN SPIRITUALIST CHURCH

85 Lion Road, Bexleyheath,  
Kent DA6 8NT  
Enquiries: 07950 672200

Website:

<https://bexleyheathchurch.wixsite.com/website>

Email: Bexleyheath.church@gmail.com

Or see us on Facebook

MARCH 2025

Sunday

Divine Service at 6.30pm

2<sup>nd</sup> LAURA BROWN

9<sup>th</sup> PAULINE LOCKEY

16<sup>th</sup> BARBARA THOMPSON

23<sup>rd</sup> GEMMA KEATING

30<sup>th</sup> SHEILA SMITH

Tuesday Service at 2pm

4<sup>th</sup> KEITH THOMPSON

11<sup>th</sup> JAN MAWSON

18<sup>th</sup> TINA STEWART

25<sup>th</sup> IRIS BRIDGEWATER

Spiritual Healing

Tuesdays 7.30pm - 8.30pm

Free (Donations accepted)

Open Circles

Mondays 7.30pm - 9.30pm

(Not 31<sup>st</sup> March)

(Excluding Bank Holidays) £5

Wednesday 12<sup>th</sup> & 26<sup>th</sup>

12noon - 2pm £5

Open Platform

Wednesday 19<sup>th</sup> March

7.30pm - 9pm £5

with SHERRIE HARDAKER

Special Events

Saturday 22<sup>nd</sup> March

10am - 4pm £25

Aura Workshop with

KAREN HAMBLETON-OWEN

Wednesday 26<sup>th</sup> March

7.30pm - 9pm £5

(Please arrive by 7.15pm)

Evening of Mediumship with

LAURA BROWN

Saturday 29<sup>th</sup> March

Private Readings

1pm - 3pm 35 mins for £20

Monday 31<sup>st</sup> March 7.30pm

AGM - Members only

See website for details

All Welcome

## THE SANCTUARY OF HEALING CHRISTIAN SPIRITUALIST CHURCH

Mills Terrace,  
Chatham,  
Kent ME4 5NZ

Telephone: 01634 880039

Email: george.mcqueen

@yahoo.co.uk

Website:

[www.sanctuaryof](http://www.sanctuaryofhealing.co.uk)

[healing.co.uk](http://healing.co.uk)

MARCH 2025

Sundays 6.30pm - 8pm

Divine Service (Donations)

2<sup>nd</sup> KEVIN SANSOM

9<sup>th</sup> SAM BAXTER

16<sup>th</sup> STEVE WOODS

23<sup>rd</sup> NICKY HARDWOOD

30<sup>th</sup> STEVE BRAME

Friday Evenings of

Clairvoyance 7.30pm - 9pm

£4 (Members £3)

14<sup>th</sup> PHILIP HOLDEN

21<sup>st</sup> CRAIG O'MALLEY

28<sup>th</sup> JUDITH FREEMAN

Healing

Wednesdays 10.30am

Special Event

Saturday 8<sup>th</sup> March

1pm - 5.30pm

PSYCHIC FAYRE

Private Readings

Healing available by donation

Crystal and gift Stalls

Refreshments

We are registered to conduct

and register marriages, also

same sex marriages.

Provided you are legally

entitled to get married we

would be happy to arrange the

ceremony for you.

Please see a Minister,

President or any member of the

committee for further details.

Christenings,

Wedding Blessings,

Renewal of Wedding Vows

and Funeral Services

A fee of £25 is charged for

these services, but donations

are always gratefully received.

All Welcome

## WEST WICKHAM SPIRITUALIST CHURCH

Surrey Road,  
West Wickham,  
Kent  
BR4 0LU

President:

Alan Mitchell-Sleight

Telephone:

01959 573049

E-mail: mitchellsleight@

btinternet.com

Mediums' Secretary:

Sharon Harris

Telephone:

07731 815220

FEBRUARY 2025

Sunday Services at 6.30pm

(doors open 5.50pm)

2<sup>nd</sup> CALLUM CORDELL

9<sup>th</sup> Circle Service

16<sup>th</sup> SUE HOLCROFT

& MARK CASSIDY

23<sup>rd</sup> DANNY WRIGHT

30<sup>th</sup> LINDA HOTCHINS

Evenings of Mediumship

Wednesday 5<sup>th</sup> 8pm

£5 (£2.50 members)

with STEPHEN GRAVES

Wednesday 19<sup>th</sup> 8pm

£5 (£2.50 members)

with TREVOR CHRISTIAN

Special Events

Saturday 15<sup>th</sup> 6.30pm £15

Special Evening of

Mediumship with

PAULA STEVENS

Saturday 22<sup>nd</sup> 9.30am - 4pm

£20 Please bring a packed

lunch or use local cafe etc

Mediumship Workshop with

JUDITH FREEMAN

Open Circles in person

Tuesdays 4<sup>th</sup>, 11<sup>th</sup> & 18<sup>th</sup>

7pm - 8.30pm £5

Thursdays 6<sup>th</sup>, 13<sup>th</sup> & 20<sup>th</sup>

7pm - 8.30pm £5

Private Readings

Thursdays by phone or online

For details call

Alan Mitchell-Sleight on:

07949 633259

Spiritual Healing

Wednesdays 1pm - 2.30pm

And before the service on

Sunday from 5pm - 6pm

(providing healers are available)

Open Platform

4<sup>th</sup> Tuesday of each month

25<sup>th</sup> March 2025

7pm - 8.30pm £5

Call Callum on

07902109639

Website:

[www.westwickham](http://www.westwickham)

[spiritualistchurch.co.uk](http://spiritualistchurch.co.uk)

All Welcome

## LANCASHIRE

### CLEVELEYS SPIRITUALIST CHURCH

93 Beach Road,

Thornton Cleveleys,

Lancashire FY5 1EW

Call us on: 07756 967803

See us on Facebook

Monday 7.30pm

Clairvoyance & Open Circle

Wednesday

12.15pm - 1.15pm Healing

Wednesday 2.30pm

Clairvoyance Service

Tuesday 7pm - 8pm

Awareness Class

Thursday 7.30pm - 9.30pm

Development Circle

(Must be a church member)

Friday 7pm - 8pm Healing

Sunday 2.30pm

Divine Service

Healing Sunday 2.30pm

Every Third Sunday

of the Month

Meditation Sunday 2.30pm

1st Sunday Alternate

Months from February

Private Readings on request

Readings Day Spring and

Autumn - See notices or

phone church number for

information

We are Registered for

Namings/Weddings/

Same-Sex Marriages/

Funerals/Wedding Blessings

All Welcome

## LEICESTERSHIRE

### LEICESTER PROGRESSIVE SPIRITUALIST TEACHING AND DEVELOPMENT CENTRE

Lee Circle,

Leicester LE1 3RE

President: Marian Sawczuk

Services with Mediumship

Sundays 6pm

Divine Service

Mondays 7.30pm

Clairvoyant Hour

Healing

Saturdays 10am - 12.30pm

Sundays 5pm - 5.45pm

Wednesdays 12noon - 2.30pm

Special Events

Every Saturday morning

10am - 1pm

CAKE AND A CUPPA

with Readings and Healing

Teaching Groups and Special

## DISPLAY(BOXED) ADVERTISING RATES

Just £5.59p per single column cm

+ VAT at current rate (4 columns to one page)

Churches and Centres receive discounted rates

QTR PAGE = £195 inc VAT (Churches £130)

HALF PAGE = £350 inc VAT (Churches £260)

For further details email: [pnadverts@gmail.com](mailto:pnadverts@gmail.com)

or call: 01376 563091



Events throughout the week  
Private Parties and Sitzings  
Available  
Website: [www.leicesterprogressive.com](http://www.leicesterprogressive.com)  
Email: [spiritchurch@outlook.com](mailto:spiritchurch@outlook.com)  
Tel: 0116 2536098  
We Welcome Everyone

## LONDON

### BARNES HEALING CHURCH

Between  
77-79 White Hart Lane,  
London SW13 0PW  
Five-minute walk from  
Barnes Bridge  
Railway Station  
Enquiries: 07581 534028  
Facebook:

[www.facebook.com/barneshealingchurch](http://www.facebook.com/barneshealingchurch)  
Website: [www.barneshealingchurch.co.uk](http://www.barneshealingchurch.co.uk)  
Email: [barneshealingchurch@hotmail.co.uk](mailto:barneshealingchurch@hotmail.co.uk)  
MARCH 2025

Sunday Service of Mediumship  
at 6.30pm

2nd TRACIE MAHER  
9th MICHAEL LENNON  
16th KHADIJAH FRANKLIN  
23rd LARRY DAVIDS  
30th VANDA GALAZKA

#### Healing

Tuesdays 7pm - 8pm  
Thursdays 11am - 1pm  
Please see our website  
or Facebook page for  
details about Healing,  
Private Readings,  
Open Platforms and more,  
and for any changes to  
the advertised times and  
mediums above  
REGISTERED FOR  
MARRIAGES, CEREMONIES  
& SACRED SERVICES  
All Welcome

### THE LONDON SPIRITUAL MISSION

13 Pembridge Place,  
London W2 4XB  
Email: [secretary@spiritualmission.co.uk](mailto:secretary@spiritualmission.co.uk)  
Website:  
[www.spiritualmission.co.uk](http://www.spiritualmission.co.uk)  
Telephone: 020 7229 2024

Sunday Services  
6.30pm - 8pm  
Wednesdays 7pm - 8.15pm  
for Demonstration  
of Clairvoyance  
Spiritual Healing  
Mondays 1pm - 5pm  
Thursdays 5pm - 7pm

### Animal Healing

Domestic pets welcome at  
the Monday and Thursday  
Healing Sessions  
For Special Events,  
Courses & Workshops  
please see our website  
All Welcome

