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ISSUE NO 4247

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NEW ADDRESS
WEBSITE &
ONLINE SUBSCRIPTIONS
www.psychicnews.uk

ISSN 0033-2801

*The Psychic News logos are UK and Community
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FRONT COVER

Photo: Louise Lynch/Leonardo.ai

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TWO WORLDS ARE ONE

NEWS AND VIEWS FROM
THE EDITOR'S DESK

BY TONY ORTZEN

Everything in the garden's lovely with lunar law

FOR decades leading spirit guides stressed the importance of natural law. Stating the obvious, nature follows its rules. So, too, do enlightened humans.

It's also a natural law that as Spiritualism teaches, survival after physical death is a reality for all, which mediums demonstrate on a daily basis.

But what about lunar gardening? The moon operates according to natural law, but can it really play a part in producing bumper crops?

First a quick explanation from the internet. Of lunar gardening, one site states: "Much like planting at the right time of year to fit climatic changes, its aim is to work with the moon and environmental conditions to make the most of their positive influence.

"Moon gardening works on the principle that the moon moves through different phases, passing through the twelve zodiac constellations."

Another site adds, "Lunar gardening operates on the principle that the moon's gravitational pull affects moisture levels in the soil, sap flow and seed germination."

Now let's dig into a story which blossomed into print last month and was written by the aptly named Karen Gardner of BBC News for

the West of England.

Her account carried the headline, "Full moon planting a success for historic garden." It began:

"Gardeners at a National Trust estate are planting seeds in line with phases of the moon after noticing it produced higher yields.

"The team at Avebury Manor, Wiltshire, said vegetables sown during the full moon last year resulted in increased germination.

"Head gardener Garry Mumford said despite initially being a sceptic, a further 2,000 plants would be sown in the same way this year."

Garry commented, "It seemed logical to me that full moon sowing was more successful than any other time because of the gravitational pull of the moon on the earth's water."

Crops of swede, parsnip and pumpkin grown during a full moon last year showed "consistently higher weights" than with a new moon.

"We sowed swede on a full moon and then on a new moon, and got the yields at the end of the growing season," Garry told BBC Wiltshire.

"The full moon crop weighed 8.5 kg (18.7 lbs) and the new moon crop weighed 5.5 kg (12.1 lbs). There was a significant improvement in yield."

Vegetable seeds in the kitchen garden at Avebury Manor are being planted in line with the full moon.

Garry added that although it was not a

Psychic News (incorporating Two Worlds)

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

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GARDENERS at Avebury Manor, Wiltshire, are planting seeds in line with phases of the moon after noticing it produced higher yields. (Original photo: Steven Penton on Flickr)

scientific experiment and the trial was specific to Avebury, the targeted sowing was worth pursuing if only to help his hardworking team.

"This is a very busy garden," he said. "We will never have enough gardeners and volunteers.

"I am finding this is a way I can save time, save money, be more productive and have a better yield at the end of the season. I'll be keeping a close eye on how they do."

Music from plants helps cancer patients

STILL in a garden setting, here's a really fascinating story about how plant-based music aims to help those receiving chemotherapy, radiotherapy and other treatments after being diagnosed with cancer.

The "studio" was the famous Chelsea Physic Garden. Established in 1673 by the Worshipful Society of Apothecaries of London, it is home to over 4,500 medicinal, edible and useful plants. It still plays a leading role in plant science, medicine and wellbeing today.

The garden worked with award-winning composer Helen Anahita Wilson on an exciting project, which is featured on its website.

Helen composed *Linea Naturalis*, a piece of music to assist individuals undergoing chemotherapy treatment.

She "took 28 bioelectric recordings of the micro-electric fluctuations of plants used in anti-cancer treatments and chemotherapy, turning them into a

45-minute soundscape.

"This included Madagascan periwinkle, which has yielded compounds used to treat Hodgkin lymphoma and some types of leukaemia, and English yew, whose extracts have led to chemotherapy drugs for breast and ovarian cancer."

Each plant "had a unique signal affected by light, temperature or wound healing, which Helen then converted into audible sound and layered into a final composition."

On the garden's website, Helen says the music aims to "soothe and reassure" those with cancer.

At Christmas 2019, Helen was found to have a "really aggressive form of breast cancer" and underwent eighteen months' "gruelling treatment."

Later she had "recurrent scares" when it was feared she had potential tumours in her spine and brain. Fortunately, none were found.

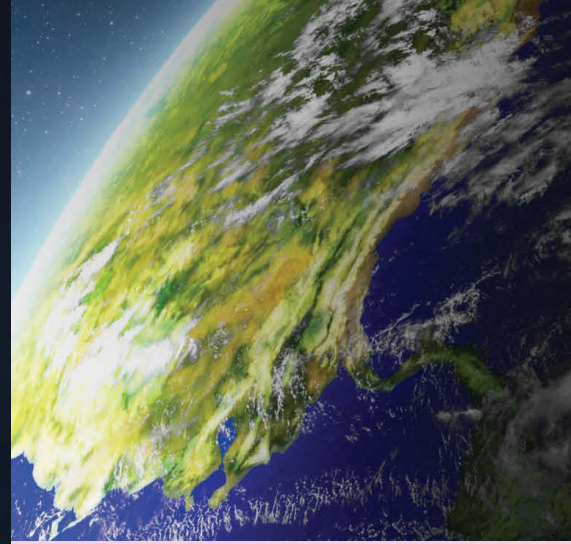
Today, Helen is "completely fine and feeling really good." She hopes that her composition will "soothe and reassure" cancer patients.

Set in four-and-a-half acres of land, the physic garden has an oncology section from which chemotherapy drugs were derived. One in two people will have a form of cancer at some point in their life.

The garden's mission is "To demonstrate the medicinal, economic, cultural and environmental importance of plants to the survival and well-being of mankind."

Based in Chelsea's Royal Hospital Road, it opened to the public for the first time in 1987. Guide and assistance dogs are also welcome.

You can see a short video of Helen and



the garden's head of plant collections at www.chelseaphysicgarden.co.uk

Devoted dog stays by 'dead' owner

NOW here's a really touching tale about the empathy between a dog and his carer, though we'll have to whiz off to Brazil for the details.

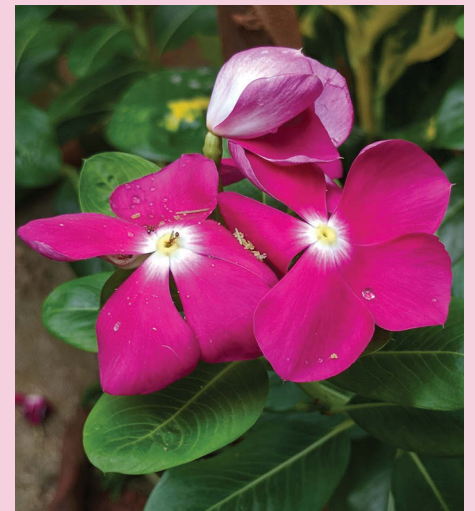
Recently, a faithful canine refused to leave his owner's side after he drowned off a beach in the coastal city of Balneário Camboriú.

The man was found by residents around 8.00 am on a Saturday. Homeless, he was known for collecting recyclables in the area.

During a police investigation, photos showed the pet lying next to the man's body on the beach despite it being covered up.

The images went viral and were seen by Allan Tatsch and his wife Lauriane Garghetti, who already had two dogs of their own.

The pair decided to adopt the caring canine and name him Scooby after welcoming him into their home in Brusque around 30 miles away from Balneário Camboriú.



MADAGASCAN PERIWINKLE has yielded compounds used to treat some types of cancer. (Photo: Vengolis)



IN a groundbreaking new scheme comedy is being trialled as a potential treatment for mental health problems instead of medication like antidepressants.

"Welcoming Scooby with open arms" wrote Allan on Instagram alongside a picture of the couple and their new companion.

"He is just a survivor in this world, being faithful to his guardian until his last moments."

In an interview with the Brazilian news portal G1, Allan said that Scooby had settled in without any problems.

"He already seemed to know the place," Allan added. "He was very well received by the other two dogs, which we adopted from shelters."

"Scooby didn't want to leave my wife and me at any time. He stayed inside the house, snuggled on the couch."

The pair set up an Instagram account for Scooby. One video shows Lauriane adjusting a bandana around his neck.

"Dogs are the ones who teach us so much about humanity," Lauriane wrote, "more than humans themselves."

Footage showed Scooby learning various tricks, as well as riding in his new family's car as they went for a drive around town.

Wagner Bertasso, a scientific police director in Pato Branco, the homeless man's hometown, applauded the couple for helping in a time of need.

"What a beautiful gesture, both from the animal that remained by his faithful friend's side until the last minute he could, and from the couple who adopted the animal," he wrote on Instagram.