### CHINGFORD SPIRITUALIST CHURCH

151-153 Larkshall Road,  
Chingford,  
London E4 6PE  
For Enquiries call:  
07956 328678  
or send a message via the  
Facebook page  
Every Wednesday at 7.30pm  
Evening of Mediumship  
Doors open at 7pm  
MARCH 2025  
5th JOHN JENKINS £4  
12th SANDRA WORPLE £4  
19th ROSANNA SMITH  
& ELAINE GROUT  
(Psychic Art) £5  
26th UWE D'ROSE £4  
See our Facebook page  
for special events and  
mediums serving the church:  
Chingford Spiritualist Church  
All Welcome

### FULHAM NATIONAL SPIRITUALIST CHURCH

Kelvedon Road,  
Fulham,  
London  
SW6 5BP  
(Nearest Underground  
station Parsons Green)  
Buses No. 11 and 14  
Email: [fulhamspiritualistchurch@yahoo.co.uk](mailto:fulhamspiritualistchurch@yahoo.co.uk)  
FEBRUARY 2025

Sunday Divine Services in  
Church at 6.30pm

2nd CELIA MITCHELL  
9th DAVID COLE  
16th PATRICK MURRAY  
23rd NATHAN POOLE  
30th ELAIN STANTON

Thursday Online Zoom 7.30pm

6th PHIL SHAW  
13th ADRIAN CLARK  
20th DEZ BEAUMONT  
27th WENDY LYON  
ONLINE ZOOM SERVICES  
ID: 689 400 7125

Passcode: FULHAM (capitals)  
For more information  
regarding our events, services  
and making freewill donations  
please contact us via email  
Free Parking  
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)  
Buses: 176, 312,  
75, 194, 202 and 450

Enquiries to:  
Caroline Hackett  
on 07891 067478  
Demonstration of  
Clairvoyance every  
Wednesday at 8.00pm  
Doors open 7.30pm  
MARCH 2025  
5th ELAIN STANTON  
12th MATT & KIRSTY  
GROGAN  
19th LAINEY BAINE  
26th STEPHEN HARDY  
Healing every week  
from 7.30pm until 9pm  
All Welcome

## MERSEYSIDE

### BIRKENHEAD SPIRITUALIST CHURCH

2 Mount Grove, Oxtou,  
Birkenhead,  
Wirral,  
Merseyside CH41 2UJ  
Facebook:  
Birkenhead SNU  
Spiritualist Church

Email: [hello@bscwirral.uk](mailto:hello@bscwirral.uk)  
Sundays 6.30pm - 7.45pm  
Divine Service  
Thursdays 7.30pm - 9pm  
Open Circle  
Saturdays Occasional  
Specials when advertised  
All Welcome

## MIDDLESEX

### THE LIGHT ON THE HILL HARROW SPIRITUALIST CHURCH

1 Vaughan Road,  
West Harrow,  
Middlesex,  
London HA1 4DP  
Website:  
[www.harrowsnuchurch.wixsite.com/harrow](http://www.harrowsnuchurch.wixsite.com/harrow)  
Email:  
[lightonthehill@live.co.uk](mailto:lightonthehill@live.co.uk)  
Tel: 07528 348432

## MARCH 2025

### In-Church Services

Wednesdays at 7.30pm  
5th LAURA WOOD  
& LEE ROBERTS  
12th TONY STOCKEN  
19th To be confirmed  
26th KARIM

#### Healing

Thursday 6th 7.30pm  
Healing with KEITH  
Mondays on ZOOM at 7pm  
Healing and Divine Service  
(Except Bank Holidays)  
Please see Facebook or our  
website for details  
Zoom ID: 916 859 8296  
Password: harrow

#### Special Events

Saturday 1st March  
Private 1 to 1 Readings  
10.30am - 1pm  
& 2pm - 4.30pm  
£15 each

Advanced bookings only  
Saturday 15th March  
Time: To be confirmed  
£10 (£8 members)  
Shamanic Workshop with  
WANDA BOLTON

Saturday 22nd March

12 noon - 4pm  
£10 (£8 members)  
Meditation/Card Workshop  
Facebook Group:  
'Harrow Spiritualist Church'  
for up-to-date news, events  
and serving Mediums  
All Welcome

## NORFOLK

### HARBOUR LIGHTS SPIRITUAL GROUP

Council Hall,  
1 Yarmouth Road,  
Caister on Sea,  
Norfolk NR30 5DL  
Telephone: 07746 516181  
Every Sunday at 7pm  
Mediumship Demonstration  
For further details see our  
Facebook page:  
[www.facebook.com/caistercouncilhall](http://www.facebook.com/caistercouncilhall)  
All Welcome



For a list of  
SPIRITUALIST  
CHURCHES & CENTRES  
in the USA, visit:  
[www.psychicnews.org.uk](http://www.psychicnews.org.uk)



## NORTHUMBERLAND

### SEATON DELAVAL SPIRITUALIST CHURCH

Station Road,  
Seaton Delaval,  
Whitley Bay,  
Northumberland  
NE25 0PT

Email:  
seatondelavalsnu  
@gmail.com

Sundays at 6.30pm

Divine Service

Mondays at 7pm

Healing Circle

Wednesday (3rd in month)