As Spiritualists know, all sentient forms of life survive the adventure called death, so it is vital to love and care for them, as they often do for us.

New prescription is a laughing matter

IT often occurs to me that we live in a very sick, sad and spiritually bereft world.

NHS figures show that 8.7 million people in England took antidepressants in 2023/24, which is shocking. This was an increase of 2.1 per cent compared to 2022/23.

However, in a groundbreaking new scheme comedy is being trialled as a potential treatment for mental health problems.

Dubbed by some "comedy-on-prescription," it aims to explore whether laughter can offer an alternative to treatments like antidepressants.

A tech company called Craic Health is spearheading the project, and has secured funding for a social prescribing scheme which uses comedy-based interventions.

"These include stand-up performances and workshops designed to connect lonely, isolated and vulnerable individuals with their communities," wrote *The Independent's* Richard Wheeler.

The project has the backing of Labour MP Dr Simon Opher, "a vocal critic of over-prescription of medication."

The paper added: "Dr Opher has previously highlighted the potential of laughter as a therapeutic tool, stating in Parliament that 'making people laugh can avoid the need for medication.'"

"He has championed previous social prescribing initiatives, including arts-based programmes, in Gloucestershire."

Dr Opher has joined with Craic founder

Lu Jackson to further the initiative. Last month, they hosted a parliamentary event to discuss the impact of the ongoing trials, which are currently being conducted in London.

"One in five adults are on antidepressants," said Dr Opher. "That's partly because there's no other treatment really often available."

"If you go and see a GP with mild to moderate depression, if you get referred for psychology there's often a four- to six-month wait..."

"So what else do you do? You reach for your prescription pad. So that's where people like Lu come in."

Dr Opher has done a lot of "social prescribing" over the past 25 years, including poetry, visual arts and allotments, but this is the first time he's tried comedy.

Lu Jackson said comedy-on-prescription could help reduce costs linked to mental health issues in the UK, noting there can be immediate and longer-lasting health benefits connected to comedy.

"It's a cortisol decreaser, dopamine producer, and potent releaser of serotonin, endorphins and good neuropeptides," said Lu.

"Going to one comedy workshop, a stand-up comedy event or having a comedian come in and teach kids how to improvise and giggle at themselves has got an effect for 24 hours. Surely that's better than prescribing antidepressants."

Craic received a grant from the One Westminster charity whilst Westminster libraries offered their facilities for the initial events.

They included those for the homeless, disadvantaged communities and one for older people, which was also supported by a befriending service.

"For all three events," said Lu, "people have come in feeling three out of five. Almost all of them are leaving five out of five."

Conservative councillor Robert Rigby, the Lord Mayor of Westminster, was "impressed" by his visit to a Craic event at St John's Wood Library in NW London.

He commented, "The comedy-on-prescription show illustrates the fact that comedy is a great way of uniting people, relieving isolation and making us realise what we all have in common often by laughing at it."

As I've written so many times, spiritual healing can also play a vital part in soothing mental health problems. So, too, can certain complementary methods like homeopathy and the Bach flower remedies, though many people scoff without even trying them.

SAVE PSYCHIC NEWS URGENT APPEAL

Study into candles is burning issue

EVERY night I light a candle and send loving, healing, supportive thoughts to family and friends who are ill, to the world at large and all forms of life suffering in mind, body and spirit.

However, a new study apparently shows that burning candles could affect brainpower.

The findings were published in the journal *Nature Communications*, and involved 26 people who were placed in a room with a blown-out candle for an hour and in the same room with clean air for 60 minutes on another day.

In each case, volunteers performed a set of tests before and after entering the room.

Four hours after people sat inhaling candle smoke, they scored worse in a test of their ability to focus on a picture and ignore distractions.

Dr Thomas Faherty, co-author of the study from the University of Birmingham, said it "provides compelling evidence that even short-term exposure to air pollution can have immediate negative effects on brain functions essential for daily activities.

"We used candles simply to represent a range of indoor and outdoor pollution which could affect people's cognitive function, so would not focus on them.

"It does show it is important to ventilate a space, for example after blowing candles out on a birthday cake."

The investigation judged people's ability to focus on one thing and ignore distractions with researchers showing them two images at a time.

One image was always a face, which volunteers had to respond to by pressing one key on the keyboard if it was male and another if it were female.

The other image was either a blurry static-like pattern or another face, which made it harder to focus on the main face.

People took longer to respond when shown two faces. Those who had been exposed to air pollution struggled more.

When asked to react to a set of 120 faces, their performance was significantly worse after an hour in polluted air.

After volunteers inhaled indoor pollution, they also fared worse when identifying whether photographs showed people who were happy or fearful.

"This task," said science journalist Victoria Allen, "including many ambiguous facial expressions, adds to evidence that people are worse at reading others' emotions in polluted areas.

"The effects on the brain could be caused by pollution triggering inflammation in the body, which affects the brain.

"Tiny pollution particles may also enter the bloodstream through the lungs and eventually make it through the barrier protecting the brain."

Many people light a candle when meditating, taking a bath or to relax by watching a flickering flame.

I'm sure it is meant well, but it's enough to get on one's wick to learn that such a simple practice may come with health hazards.

To end, here are some illuminating quotes on candles, which you can read without lighting one:

"Just as a candle in darkness, hope shines brightest in adversity," "Ignite the fire within just as candles defy the night" and "When life dims, let your inner candle burn fiercely."



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Hospice nurse describes father's spirit return

AN American hospice nurse who became famous on social media through "normalising" the subject of passing on has published a book on the subject.

Influencing Death: Reframing Dying for Better Living is a memoir by Penny Hawkins Smith.

It provides an intimate insight to the last moments of patients' lives told through the "raw and real human emotions and behaviours people have when life and death are hanging in the balance."

Penny is open about her history as a recovering alcoholic and former drug addict; she knows what it means to change course and become a meaningful contributor to society. Through working with dying people, she found her purpose in life.

In extracts of the book published in the *Daily Mail*, Penny explained that she is often asked if she believes in an afterlife. Until becoming a nurse in her forties she had no strong views on the subject.

Working with the dying presented her with an opportunity to change her beliefs on deathbed visions.

Penny explained that such visions and apparent interactions with loved ones who have already passed can happen weeks before a patient joins them. Sometimes "this phenomenon is also called end-of-life visioning..."

"I once spent a fair amount of time helping a patient look for the cat she said she was seeing in her room before she realised it had been a childhood pet."

Far from being disturbing, such events can bring comfort to a patient "as well as to the family who sees their dying person 'reunited' with their lost loves."

In one case, an elderly man was in tears, calling out to his wife Ingrid as he stared at the corner of the room.

"She's right there," he told Penny. "I can see her!"

Penny asked if his wife had come

to collect him. "Yes!" he said. Then he smiled and calmly added, "But not today. Tomorrow." He passed two days later.

The nurse appreciates it can be hard for patients to admit that they can see "dead" relations. In one case, a woman called Florence denied any such thing until Penny reassured her it was quite normal.

"Well,' she said slowly, 'my dad is standing over there.' She pointed to a corner of the kitchen.

"I was afraid to say anything because I thought you might think I'm nuts!" Florence exclaimed."

Though sceptics suggest that patients are simply hallucinating, Penny has seen enough instances to believe that spirit visitors really are present.

"I'm not trying to convince anyone that there is anything mystical or supernatural happening here, or even that there is an afterlife," she added. "The truth is we can only know what happens after we've died."

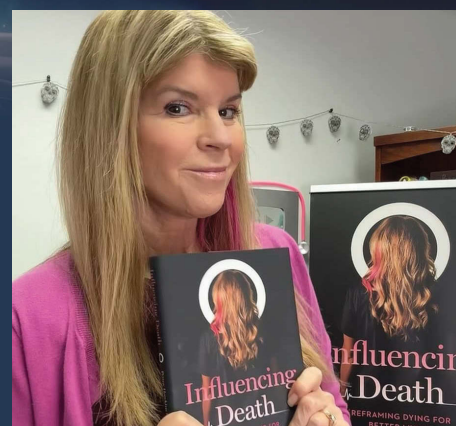
Penny suffered from "death anxiety" in the past, which inspired her to try to alleviate the fears of others.

"It's persistent and pervasive," the nurse added. "I believe it's a direct result of our cultural failure to talk openly and honestly about death, especially to children."

In her thirties, Penny had drug and alcohol issues combined with abusive relationships, which led her to attempt suicide several times. At the age of 41, she trained as a hospice nurse.

"I thought being around dying and dead people could help," Penny said. "Like exposure therapy, it might desensitise me enough to allow me to get over my fear. And that is, thankfully, exactly what happened."

As for her views on the afterlife, Penny wrote, "Ultimately, it was my very own



PENNY HAWKINS SMITH saw her father "surrounded by bright light." (Photo: Facebook)

spiritual encounter that finally brought me to my personal belief about what lies beyond."

Twelve years ago, her father passed quickly of a respiratory disease. A week later, he visited her while she slept.

"My dad came to me surrounded by bright light, smiling his famous smile," said Penny. "I could feel his love embracing me."

"He was so happy; he radiated joy. He told me it was time to go."

Penny thought he meant it was her time to pass on, but she wanted to see her children again first.

"No, it's not your time to go yet,' he replied. Then he told me he would always be with me and wrapped his arms around me."

"I love you. It's all right, honey. I love you; it's all right.' I was crying tears of happiness and sadness at the same time."

Dismissing the idea that her father's return was a dream, Penny said: "It was my reality. I'm so grateful to have experienced it."

Influencing Death: Reframing Dying For Better Living by Penny Hawkins Smith is published by Girl Friday productions. Running to 228 pages, it is available from Amazon and bookshops at £12.99.

Documentary will feature origins of Spiritualism

FILMMAKERS have started work on a documentary about a New York district famed for free love and Spiritualism.

Burned Over, a reference to the region's nickname, looks at the history of the Oneida Community, a commune led by John Humphrey Noyes, and the Fox sisters, who are credited with the launch of modern Spiritualism and regular contact with the Larger Life.

The East Bend Film publicity states: "In the 19th century, along the Erie Canal new faiths emerged that questioned everything we believed about morality, equality, love, life and death.

"*Burned Over* is a feature-length documentary about two unique American religious movements: Spiritualism, the belief that the living can communicate with the dead, and the Oneida Community, a free love commune.

"Both began in 1848 in the Burned-Over District of New York State, named for the metaphorical fires of spiritual exploration that consumed the region."

John Humphrey Noyes, the charismatic founder of the Oneida Community, strove to create heaven on earth and mandated the rejection of all forms of possession, including monogamy.

Complex marriage, along with many other practices, was designed to "free women from the shackles of motherhood and to establish a progressive utopia free of want," say the programme makers.

However, in 1879, as rumours of his arrest for the community's sexual practices swirled, Noyes fled to Niagara Falls, Canada.

The commune quickly dissolved and re-formed around its burgeoning silverware business, which became the biggest in the world.

Meanwhile, Maggie and Katie Fox claimed they were communicating with a spirit being in their family's small cottage.

Their impromptu séances began a tidal wave of conversions to Spiritualism, a movement which "kept the departed within reach and existed outside the hierarchy of established churches."

The publicity continues: "On March 31, 1848, after weeks of sleepless nights, Katie

of visitors inundated the house. The Fox sisters would come to embrace their notoriety, performing séances in auditoriums and private sessions."

Over time, the religion the Fox sisters originated left them behind as they struggled to make ends meet as mediums and were frequently derided as frauds.

Director Joshua Woltermann has been

working on the project since 2019 and "was drawn into the story by the characters who were building these radical religions to reflect the America they wanted to see.

"The past several years we have been travelling across the state from Niagara Falls to New York City and filming with fascinating people drawn to this story for a variety of reasons.

"The richness of this history, which most people do not know about, makes it ideal for a cinematic adaptation."

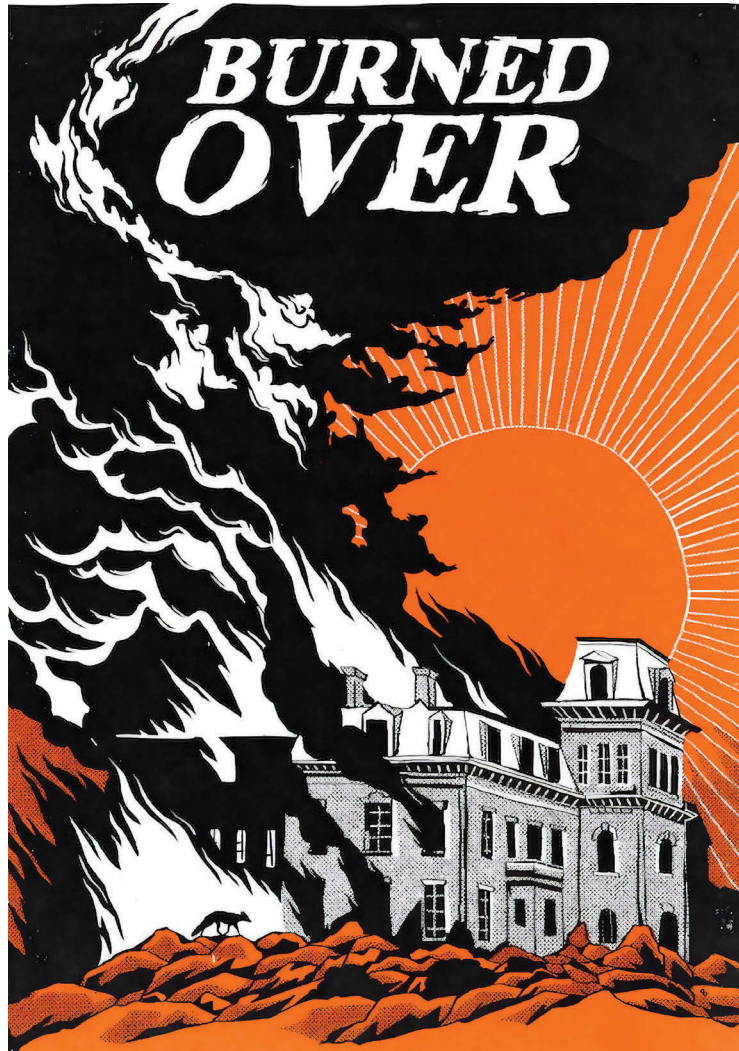
The film homes in on "Gods and devils, ghosts and demons, power and ecstasy; it is about people who saw in America the new holy land and then went to work to make it so."

Burned Over is an "important story in the arc of America yet it also a story full of ghosts and conversations with God. Telling it properly requires a variety of storytelling techniques."

Traditional elements like interviews with experts, narration and

archival material will be combined with "experimental recreations of religious ecstasy and vérité scenes which will show the lasting impact of these century-old events on our lives today."

Mr Woltermann said that filming on *Burned Over* is expected to continue throughout this year with the intention of a 2026 release.



IT is hoped that "*Burned Over*" will be released next year. (Photo: East Bend Film)

and Maggie Fox, aged eleven and fourteen, began communicating with the spirit responsible.

"Through yes or no questions answered by audible raps, they were able to ascertain that the noises were being made by the ghost of a peddler who had been murdered in the house by a previous occupant.

"Word spread quickly and hundreds

Robins take flight to prove loved ones are near

IN folklore and popular belief, a robin may be a sign that a loved one is near, the cheerful bird acting as a messenger from the Other Side.

An article in the *Daily Mail* revealed that dozens of people wrote in to say they believe a “dead” relation returned as a red-breasted visitor.

Sarah Voss told the paper that a robin appeared in her garden on the one-year anniversary of her father’s passing. Its singing cheered her up.

“My dad was a singer in a band when he was young,” she said, concluding that her parent was there in avian form “checking in on” his family.

Sarah’s father passed in March 2022. Two days later, on Mothering Sunday she took her mum to a garden centre, where they found they were being followed around by a robin.

“When we ate in the restaurant, the robin sat outside the window,” Sarah recalled. A few weeks later, a pair began nesting in a tree at her home.

“One would sit right outside the window looking in for hours,” said Sarah. “They didn’t fly away when I was near and seemed really brave.”

Sarah even managed to stroke the bird. She wrote that she likes to think “this was my dad coming to check in on us and especially his grandson.”

Traditionally, robins are imbued with many symbolic meanings including hope, renewal and good fortune.

In Celtic mythology, the birds are associated with the fire god Lugh while in Christian countries they are often linked to Christmas and the story of Jesus.

Many believe in the saying, “When robins appear loved ones are near.” Their singing can bring a sense of peace and reassurance.

In their natural habitat, robins are territorial, fiercely guarding their territory and nests, reflecting qualities of resilience, courage and protection.

They nest early in the spring, marking them as symbols of renewal, fresh beginnings and optimism.

One mother told the *Daily Mirror* that on the anniversary of her child’s death she asked her little boy named Jack to give her

a sign before visiting his grave later that day.

When Marie Robinson arrived at the cemetery in Hampshire she sat down on some grass and was joined by a robin.

“He went and sat on a nearby headstone,” said Marie, “so I got my phone out to film him being close to me and he flew over and landed on my hand.

“He kept looking at me directly in my face. At one point he landed on my shoulder and nibbled me a couple of times. Yes it brought me to tears.” Marie was happy to accept it as “a sign from Jack.”

On social media, others shared their uplifting encounters with robins on the Facebook page *Robins Appear When Loved Ones Are Near*.