7pm Evening of Mediumship

Friday (last in month) 7pm

Open Circle

For details of mediums

serving the church and

Special Events, please see our

Facebook page:

Seaton Delaval SNU

Spiritualist Church

All Welcome

## NOTTINGHAMSHIRE

### EASTWOOD SPIRITUALIST CENTRE

Edward Road,  
Eastwood,  
Nottinghamshire  
NG16 3EU

Sunday 6pm - 7pm

Divine Service

Monday 7pm - 8pm

Divine Healing Service

Tuesday 1pm - 2pm

Awareness Group

Wednesday 7pm - 8pm

Mediumship Demonstration

Friday 6.30pm

Educational Circle

For mediums serving the

centre and special events,

see our Facebook page:

Eastwood Spiritualist

Centre

All Welcome

**DISCOUNTED  
CLASSIFIED  
ADVERTISING RATES  
for CHURCHES  
and CENTRES:**  
40p per word  
Email for a quote:  
pnadverts@gmail.com

## SOMERSET & WILTSHIRE BORDER

### NEW LISTING NEW CENTRE OPENING FROME

#### SPIRITUAL CENTRE

The Skittle Alley,  
The Royal Oak,  
Wootton Bassett Heath,  
Wiltshire  
(Somerset & Wiltshire Border)  
BA12 9NR

Every Friday 6.30pm

Evening of Mediumship

£5 at the door

First evening 7th March

JOANNE GODDARD

For details of mediums  
serving the centre please

see our Facebook page:

Frome Spiritual Centre

All Welcome

## SOMERSET

### ALCOMBE & MINEHEAD CHRISTIAN SPIRITUALIST CHURCH

Grove Place,

Manor Road, Alcombe,  
Minehead TA24 6EH

Telephone: 0783 110 4896

Winter

Sunday Service at 3pm

(November to end of February)

Healing Groups,

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,

including Groups,

Meditation & Healing

**Spring & Summer**

(March to end of October)

Sunday Service at 6.30pm

Website:

www.mineheadspiritualist  
church.co.uk

All Welcome

### DEADLINE

The advertising  
deadline for the  
APRIL 2025 issue is  
8th March 2025

Please email your event  
details to:  
pnadverts@gmail.com

## WESTON-SUPER-MARE NATIONAL SPIRITUALIST CHURCH

2 Stafford Road,  
Weston-Super-Mare  
North Somerset  
BS23 3BW

Facebook:

www.facebook.com/

wsmspiritualistchurch

Website:

www.westonsupermare

spiritualistchurch.co.uk

Telephone: 07872 581902

First Sunday in month 11am

Divine Service

Sundays (except 1st in month)

6.30pm Divine Service

Mondays 7.30pm

Open Circle

Thursdays 3pm

Guild with Demonstration

of Mediumship

4.30pm - 5.30pm

Spiritual Healing

7.45pm Awareness Group

For details of mediums

serving the church,

Special Events, Workshops

and Demonstrations

see our Facebook page

All Welcome

## STAFFORDSHIRE

### TAMWORTH NATIONAL SPIRITUALIST CHURCH

18 Marmion Street,  
Tamworth,  
Staffordshire  
B79 7JG

Tel: 07725 731245

Spiritualist Church offering

Divine Services, Mediumship

Events, Classes and Groups

for those interested in

Spiritualism

Sunday 6.30pm - 8pm

Divine Service

Freewill Offering

Wednesday 7.30pm - 9pm

Service £4

Healing

Before Sunday Service

5.30pm - 6.05pm

A freewill offering is

appreciated

For details of special events

and mediums serving the

church, please visit our

Facebook page:

Tamworth National

Spiritualist Church

All Welcome

## GOLDEN LIGHT SPIRITUALIST CENTRE

38-40 Bevan Lee Road,  
Cannock,  
Staffordshire  
WS11 4PZ

Sundays at 6.30pm £3

Healing

After the Service

Psychic Surgery also available

All Welcome

## SUFFOLK

### THE SPIRITUAL CENTRE OF LOVE AND HOPE

65 Fakenham Road,  
Kirton,  
Ipswich,

Suffolk IP10 0QW

Sunday (2nd in month)

5pm Reiki or Spiritual

Healing

6pm Spiritual Service

(free will offering)

One to one readings available

For details of mediums

serving the centre and

special events, please see our

Facebook page:

The Spiritual Centre of

Love and Hope

All Welcome

### SUDBURY CHRISTIAN SPIRITUALIST CHURCH

The Stevenson Centre,  
Stevenson Approach,  
Great Cornard,  
Sudbury,  
Suffolk CO10 0WD

Meetings:

Every Sunday at 2.45pm

for 3pm to 4.30pm

There is NO ENTRY FEE

We only respectfully

suggest that donations are

made during the service

For more information,

call Maureen on:

07931 366 610

All beliefs and denominations

are welcome

**FOLLOW  
PSYCHIC  
NEWS  
MAGAZINE  
ON**

**facebook**



## SURREY

### CAMBERLEY SPIRITUALIST CHURCH

112 Gordon Road,  
Camberley,  
Surrey GU15 2JQ  
Website: [www.camberley-spiritualistchurch.org](http://www.camberley-spiritualistchurch.org)  
Telephone: 01276 409004