Michael posted: “My father passed fifteen years ago today. As I stood in my garden wishing I could see Dad once more, a robin came very close and started singing. I think it was my dad who loved singing when alive.”

Gill O’Neill from Cambridge said she felt that her husband Phil had returned as a robin.

“Whenever I need his advice or am thinking about him, a robin appears,” she posted.

“I know he’d say, ‘What a load of rubbish,’ but it has happened too often to be simply a coincidence.” Gill even believes that Phil gave her permission to fall in love again.

“The night of my first date with my second husband Lawrence, I was sitting in my car ‘chatting’ to Phil about it,” she explained.

“Suddenly a robin appeared on my car. He’s helped me to make other important choices, too.”

Clairvoyant Sally Morgan told the *Mirror* that for those seeking a sign from the spirit world, one of the first people might receive is a visit from the little songster.

“Robins are free,” said Sally. “They fly in, they fly out,” suggesting that the birds are spirits who “want to say hello.”

Sally added that people will know it’s their loved one as they will instantly think of a spouse, friend or relative who has passed on.

TRADITIONALLY, robins are imbued with many symbolic meanings including hope, renewal and good fortune.



Vision of sapling clinches sitter's surname

One of the latest to join the mediumistic medley at the Spiritualist Association of Great Britain is Claire Edwards.

In a "getting to know you" interview with "Psychic News," Claire gives an insight into her life and psychic gifts.

The first question put to her was "Can you outline an unusual spirit return via your mediumship?"

WHEN giving an online sitting to a young woman overseas, I "saw" trees at various stages of their life and was drawn to a sapling.

After I explained what I was seeing, the sitter told me her surname translated as "Little sapling." I was stunned at how the spirit world chose to give her family name. There was no way that I knew this.

Those in the spirit world are intelligent in how they pass on information. This inspires me to relay whatever I am given without judging it.

Were you raised within a Spiritualist family?

No. I was brought up in a Christian family. From a young age, I was intrigued by religions and God.

I became an altar girl at church when I was nine years old and loved ringing the church bell each Sunday morning.

What was your first psychic experience?

This occurred when I was five or six years old. I was aware of my spirit guide coming at night to help me fall asleep.

He showed me different things clairvoyantly, in particular a dancing ballerina he held in his hand. I would watch and fall asleep.

What's your main form of mediumship?

Everyone's mediumship continues to evolve with time. At present, I am aware of my clairaudience being more prevalent, but I find it naturally blends with clairvoyance and clairsentience.

What can someone do to help make a sitting with a medium a success?

A sitter should have an open mind without expectations as to who and how the evidence and messages are given.

If someone expects to hear from a



AS a child, medium saw spirit guide with a dancing ballerina in his hand.

certain person about a specific thing it will hinder the natural flow. Trust that the spirit world knows who you are seeking to hear from it and will answer as best as it can.

Do you ever worry that for whatever reason you may not be able to link in with the Larger Life when demonstrating?

No, because the spirit world has never let me down. Those on the Other Side understand the need to help as many

people as possible come to the awareness that we and our loved ones do not physically die and that's the end.

The changes survival evidence from family and friends can bring to someone's life and their view of the world are immense.

Those in the spirit world know that opportunities are limited. It would be a waste of Spirit's time if a link couldn't be made during a demonstration and could cause harm to the perception of Spiritualism as a whole.

If a medium finds they cannot make a link, it would be due to him or her for a variety of reasons.

Perhaps, for example, they are feeling unwell or a sitter may not be able or ready to accept and understand a message. It would not be due to the spirit world preventing a link being made.

If a sitter is reunited with someone who passed in very tragic circumstances, is it difficult for you not to become emotional?

Of course, there are times when I experience emotions. I acknowledge it to the sitter and take a breath before continuing.

Over the years I have learnt not to allow myself to cry in front of a sitter, as a sitting isn't about me.

It is the chance for a communicator to say: "I'm here! I am okay." If I cried, it would be disrespectful, as a sitting is not about my personal grief or relationships.

Where were you born and when?

In Chatham, Kent, in 1977.

Where do you live now? Can you briefly describe the area?

I live in the countryside near Canterbury in Kent. We have rabbits and

pheasants in our garden.

We also have a field behind us with wildflowers and can hear tawny owls twit-twoing at night. I am very fortunate to live where I do.

Do you share your life with someone special? If so, where and when did you and your partner meet?

I live with my partner Martyn. We have been together for twelve years, though first met as teenagers.

Martyn was a friend of my older sister. The first time I saw him I noticed his beautiful mane of hair and his leather jacket. Being three years younger, I wasn't allowed to hang out with him and his friends.

We later met by chance when I went out for the evening for the first time in ages. I saw Martyn smiling at me when I was putting music on the jukebox in a pub, which was the start of our friendship blossoming.

Martyn is a forest school leader and teaches children about nature, the environment and allied subjects, which is a very important and fulfilling role as the world faces the hazards of climate change.

If you go to party and someone asks what you do for a living what's the usual response on learning you're a medium?

Some people will quickly move on, say "Oh, that's interesting" and change the subject, but others ask questions.

Years ago, I didn't tell people for fear of being ridiculed. I now feel able to cope with negative comments and judgements people may make.

Why do you think some people dismiss mediumship and Spiritualism without bothering to investigate?

I think for some it is due to conscious or subconscious fear. Others view the world in a finite mechanical way, so to them it's all airy-fairy nonsense.

I do wonder if those who fear mediumship and Spiritualism do so because it would give rise to the possibility of being judged for our actions on Earth after we pass on.

Perhaps they know they have caused or done things which might not be what we deem "good" or "bad" and are afraid about what may happen to them in the afterlife.

Your website says that your clairsentience "became impossible to ignore" whilst in the Czech Republic.

Two points arise: why were you in the Czech Republic and why did your gift become impossible to ignore?

I was working on the film *Blade II* in

Prague. The production was hard in terms of the people in charge and the way they dealt with the crew.

By today's standards they wouldn't be able to treat us as they did. It was my dream to work in films, but quite frankly the experience was horrific.

As I was wrestling with what to do, I found I was becoming overwhelmed with the negative emotions and energy from the production when something popped into my head to Google "Taking on board other people's emotions."

When I did so, I found the definition of clairsentience and it all clicked into place for me.

I found it so hard to be in such an environment that I quit my job, came home



CLAIRE EDWARDS: "It is my privilege to work for Spirit."

and went back to the Spiritualist church I attended as a teenager.

Your site also says you once attended a silent retreat to learn a method of meditation. There was no speaking at all during the ten-day event.

Each day was spent meditating from 4.30 am until 8.00 pm. Was this difficult to achieve? What did you learn from the retreat?

The Vipassana retreat I did was amazing and is one of India's most ancient techniques of meditation.

The first few days were okay, then it became harder with the isolation. By the sixth or seventh day, your mind is completely empty and you truly live in the present moment focused on what is around you.

I found sitting hard in terms of physical position, but meditating was beautiful. I learnt to stay in the present and how to connect to my spirit behind all the thoughts which run through my mind on a daily basis minute to minute.

How long have you been a full-time medium?

Since 2014, though I began working

with my mediumship in 2004. I've been teaching others for seventeen years in circles and workshops.

How did you previously earn a living?

After leaving the film industry, I was a Customs and Excise officer, and worked on freight lorries coming into the UK.

We would search and find items which are prohibited from entering the UK, such as controlled drugs.

Do you offer sittings by Zoom? If so, can you list some of the countries from where people have contacted you for a sitting online?

I give sittings on Zoom and WhatsApp. I've given sittings to people in Australia, Brazil, Canada, Cyprus, Denmark, Dubai, France, Germany, Ireland, Japan, South Africa, Nigeria, North America, Portugal, Scotland, South Africa and Thailand.

What's the best aspect of being a medium?

The joy of the way in which the spirit world communicates with us to let us know that life is eternal and all will be well. My guides never cease to amaze me. I am so grateful that they work with me.

To be able to bring comfort to someone whose loved one has passed is impossible to articulate. Such moments are precious and sacred.

It is my privilege to work for Spirit and also to help others to develop their mediumship.

You regularly demonstrate at Spiritualist churches in various parts of the UK. What makes a church really stand out?

I like churches which are run by people who truly understand the deeper meaning behind the message.

Spiritualism encompasses so much more than spirit messages. To my mind, churches which seek to work, explain and promote all its aspects really stand out.

Like many religions, Spiritualism is suffering from declining congregations. Do you have any ideas how we can counteract this?

We have to allow new mediums to be given the opportunity to work with support and guidance.

We should teach our philosophy and focus on a complete understanding of Spiritualism. Consideration should also be given about who will be appointed committee members to carry a church forward.

Some churches don't offer an address anymore. Likewise, some members do not seem to understand Spiritualism's principles, which I think is shocking.

We have to ensure that the endeavours of our pioneers are not lost and need to work together to promote this.

I find jealousy between Spiritualists a

hindrance. No one should feel threatened by someone else's mediumistic gifts.

It doesn't mean someone is a better medium or they are more spiritual, yet rivalry remains.

If you could invite six people "dead" or alive for dinner, who would they be and why?

Famous author Sir Arthur Conan Doyle, as I would love to talk to him about his Spiritualist experiences and experiments. So much that he wrote about is still relevant today.

South African activist Steve Biko. He's a hero of mine for his defiance of apartheid in South Africa, which led to him being murdered simply because of the colour of his skin.

When I was very young, I watched the film *Cry Freedom*. This features Donald Woods, a South African journalist who is forced to flee the country after attempting to investigate the death in custody of Steve, who was a friend of his.

I couldn't understand why people were being killed because of their colour, which is something we have no control over.

President Donald Trump. I would like to see if my intuition about him is correct, but will leave it there...

Joan of Arc. She always fascinated me when I was younger. Joan's visions and the messages she received from God led her to lead an army and then being burnt at the stake for witchcraft.

Padre Pio, who was an Italian priest who experienced stigmata and was known for his ability to bilocate and the power of his healing.

Now a saint, he walked a lonely path within Roman Catholicism, but carried on despite attempts to block him.

Glyn Edwards, who worked as an international medium for over 40 years. Though we share the same surname, he was not a relative, but my spiritual teacher over a number of years.

Glyn taught me and many others to "Be the medium you were born to be." He passed on in 2015. I miss him dearly, but know he's ever present.

How would you summarise your philosophy of life?

I love this Buddhist saying – "What the caterpillar perceives is the end, to the butterfly is just the beginning." This says a tremendous amount in a few simple but very profound words, which are truly inspiring.

Claire Edwards is available for private sittings and also gives public demonstrations at the Spiritualist Association of Great Britain. For further details, please contact the association on 020-7931 6488.

Scans may show moment soul leaves body

AN expert believes that scientists might have recorded the moment the soul leaves the body as a patient passes on.

Anaesthesiologist Dr Stuart Hameroff, a professor at the University of Arizona, recently discussed a study of brain activity of clinically dead patients whose life support was being shut down.

A mysterious burst of energy was seen on scans of the brains as patients passed.

Talking to Jay Anderson of the YouTube channel *Project Unity*, Dr Hameroff commented, "That could be the near-death experience or it could be the soul leaving the body perhaps."

He was referring to a study conducted in 2009 by scientists from George Washington University when researchers monitored the level of consciousness at the end of life in critically ill individuals.

Seven patients ranging in age from 34 to 74 had electroencephalogram (EEG) readings taken as their life-support systems were removed.

The data captured the moment of physical death after which a spike of energy was observed lasting from one to twenty minutes.

Dr Hameroff said that after one patient's heart stopped beating, their brain showed a sudden burst of high-frequency activity called gamma synchrony, which lasted 30 to 90 seconds and then stopped.

Gamma synchrony is a type of brain wave pattern described as key to many of the brain's functions including attention, memory and perception.

Scientists noted that a spike occurs as the body runs out of oxygen. Researchers believe this may be a "potential explanation for the clarity in which many patients have 'out-of-body experiences' when successfully revived from a near-death event."

The team concluded: "In our critical care practice, we spend a significant amount of time with grieving families.

"In these interactions, we have found that the idea that 'something' happens at the time of death is comforting to the families."





Tarot exhibition shows cultural impact of cards

“TAROT cards are everywhere. But where do they come from, and what is at stake in the different forms they have taken?”

These questions were posed by the curators of a new exhibition called *Tarot – Origins & Afterlives*.

The publicity continues, “As tools to explore the unconscious, sources of artistic inspiration and emblems of counterculture, tarot decks have served as some of our most powerful shapers of fortune, creativity and even identity.”

This unique insight presents “a sequence of critical moments from tarot’s long history, exploring the cards’ iconographic origins and the profound transformations they have undergone in the hands of artists, mystics and writers.”

The chosen venue is the Warburg Institute in Central London’s Bloomsbury. The organisation is dedicated to the study of global cultural history and the role of images in society.

It examines the movement of culture across barriers of time, space and discipline “to inspire, inform and connect,” according to the website.

Associated with the University of London, the institute specialises in the histories of art and science, and their relationship with superstition, magic and popular beliefs.

It maintains a research library of more than 350,000 volumes along with a collection of 450,000 photographs of paintings, sculptures, prints and drawings.

Explaining the inspiration for the new exhibition, Bill Sherman, Warburg director and co-curator, commented: “Tarot is a legacy of Italian Renaissance visual culture that spreads through time and space.

“But how does something created in a mid-15th-century northern Italian courtly context, not at that point associated with divination or the occult, become such a

pervasive global phenomenon?”

The change came when a Milanese courtier added 22 new picture cards – drawing on Roman gods or classical virtues such as temperance or love which could act as an allegory for life – to a standard deck of playing cards.

“It wouldn’t be until the late-18th century,” commented co-curator Jonathan Allen, “that a French pastor and scholar of the occult, Antoine Court de Gébelin, came to the conclusion that what he was looking at wasn’t an ordinary set of cards, but actually a concealed Egyptian religious text called the *Book of Thoth*.”

Thoth was an Egyptian god of writing, wisdom, magic and the moon. He was also a patron of science, literature and invention.

Among other skills, Thoth was credited with creating the hieroglyphic writing system, advising and mediating between the gods, and weighing the hearts of the deceased.

Parisian print seller John-Baptiste Alliette saw an opportunity in the cards. He founded a society dedicated to their study and pronounced himself as interpreter of the *Book of Thoth*.

Using the pseudonym Etteilla, his surname in reverse, John-Baptiste refashioned the tarot deck as a tool for spiritual and mundane divination.

His luxury edition contained 78 brush-coloured cards with a specially designed carrying case. Secret magical societies willingly adopted the practice in their divinatory systems.

The Warburg exhibition includes a hand-painted 1906 deck by visionary artist and Golden Dawn society member Austin Osman Spare. It had lain unnoticed in the

Magic Circle’s museum until discovered in 2013.

Jonathan Allen recognised the significance of the cards and wrote a book about them five years ago titled *Lost Envoy*.

Other iconic sets trace the evolution of style and artistry in the cards through the 20th century occult revival.

According to the curators, modern-day representations embrace themes of “covert, and sometimes conspiracy-friendly, areas such as systems of surveillance and control.”

“Rather than being wedded to its occult history,” said Mr Allen, tarot “seems to be returning to its humanist origins as a kind of serious game that allows individuals to mediate the complexity of the world around them.”

He suggested part of the appeal is that tarot is participatory and social, although people can now download a phone app and seek guidance privately.

Mr Allen added: “Tarot’s more than 500-year history is disparate and full of discrete and often strange projects.

“But when you set them alongside each other as we’ve been able to do here, all sorts of connections and echoes emerge that not only help us make sense of the past, but assist in informing our perception of the present.”

Tarot – Origins & Afterlives is at the Warburg Institute, London, until April 30. Admission is free, but tickets must be booked online.

The exhibition will be closed from Thursday, April 17 to Tuesday, April 22 inclusive. A public programme accompanies the exhibition, including academic symposia, screenings, readings and immersive events.

For further details, please see <https://warburg.sas.ac.uk/search-events>

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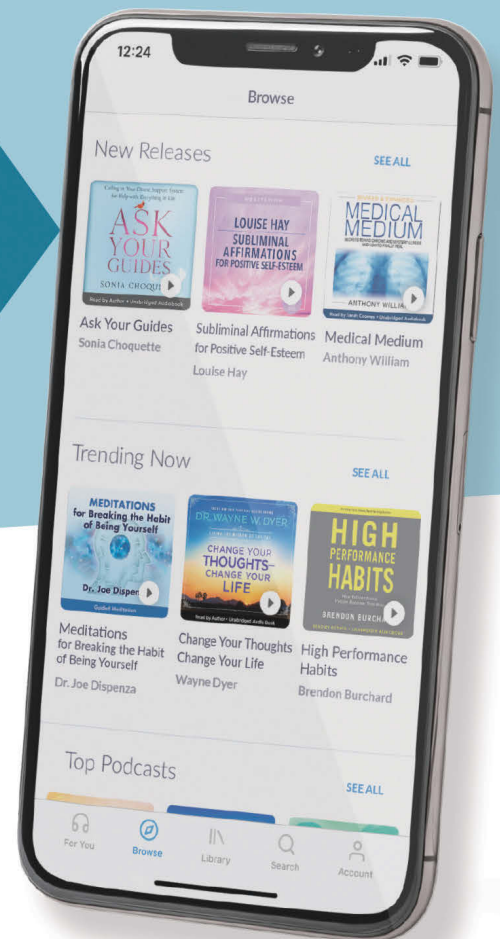
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Scientists find way to unlock the powers of telepathy

NEUROSCIENTISTS in Canada have found a method to unlock telepathic abilities they say everybody has in their brains.