**MARCH 2025**

Sunday Divine Service  
at 6.30pm

2<sup>nd</sup> LEE ROBERTS

16<sup>th</sup> LES & DENISE PILGRIM

*Evenings of Mediumship*

Tuesdays at 7.30pm £5

4<sup>th</sup> EMMA DOWSING

11<sup>th</sup> MICHAEL LENNON

18<sup>th</sup> JENNY DOCHERTY

25<sup>th</sup> HAYLEY FOX

*Special Event*

Saturday 29<sup>th</sup> March 7.30pm

Evening of Mediumship

with CRAIG MORRIS

*Open Circle*

Now every Monday

7.15pm for 7.30pm start

alternating leaders

KAREN NOGG &

SARAH STEVENS

*Platform Mediumship*

Fourth Thursday in month

with SARAH NORRIS

*Open Platform*

First Wednesday in month

Wednesday 5<sup>th</sup> March

7.30pm - 9.30pm

*Speakers and*

*Philosophy Evening*

Every second Thursday in

month with GILLY PALMER

*Healing*

Every Monday 1pm - 2.30pm

(Monday Events -

except Bank Holidays)

*Please visit our Facebook*

*page or website for further*

*updates and other events*

All Welcome

### CROYDON SPIRITUALIST CHURCH

Chatsworth Road, Croydon,

Surrey CR0 1HE

Telephone: 020 8688 1827

Email: [croydonspiritualistchurch@gmail.com](mailto:croydonspiritualistchurch@gmail.com)

Website:

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

**MARCH 2025**

*Sunday 11am Service*

2<sup>nd</sup> PETER MCMANUS

& DEREK PIPE OBE

9<sup>th</sup> ANNETTE CARTY  
16<sup>th</sup> NATALIE EDEN WALKER  
23<sup>rd</sup> ED LINEHAN

30<sup>th</sup> JENEFER PARKE-BLAIR

*Wednesday Evenings  
of Mediumship at 7.45pm*

Members: £2.50

Non-Members £5

5<sup>th</sup> CALLUM CORDELL

12<sup>th</sup> LEE ROBERTS

19<sup>th</sup> KATHLEEN

CUNNINGHAM

26<sup>th</sup> SHERRIE HARDAKER

*Special Event*

Friday 7<sup>th</sup> March 7.30pm

£15 in advance via website

Evening of Mediumship with

JO 'THE COCKNEY'

MEDIUM

*Community Coffee Morning*

Tuesday 4<sup>th</sup> March

11am - 1pm

Open to everyone

Come along to our church for

tea or coffee and a biscuit.

Find out more about what we

do, or just drop in for a chat.

If you have any questions

there will be at least one

committee member on hand.

1st Tuesday of each month

*Please visit our website for*

*details of Open Circles,*

*Open Platforms,*

*Special Events and Workshops*

*Healing*

Please enquire with the

Church regarding Thursday

Healing Sessions

All Welcome

### FARNHAM INDEPENDENT CHRISTIAN SPIRITUALIST CHURCH

Hale Village Hall,

1 Wings Road, Upper Hale,

Farnham GU9 0HN

President: Jean Harris

Telephone:

07936 708882

Follow us on Facebook

**MARCH 2025**

Sundays at 6.30pm

2<sup>nd</sup> SCOTT BIDDLE

9<sup>th</sup> GILLIAN BLAISE

16<sup>th</sup> IRENE HALL &

EMMA DOWSING

Friday 21<sup>st</sup> at 7.30pm

OPEN PLATFORM

A free will offering will

be collected

Tea/coffee and home-made

cake after the service

Healing available

*Thank you for your support*

*A Warm Welcome To All*

### 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)

@yahoo.com

Follow us on Facebook

Enquiries:

07503 405007

Bookings: 07780 474440

**MARCH 2025**

*Sunday Service at 11am*

2<sup>nd</sup> JEFFERY HEWITT

9<sup>th</sup> RAY PRENDERGAST

16<sup>th</sup> SARAH McLAUCHLAN

23<sup>rd</sup> STEPHEN TICKLE

30<sup>th</sup> TBC - MOTHERING

SUNDAY

*Mondays at 7.30pm*

Evening of Mediumship

£4 (members £3.50)

followed by Healing

3<sup>rd</sup> PATRICK MURRAY &

SERA FENWICK

10<sup>th</sup> PAULINE WALSH

17<sup>th</sup> CELIA MITCHELL

24<sup>th</sup> PAMELA POLLINGTON

31<sup>st</sup> SARAH WAWMAN

*Healing by donation*

Monday 8.45pm - 9.15pm

(not 17<sup>th</sup> February)

Wednesday (Pets allowed)

2pm - 4pm

*Open Spiritual Awareness*

For beginners 18+

on 1st & 3rd Friday of month

7<sup>th</sup> & 21<sup>st</sup> March

7.30pm - 9pm

(Doors shut promptly at 7.30pm)

£6 (members £5)

with LESLEY HAMILTON

*Open Platform*

Medium Training 18+

with LESLEY HAMILTON

1st Saturday of month

Saturday 1<sup>st</sup> March

2pm - 4pm £6 (£5 members)

£3 Audience

*Light-hearted Spiritual Talk*

*& Associated Guided*

*Meditation*

On 3rd Wednesday of

month with

CHERRY SRINAGANAND

Wednesday 19<sup>th</sup> March

7.30pm - 9pm

£6 (£5 members)

*Special Event*

Saturday 22<sup>nd</sup> March

6.30pm for 7pm start

Ends at 10pm - £25

DINE WITH SPIRIT

A short reading followed by  
a fish/veggie & chip supper  
with dessert

Booking will be required

ASAP for this event on

07780 444740

*Advance Notices*

Sunday 13<sup>th</sup> April

Church AGM

*Please check our website*

*for updates and any*

*programme changes.*

*Open to members and public.*

All Are Welcome

### SUTTON SPIRITUALIST CHURCH

St. Barnabas Road,

Sutton,

Surrey

SM1 4NP

Telephone:

07958 034820

Website:

[www.suttonspiritualistchurch.co.uk](http://www.suttonspiritualistchurch.co.uk)

Sunday 6.45pm

Divine Service

Thursday 7.45pm

Service with Demonstration

of Mediumship

For Special Events and

mediums serving the church,

see our Facebook page:

**Sutton Spiritualist Church**

All Welcome

## EAST SUSSEX

### SEAFORDSPIRIT Seaford Independent Spiritualist Church,

3 Warwick Road,

Seaford,

East Sussex

BN25 1RS

Telephone:

01323 737407

Email:

[enquiries@seafordspirit.co.uk](mailto:enquiries@seafordspirit.co.uk)

co.uk

Weekly Divine Service

Thursday at 7.30pm

Alternate weeks

In-Person and Online

Demonstrations of

Mediumship and

Workshops

**For full details see**

**our website:**

[www.seafordspirit.co.uk](http://www.seafordspirit.co.uk)

Subscribe for updates

and to register for online

events and to receive

log in codes

for Divine Services

All Welcome



## WEST SUSSEX

**ANGEL IN BLUE**  
Storrington Village Hall,  
59 West Street, Storrington,  
West Sussex RH20 4DZ  
Social, Support and  
Mediumship Demonstration  
Evenings  
The last **Friday** of each month  
Starts at 7.00pm  
£7 including refreshments  
Different medium  
each month  
Enquiries to: Val Harber  
07713 769978  
or by email:  
vharber@btinternet.com  
All Welcome

**LADY AMETHYST  
SPIRITUAL CENTRE**  
Heene Community Centre,  
Heene Road, Worthing,  
West Sussex BN11 4PL  
Telephone: 07746 906523  
2nd Saturday in the month  
at 7.30pm  
Clairvoyant Evening  
for cancer charity  
£9 entry, refreshments  
and a small buffet  
For mediums serving the  
centre please see our  
Facebook page:  
**Lady Amethyst Spiritual  
Centre Worthing**  
All Welcome

## WEST MIDLANDS

**BROWNHILLS  
EXCELSIOR  
SPIRITUALIST  
CHURCH**  
107 High Street,  
Brownhills,  
Walsall,  
West Midlands  
WS8 6EP  
Website: [www.brownhillsexcelior.com/](http://www.brownhillsexcelior.com/)  
Telephone:  
0793 290 6907  
Sunday 6.30pm  
Divine Service  
Thursday 7.30pm  
Evening of Mediumship  
£3 on the door  
(£2.50 members)  
For details of our  
Special Events and  
mediums serving the  
centre, please visit our  
Facebook page:  
**Brownhills Excelsior SC**  
All Welcome

**PARKSIDE  
SPIRITUALIST  
CHURCH**  
The Joe Capstack  
Memorial Hall,  
4 MacDonald Road,  
Wyken, Coventry,  
West Midlands CV2 5FF  
Sunday 3pm Divine Service  
Monday 7.30pm  
Open/Awareness Circle  
Wednesday 1pm Healing  
Website: [www.parkside-spiritualistchurch.com](http://www.parkside-spiritualistchurch.com)  
For specials see Facebook:  
**Parkside Spiritualist Church**  
All Welcome

**STOURBRIDGE  
NATIONAL  
SPIRITUALIST  
CHURCH**  
49 Union Street,  
Stourbridge,  
West Midlands DY8 1PJ  
Telephone: 01384 825060  
Website:  
[www.stourbridge-spiritualistchurch.com](http://www.stourbridge-spiritualistchurch.com)  
Sundays 6.30pm - 8pm  
Divine Service  
Mondays 1.45pm - 3pm  
Divine Service  
Wednesdays  
12.30pm & 7.30pm  
Awareness Groups  
Mondays 7pm Meditation  
Some Saturdays  
7.30pm - 9pm  
Mediumship Demonstration  
See our website or Facebook  
page for dates  
**Healing Sessions**  
Mondays 12 noon - 1.15pm  
(Before Service)  
Thursdays 7.30pm - 8.45pm  
For details of Special Events  
and mediums serving the  
church, please visit our  
Facebook page:  
**Stourbridge Spiritualist  
Church**  
All Welcome