The implications are immense, including the possibility of aiding communication with people who are living with non-verbal autism.

Lead researcher Dr Morris Freedman of Baycrest Health Sciences, Toronto, said the team suspected that evolution caused humans to inhibit their psi (psychic) abilities by creating neurobiological mechanisms which block supernormal intuition.

In *Enhanced mind-matter interactions following rTMS induced frontal lobe inhibition*, researchers commented that the benefits of inhibiting psychic powers may include “preventing exposure to constant bombardment with irrelevant stimuli from telepathy, precognition and clairvoyance that might divert attention away from environmental events threatening survival.”

During an approved experiment, scientists turned off this filter by inducing reversible brain lesions in the frontal lobes of 108 volunteers.

The process used was repetitive transcranial magnetic stimulation (rTMS), which uses a device to send magnetic waves to specific brain regions.

Volunteers were split into three groups – one receiving treatment in the right middle frontal region, a second in the left and a placebo group with no intervention.

Participants then attempted to influence an arrow on a computer screen by trying to move it by mind power. Only those who received the input to their brain’s left region showed any noticeable improvement in their performance.

This area contributes to executive functioning, which includes planning, making decisions and working towards goals. It also appears to help people focus

their attention and dismiss irrelevant impulses.

Dr Freedman said that individuals “with neurological or reversible rTMS induced frontal lesions may represent a useful group for detection and replication of this phenomenon.”

In the report’s conclusion, he added that the results could be “potentially transformative for the way we view interactions between the brain and seemingly random events.”

Similar abilities had been witnessed “in individuals with damage to their frontal lobes, and support the concept that the brain serves as a filter to block psi effects.”

The potential goes even further, as discussed on a podcast called *The Telepathy Tapes*. Co-hosted by journalist Ky Dickens and psychiatrist Dr Diane Hennacy Powell, the show explored the profound abilities of people with autism who cannot speak.

Ky introduced listeners to a world where telepathy “may not just be possible, but commonplace.”

In one case, according to her family, a non-verbal autistic girl from Mexico named Mia is claimed to be 100 per cent accurate.

They said she can communicate freely with her mother’s mind, has a photographic memory and reads books “in seconds.”

Dr Powell tested the girl’s mind-reading skills using a letter board to spell out the number or word her parent was thinking about. The results were impressive, although Mia was unable to replicate the ability with her father.

Sceptics have suggested that twelve-year-old Mia is picking up physical signals from her mother.

Keith Giles wrote on the website *Patheos* that several factors could be at play, including confirmation bias – only

showing the positive results – and lucky guesses.

“Maybe,” he commented, “the parents just really want their non-verbal child to have some metaphysical connection to them.”

He considered they might “unconsciously ‘help’ their child to point to the right letter or number.”

Ky Dickens commented on the podcast she cannot believe that “parents of non-speaking kids who don’t know each other from all over the world are in on a mass conspiracy to trick the world into believing in telepathy.”

“In fact, most of them reaching out to Dr Powell felt utterly alone. They weren’t sure if they were the only ones in the world that this was happening to.”

Dr Powell acknowledged the limitations of this type of experiment, admitting that none of the tests they performed with Mia would be accepted by the scientific community.

In the first programme, Ky explained she has a brother with high-functioning autism. Such individuals can have above-average intelligence and excel in certain areas, but may struggle with social interactions and communication.

Hearing about Dr Powell’s work on the potential telepathic skills of autistic children, Ky made contact.

Believing the doctor to be “smart and ethical,” finding that they shared a common interest, the pair started *The Telepathy Tapes* to raise awareness and give a voice to families of autistic children who seem to exhibit supernormal abilities.

Ky commented, “If I had a million dollars, I’d want to open a healing and education centre where non-speakers could work with the best minds in science, maths and healthcare, so they could heal the planet and people, and relationships and animals.”

Centre offers sun, sea and spirituality

A FORMER businessman from Stoke-on-Trent, Staffs, has shelved plans to retire in the sun and opened a spiritual centre in the holiday hotspot of Alicante, Spain.

Paul Hamnett moved with his wife and son to live and work on the Costa Blanca twenty years ago.

Reaching an age where he might have considered slowing down, Paul has now thrown open the doors to a bright and welcoming wellbeing centre in the traditional Spanish town of Los Montesinos.

Known as the Psychic Awareness Centre, the venue offers healing, training, support and fellowship as part of a community of like-minded people. Established as a not-for-profit enterprise, it runs full-time with a team of staff and volunteers.

Paul explained to *PN* that his road to developing the centre was by no means straightforward.

"At the age of ten or twelve, I used to play drums and trumpet for the Fenton Spiritualist Church band, although I had no understanding or awareness of Spirit," he said.

"My sister Kath was a librarian at Longton library, which was opposite the old Longton Spiritualist Church, and was a friend of famous medium Gordon Higginson."

Even though Gordon conducted Kath's wedding and performed a naming ceremony for her son Mathew, Paul, a godparent of his nephew, said he had some understanding of Spiritualism, but looked no further into it.

"I bought into a business in Spain and moved here permanently about twenty years ago," he explained.

"I met various people and one of them was a developing medium. That was basically the start of my own spiritual development after gaining an awareness through visiting spirit entities whilst I was in a sleep state."

Paul recalled that one spirit visitor "was an eight-year-old girl named Janet from



PAUL HAMNETT tells of being visited by a "dead" TV celebrity and former steeplejack.

Portsmouth. Another was a lady called Rosemary, who had been a friend of a friend of mine."

To his amazement, Paul once recognised another nighttime visitor immediately. It was TV celebrity and former steeplejack Fred Dibnah, famed for demolishing huge chimneys and restoring steam engines. The pair "used to have similar interests."

A medium named Gay Nash told Paul that he was following in the footsteps of his great-grandfather George Hamnett, who was a local minister.

"After that, spirit guides started to make their presence known to me," said Paul. "Some are still with me to this day."

Paul spent the next ten years developing his mediumship and healing abilities, and hosting demonstrations and healing sessions in the area. However, thoughts of developing a spiritual centre were far from his mind.

The Covid pandemic was the catalyst for the scheme. As two lockdowns brought everything to a halt, Paul dreamed of opening a place where people could come together in fellowship, receive healing and complementary therapies, and learn about

spirituality.

"My intention is to make a success of this centre along with my fellow associates," Paul continued. "I have plans to open more healing centres both in Spain and the UK."

He added that the Psychic Awareness (PA) Community and Wellbeing Centre is not just about spirituality, but also embraces healing and community.

"We want to provide what people need to make the most of their life here in Spain, practically and spiritually," said Paul.

Currently, the centre offers reiki, massage, acupuncture, physiotherapy and frequency healing, which uses state-of-the-art machines to create sound vibrations.

Team member Helen Richardson invites mediums and teachers to the centre for demonstrations, workshops, healing and development circles.

The first visit from UK medium Gareth Lewis was a great success, with several sell-out demonstrations of mediumship, as well as workshops and private sittings.

The centre also hosts talented local mediums at its Divine services and weekly evenings of mediumship.

Helen said anyone "can come for hands-on spiritual healing by appointment or receive healing at Divine services on Sundays. There is no charge, just a freewill donation towards the centre's running costs."

"The healers can then direct people towards other modalities which may be beneficial, and for which there are trained therapists available."

"If you fancy something a bit different, we can arrange for a medium or tarot reader to join in with the celebrations, bringing through messages from loved ones who can't share the day in person."

Forthcoming events include a sound bath with afternoon tea to follow, a two-day tarot workshop, and a law of attraction workshop.

The centre has a Facebook page titled *P A Community and Wellbeing Centre*.

Former comedian is now UK's 'go-to ghost guy'

A COUPLE in a car described a strange column of mist, which seemed to acknowledge them.

THE sensational success of a real-life paranormal series has finally enabled people to share their psychic experiences without fear of ridicule.

Uncanny is the brainchild of Danny Robins, a former stand-up comedian who is now known as the "UK's go-to ghost guy."

The BBC podcast first aired in 2021 and has since spawned two radio series, two television series and a number of live programmes and events.

Last year the team welcomed 250 visitors to the first Uncannycon gathering at a theatre in London's King's Cross.

This year, the number had swelled to 2,000 enthusiasts who packed into the Royal Festival Hall on London's South Bank.

Journalist Charlie Teasdale of *The Observer* went to the fan festival to find out why so many people are drawn to the subject.

Before the convention, Danny told the journalist that unlike previous programmes which were more like "pantomime entertainment," *Uncanny* is all about "people and the strange human drama of being an ordinary person having an extraordinary experience."