**SUTTON COLDFIELD  
SPIRITUALIST  
CHURCH**  
Kenelm Road,  
Off Manor Hill,  
Sutton Coldfield,  
West Midlands B73 6HD  
Website:  
[www.scsonline.co.uk](http://www.scsonline.co.uk)  
Telephone: 0121 354 3266  
Sunday 6.30pm  
Divine Service  
Monday 1.30pm  
Service

Tuesday 7.30pm  
Mediumship Classes  
Thursday 1.00pm  
Healing  
Friday 7.30pm £3  
Development Circle  
For details of Monthly  
Specials & Workshops  
please see our  
Website/Facebook  
Follow us on Facebook at:  
**Spiritualist Church,  
Sutton Coldfield**  
All Welcome

## WORCESTERSHIRE

**REDDITCH  
SPIRITUALIST  
CENTRE**  
139 Easemore Road,  
Redditch,  
Worcestershire  
B98 8HU  
Facebook:  
[www.facebook.com/RedditchSpiritualistCentre](http://www.facebook.com/RedditchSpiritualistCentre)  
Website:  
[www.redditch-spiritualistcentre.co.uk](http://www.redditch-spiritualistcentre.co.uk)  
Email:  
[redditchspiritualistcentre@gmail.com](mailto:redditchspiritualistcentre@gmail.com)  
Telephone:  
07907 378448  
Sunday 11am  
Divine Service  
Tuesday 7.30pm - 9pm  
Healing  
Wednesday 7.30pm - 9pm  
Mediumship Demonstration  
For details of Special Events  
and mediums serving the  
centre, please visit our  
Facebook page  
All Welcome

## SCOTLAND

**NEW LISTING  
ANNICK  
SPIRITUALIST  
CHURCH**  
Fullarton Community Hub,  
1 School Lane,  
Irvine,  
Ayrshire,  
KA12 8DF  
Service  
Every Sunday 6.30pm  
Doors open at 6pm  
For details of Special Events  
and mediums serving the  
church, please visit our  
Facebook page:  
**Annick Spiritualist  
Church**  
All Welcome

**KIRKCALDY  
SPIRITUALIST  
CENTRE**  
13 Kirk Wynd,  
Kirkcaldy,  
Fife KY1 1EH  
Facebook page:  
[Kirkcaldy.sc](http://Kirkcaldy.sc)  
Email:

[kirkcaldy.sc@gmail.com](mailto:kirkcaldy.sc@gmail.com)  
Telephone:  
07948 971381  
Sundays 5pm  
Divine Service  
Mondays 7pm  
Demonstration  
of Mediumship  
Tuesdays (alternate)  
7pm - 9pm Shamanic Healing  
All Welcome

**PATHHEAD  
AND DYSART  
SPIRITUALIST  
CHURCH**  
145 Commercial Street,  
Kirkcaldy,  
Fife  
KY1 2NS  
Telephone:  
01592 262955  
Email: [r.birrell46@gmail.com](mailto:r.birrell46@gmail.com)  
Sunday 6pm  
Divine Service  
Thursday 6.45pm  
Healing Circle  
Thursday 7.30pm  
Development Circle  
See our Facebook page for  
details of visiting mediums  
and special events:  
**Pathhead and Dysart  
Spiritualist Church**  
All Welcome

## WALES

**ABERAERON  
SPIRITUALIST  
CHURCH**  
Waterloo Street  
(behind The Harbourmaster  
Hotel),  
Aberaeron,  
Ceredigion  
SA46 0BW  
Telephone: 0780 559 3626  
Website: [www.aberaeronsc.weebly.com](http://www.aberaeronsc.weebly.com)  
Every Saturday  
2pm for 2.30pm start  
Service with Mediumship  
For details of mediums  
serving the church and  
special events, please see our  
Facebook page: **Aberaeron  
Spiritualist Church**  
All Welcome



**THE PSYCHIC SHOP**  
 The Plassey, Eyton,  
 Wrexham, North Wales  
 LL13 OSP  
 Telephone: 07360 272727  
 Stockists of  
 Healing Crystals & Incense  
 Oracle, Angel & Tarot Cards  
 Private Readings  
 Spiritual Gifts  
 & much, much more  
 Website:  
[www.warrenstarlingpsychicmedium.com](http://www.warrenstarlingpsychicmedium.com)

## GUERNSEY

**THE  
 GREETING PLACE  
 FOUNDATION  
 SPIRITUALIST CENTRE**  
 Douzaine Room,  
 St Peters, Guernsey,  
 Channel Islands  
 Enquiries to:  
 Ann Jennings  
 Telephone:  
 01481 247185  
 Mobile:  
 07781 413218  
 See our Facebook page for  
 further details:  
 The Greeting Place  
 Foundation (link below)  
<https://www.facebook.com/TheGreetingPlaceFoundation/>  
 Our regular services are:  
 Sunday 11am  
 Address and Communication  
 Other services as announced  
 Everyone Welcome

## GREECE



## SPIRITUALIST SOCIETY OF ATHENS

"The Divine Light"

Channelled Teachings from the highest authority  
 of the Heavenly Kingdom.