Arriving at the venue, Charlie saw visitors sporting T-shirts with catchphrases from the show, some identifying as "Team Sceptic," with more declaring themselves to be on "Team Believer."

People came from far afield in a "day-long immersive foray into the spectral unknown," he wrote.

High on their to-do list was the chance to meet Danny along with paranormal protagonist Evelyn Hollow and her archrival Dr Ciarán O'Keeffe, the parapsychologist heading Team Sceptic.

Charlie approached a couple in their 40s who were pulling on newly-purchased Team Believer T-shirts. They travelled from Basingstoke in Hampshire to attend.

"I've been fascinated with ghosts and paranormal stuff since I was a child," the man told him.

Another couple in believer shirts, Alan and Claire, recalled that a few years ago, they were driving through a village in Kent at night when a strange column of mist drifted across the road in front of them.

"What was odd," said Claire, "was that when it got to the centre of the car's bonnet, it turned as if it acknowledged us and then carried on."

Explaining the draw of *Uncannycon*, Claire said that culturally it has not been easy to speak out about unusual occurrences.

"Danny Robins has a lovely way about him," she added. "He just listens."

Polls have shown time and again that a large proportion of the population believes in the reality of ghosts.

Charlie admitted that even his mother and aunts claim that their parents' Wiltshire home "was haunted by the man who had lived in the house before them."

The form was seen standing between the window and curtain in the sitting room, looking out on the drive.

Jack Bootle, head of specialist factual commissioning at the BBC and the producer tasked with transferring *Uncanny* to TV, commented: "Four years ago, I don't know if the BBC would have put a show about the paranormal on at prime time."

"I think people might have thought it was slightly silly and disreputable."

Mr Bootle said the series had hit him at the time "like the drug I didn't know I needed."

Charlie acknowledged that as well as providing entertainment, the popularity of *Uncannycon* suggested there is "a second, almost altruistic function to it." He witnessed "a kinship, maybe even a feeling of sanctuary" at the event.

"For a few hours, London's Southbank Centre doubles as a forum where it's OK to say you believe in ghosts or that you think you saw one and want to see what other people think without fear of reprisal," he wrote.

"Creating the idea of a confessional booth with *Uncanny* has been amazing," Danny Robins told the journalist.

"You are defined by what you love and what you hate, what you agree with and what you disagree with. There are loads of us out there that aren't sure."

Both TV series of *Uncanny* are available to view on BBC iPlayer. The follow-up podcast *Uncanny: Post Mortem* is on BBC Sounds.

Danny Robins' new live stage show, *Uncanny: Fear of the Dark*, will tour the UK from this autumn.



HERE is part of London's Royal Festival Hall where a paranormal event drew 2,000 people. (Photo: Ungry Young Man on Flickr)

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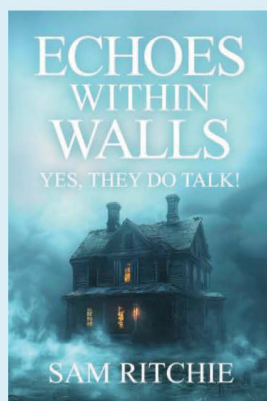
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Paranormal investigator is murdered by gunmen

SERGIO VILLEGAS G was killed and a passenger critically injured after being attacked by gunmen. (Photo: Extremo Paranormal on Facebook)

A MEXICAN paranormal researcher has been killed in a shooting as he was preparing to present a live show on social media.

The armed attack occurred just after 11.00 pm on February 25 in the city of Juventino Rosas in the central Mexican state of Guanajuato.

Witnesses said they heard at least eight gunshots. Footage from CCTV cameras showed gunmen pulling up alongside the victims and opening fire.

Sergio Villegas G, known as Sergio VG on social media, was killed and a passenger critically injured. They were travelling in a notoriously dangerous gangland area in a large white Hummer SUV (sport utility vehicle).

Sergio was known as a video creator specialising in supernormal investigations. His channel *Extremo Paranormal* was hugely popular among fans of unexplained phenomena.

The attack happened shortly after Sergio posted on social media he would be streaming a new investigation later that night.

Officers of the National Guard and the municipal police arrived at the scene of the shooting and cordoned off the area. Paramedics confirmed that Sergio had died due to his injuries.

Close by was a male passenger who escaped with gunshot wounds. He was transferred to a nearby hospital where he was reported to be in a serious condition.

Members of the Criminal Investigation Agency and forensic experts from the

State Prosecutor's Office went to the site to carry out investigations into the armed attack. They found several spent shells from high-calibre weapons.

The following day, the Guanajuato Prosecutor's Office revealed the identity of the victim of the fatal shooting as Sergio VG.

The day before the armed attack, the influencer reported on social media that his vehicle had been vandalised while he was visiting a ranch.

Sergio vowed to find those responsible and mentioned that a suspicious truck had stopped near his location. He blamed "envious" people for damage to his expensive SUV.

To date, no arrests have been made in connection with the murder. The latest news report stated, "The Attorney General's Office of the State of Guanajuato continues with the investigations after content creator Sergio VG was killed following an armed attack... while driving in his truck."

One commenter using the title elninobrah posted on TikTok that Sergio VG was a rising star on YouTube, with over 134,000 subscribers to his videos.

He said Sergio was "famous for hunting down real-life witchcraft rituals deep in the deserts of Mexico."

He added that people had "always heard stories about brujas (witches), but Sergio

was one of the first people to actually show it."

Elninobrah said the YouTuber's videos were creepy and intense, "like something out of a horror movie."

The TikTok commentary suggested Sergio's killers were "a cartel hit squad. There was no warning, no time to react, just gunfire."

There was an outpouring of grief for the stricken filmmaker, with speculation about why Sergio was targeted. Some believe he had filmed illegal activity, whether deliberately or by accident.

Mexican drug cartels are leading suppliers of cocaine, heroin, methamphetamine, the opioid Fentanyl and other illicit substances into the United States.

The trade fuels rampant corruption and violence in Mexico, contributing to tens of thousands of killings in the country each year.

The state of Guanajuato has been the scene of ongoing violence as authorities continue to struggle to arrest cartel leaders and break the trade.

American President Donald Trump has piled pressure on the Mexican government to crack down on trafficking and organised crime.

The President initially imposed 25 per cent tariffs on imports from the country, though these were later suspended until April 2.

Numerologist scoops Guinness World Records

AN Indian philanthropist has scooped his second and third Guinness World Records for setting up devotional icons at a newly opened complex of Hindu temples and statues.

Dr J C Chaudhry is an author and expert on numerology – the study of numbers and their deeper meanings – and has also written several self-help books.

His latest achievements were to commission the world's largest trident. Towering at over 135 feet, the massive structure stands as a symbol of strength and devotion.

Dr Chaudhry also set the record for the most witnesses to the ceremonial consecration of a statue.

As the meditative statue of Shiva, the god of destruction and regeneration, was officially consecrated in Vrindavan, Uttar Pradesh, 10,561 devotees from a dozen nations including the USA, UK, Germany, the Middle East and India watched in person and online.

"These records are not just personal milestones, but a testament to collective devotion and perseverance," said Dr Chaudhry. "The presence of devotees from across the world made this moment truly historic."

Indian news reports suggested that "the colossal trident and meditative statue are poised to evoke the same reverence as global wonders like the Statue of Liberty and (Brazil's) Christ the Redeemer."

Dr Chaudhry was awarded his first Guinness World Record for attracting the most live viewers of a numerology lesson, which was live-streamed on YouTube three years ago.

The founder of a leading institute for education, 3,269 people watched as he explained the system of using numbers to predict the future and help in decision-making.

Dr Chaudhry was later quoted as saying that his mission is to "assist people in planning their life and to provide solutions

to all kinds of problems with the help of numerology. I have been practising it for close on four decades now."

Adding that the system was discovered in Greece, Dr Chaudhry explained that numerology "assigns numerical value to alphabets and adds power to names." Calculations are based on someone's name



Dr J C Chaudhry: "These records are not just personal milestones." (Photo: Facebook)

and date of birth.

"Anyone can learn it and use it to make better decisions in situations like investing in business, selecting friends, buying a property and so on," said Dr Chaudhry.

After a while, a person "with numerological knowledge develops a third eye and sees what others can't."

On his website, Dr Chaudhry also offers help in the following areas: business company name, including checking the percentage of lucky and unlucky employees, business partner compatibility, the right time to invest, and a business name check to suggest the lucky name of a

brand that benefits the owner and others.

Clients who have concerns about their private lives can consult Dr Chaudhry on compatibility for love and marriage, dates to get engaged or married, naming a new baby and whether a house name or number suggest a happy home.

The website explains how numerology works. Once a calculation is made from a name and date of birth, a practitioner can deduce the hidden meanings of the numbers and make predictions.

Three results are calculated. First is a psychic number. Also called the driver or mulank, it influences the activities you do in your daily life.