Various spiritual leaders, from Socrates and  
 St. John the Baptist to Goethe and Newton teach  
 invaluable lessons to humanity.

Website: [www.divinelight.org.gr](http://www.divinelight.org.gr)

Email: [info@divinelight.org.gr](mailto:info@divinelight.org.gr)

Address: 12 Niovis Str.,

Athens, Greece, 11252

IN HONOURING THE LAND, WE RECLAIM OUR POWER.  
 WHEN WE RECLAIM THAT POWER, THINGS BEGIN TO SHIFT.  
 FOR US AND OUR WORLD

# PROJECT EARTHWORK

Join our free monthly meditation and energy activation  
[projectearthwork.org](http://projectearthwork.org)

## RAISE FUNDS FOR YOUR CHURCH OR CENTRE BY STOCKING PSYCHIC NEWS

Call or email for further details

Tel: 01376 563091

Email: [pnadverts@gmail.com](mailto:pnadverts@gmail.com)

## BRITAIN'S HAUNTED HERITAGE

JOHN WEST



INTRODUCTION BY URI GELLER  
 FOREWORD BY JASON EGGLEIS

Britain has long been regarded as a haunted land. Tales of apparitions, supernatural manifestations and earthbound spirits are commonplace. But are there such things as ghosts? John West firmly believes that they do exist.

Within this book you will find some of the stranger and more terrifying cases from Britain's ghostly past.

These tales make for chilling reading and will give even the most hardened sceptic pause for thought.

Here you will discover a phantom butterfly, Roman soldiers in a cellar, hooded monks, a murderer or two, haunted churches, a pair of hairy hands on a lonely road and an Egyptian curse.

You'll meet a sinister half-wolf, half-man creature, a vampire and even an amorous spectral naked lady who once took a fancy to a country vicar!

After reading this book, you may even find yourself agreeing with the author's belief that Britain is the most haunted place on earth.

**Available from Amazon**

## HARRY EDWARDS HEALING COLLEGE



Contact Shelley for more information on  
[college.administrator@burrowslea.org.uk](mailto:college.administrator@burrowslea.org.uk)

or 0770 602 7141

or 01483 202054

[www.harryedwardshealingcollege.com](http://www.harryedwardshealingcollege.com)

Harry Edwards Healing Sanctuary, Burrows Lea,  
 Hook Lane, Shere, Guildford, Surrey GU5 9QQ



**MEDITATE.  
VISUALISE.  
LEARN.**

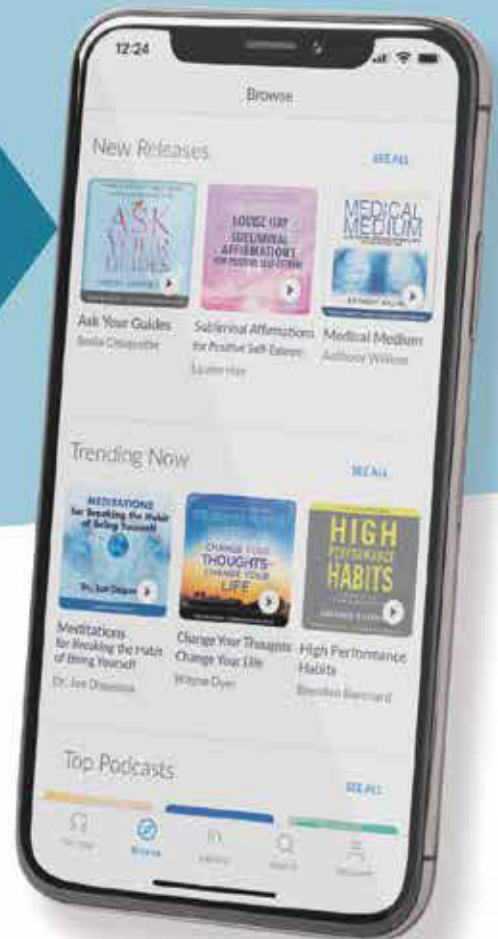
*Get the Empower You  
Unlimited Audio Mobile App*

Get unlimited access to  
the entire Hay House  
audio library!

**You'll get:**

- 500+ inspiring and life-changing **audiobooks**
- 700+ ad-free **guided meditations** for sleep, healing, relaxation, spiritual connection, and more
- Hundreds of audios **under 20 minutes** to easily fit into your day
- **Exclusive content** *only* for subscribers
- No credits, **no limits**

“★★★★★ I **ADORE** this app.  
I use it almost every day. Such  
a blessing. – Aya Lucy Rose”



**New audios  
added  
every week!**

Scan me with



your phone camera!



**TRY FOR FREE!**

Go to: [hayhouse.co.uk/listen-free](https://hayhouse.co.uk/listen-free)