Next comes a destiny number, also known as the life path or bhagyank number, which reveals the blueprint of your life.

Lastly, the name number – otherwise known as the expression number – plays a key role in one's professional and social life.

According to Dr Chaudhry, for good fortune "it is important to have compatibility between the name number, psychic number or birth number, and destiny number or life path number. All these should be compatible for a great numerology chart."

To calculate your mulank, add the digits of your birth date together. If the result is a double digit, add those digits together again. For example, if you were born on August 25, 2001, your mulank would be 7 (2 + 5).

Different mulanks have different personality traits. For instance, people with a mulank of one are natural leaders whilst those with a mulank of two are said to benefit from connecting with nature and meditation.

To calculate your bhagyank number, use your full date of birth i.e. 2nd August, 1995, then 2+8+1+9+9+5=34= 3+4 =7. So, 7 is the path number in this case.

Famed mansion promises a 'new immersive experience'

A HAUNTED mansion in Brighton, East Sussex, is set to reopen for the first time in five years with a “fresh new immersive experience.”

Once home to the Thomas-Stanford family, Preston Manor has been the location of numerous ghost sightings, according to Hedley Swain, the CEO of Brighton and Hove Museums, which runs the site.

There has been a grand residence on the land since around 1250. The current property was built in the late 1700s.

Mr Swain said the manor is “steeped in ghostly mystery, with spine-chilling hauntings, and tales of eerie sightings and unexplained incidents.”

From this month, the public can experience a “unique opportunity to journey back in time to the grandeur of early 20th century aristocratic life, exploring the upstairs-downstairs lives of the eminent Thomas-Stanford family.”

Guided tours will cover the history and ghosts of the house as well as the walled gardens that back onto Preston Park. A pet cemetery features the graves of sixteen dogs and four cats.

Preston Manor is regarded by some as one of the most haunted houses in Britain. When LIVINGtv's *Most Haunted!* team visited in 2006, the crew experienced one of their most active nights of paranormal activity.

Programme host Yvette Fielding said her husband Karl was “convinced he was confronted by the manor’s White Lady.”

According to *Haunted Rooms* website, the White Lady was first mentioned in the 16th century. Reports of her appearances peaked three centuries later.

She was seen walking on a staircase



KNOWN as the White Lady, an apparition has been seen walking down this staircase. (Photo: Brighton & Hove Museums)



BUILT in the late 1700s, reported sightings at Preston Manor include hands, spirit dogs and “dead” children. (Photo: Brighton & Hove Museums)

by one of the Thomas-Stanford children in 1896. When the girl tried to touch the figure, it disappeared.

A sister also claimed to have seen the figure. Another time she saw two phantom forms fighting on the stairs.

Hands, spirit dogs and “dead” children are among sightings reported over the years. Modern-day experiences include non-existent visitors, doors locking themselves and lights turning off for no reason.

Head Tour Guide Dan Cox believes the White Lady “was a nun from the church next door, who became involved in a forbidden affair with a priest. When the scandal was exposed, she was cast out and denied a proper burial.”

He revealed that in 1903, workers discovered her skeleton, “but the vicar refused to allow her burial in the churchyard. According to legend, the staff broke in under the cover of night to give her a secret resting place.”

Dan added that mysterious shadows have been seen in the manor, as well as “phantom hands touching visitors, ghostly children playing in the corridors and even an angry spirit that growls in people’s ears.”

He said that staff at the manor have experienced “unexplainable things – some have even been shoved!”

In recent years, some have also “heard whispers, seen maids in the bedrooms and had the angry man growling in their ears.”

Historically, the most vivid accounts came from twin sisters Lily and Diana MacDonald, who were born at the manor in 1866. The Brighton and Hove Museums

website reveals that both girls saw the White Lady.

Lily wrote to her nephew John Benett-Stanford that in the winter of 1896, the phantom walked in at the door of the drawing room and came straight to her as if to speak.

John stated that Lily “recognised it as the ghost, seeing her white dress and hair hanging down.”

She followed the apparition to the foot of the stairs, and then tried to put her arms around her. Her arms “went through the figure and it disappeared at once.”

Later that year Lily and her mother invited two paranormal researchers to Preston Manor – Ada Goodrich Freer, a medium and Assistant Editor of *Borderland*, the leading Spiritualist magazine of the day, and Thomas Douglas Murray, a member of the prestigious Ghost Club.

They held a séance, which was said to reveal the spirits of not one, but two nuns in the manor. The mediums discovered that both were excommunicated by the friar unjustly.

The darkest known episode in Lily’s life was the untimely passing of her first fiancé, William Frederick Forsyth Grant, who died at his family home, Ecclesgreig Castle in Scotland in 1902, apparently as a result of tripping over a rug with a knife in his hand.

Lily became engaged again, but never married. She lived her later years in London and insisted that all of her private papers were burned after her passing in 1947.

For further details see <https://brightonmuseums.org.uk/preston-manor-gardens/>



GET A SPRING IN YOUR STEP AT LONDON'S MIND BODY SPIRIT FESTIVAL



Mind Body Spirit Festival returns to London's iconic venue Olympia on the 23rd May 2025 to party for four whole days in celebration of spirituality and wellbeing.

Expect an unforgettable and uplifting start to the Summer, including the opportunity to not only participate in spiritual practices and modalities but leave this year's show with a new skill under your belt at the new MBS Academy.

Founded in 1977, the MBS Festivals in London and Birmingham have continually captured the essence of personal growth and spiritual practices, welcoming thousands each year.

As the festival enters its 48th anniversary, expect a mixture of familiar faces and spaces, and new areas of exploration and transformation.

Festival favourites, the Wellbeing Market will feature an eclectic and colourful collection of over 175 'not on the high street' brands, offering beautiful gifts for loved ones, including crystals, organic beauty products and clothing, yoga supplies, holistic medicines, essential oils, aura photography and much more. Plus the Crystal Clear Psychic Circle is back to offer personal readings for those seeking guidance.

This year's line-up boasts seven stages and a packed schedule of workshops, sound baths, breathwork sessions, laughter yoga and ceremonies.

With over 111 free sessions designed to inspire, empower and educate attendees have the opportunity to explore topics that resonate deeply with their personal journeys.

These sessions and workshops will be led

by some of the most influential voices in the MBS space, and festival goers can expect to receive wisdom from standout speakers such as Robert

Holden, Kyle Gray, Dr Gemma Newman, S.B. Keshava Swami, Sonia Choquette, Michelle Elman, Beáta Alföldi, Estelle Bingham, TJ Higgs, Karen Kay, Nicky Alan, Tamu Thomas, George Lizos, Maggie Colette and many more.

The festival will take place from Friday 23 May to Monday 26 May at Olympia, Hammersmith Road, London W14 8TH. Opening Hours are 10am to 5pm each day.

For further details visit:

www.mindbodyspiritfestival.co.uk

For your chance to win one of the five pairs of tickets simply email the words "MBS Festival" and your name to:
pntemp12@gmail.com

Entries close at midnight (GMT) on Friday 2nd May 2025.

Terms: Five winners will be drawn at random from the entries. A pair of tickets will be emailed to each winner. The prizes have no redemption value and only include entry to the festival. Travel or travel expenses are not included with the prize. Winners must make their own travel arrangements to the event at their own cost.

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New book on phantom bus is just the ticket

THERE is a saying that after a long wait two buses come along at once. In this case, two authors have written about a phantom double-decker which is said to career around the streets of London.

Historian and paranormal researcher Jonathan Miles has released a new book titled *Debunking the Legend of the Phantom London Bus*.

He first heard about the legend in 1980 at the age of seven and has been investigating the case for years.

Publicity for the book states that the vehicle was "said to 'thunder' through the empty streets of North Kensington in the early hours, brilliantly illuminated, but with no visible signs of a driver, conductor or passengers."

As it sped round the junction of St Mark's Road and Cambridge Gardens it was said to cause unsuspecting drivers to swerve and lose control of their vehicles before it vanished into thin air.

Blamed "for the cause of multiple road accidents, this spectral machine was allegedly witnessed on the streets as recently as 1990." The first sighting was in the early 1930s.

Jonathan told David Saunderson of *Spooky Isles* website that his book "presents the most complete and accurate account of this fascinating ghost story and offers my view on what really happened on the streets of North Kensington 92 years ago."

The writer believes the story arose from "a sarcastic exchange between a bus conductor and a confused passenger around 1931 or 1932.

"This story then spread among locals in North Kensington and evolved into the tale we know today, making it more of an urban legend than a genuine ghost story."

Most reports came "from people saying they heard it from a friend who heard it

from someone else, making the bulk of accounts unreliable."

Jonathan's book offers "rational explanations for what was likely mistaken as a ghostly phenomenon." He believes that many of the sightings were of genuine buses being driven at speed after a late-night shift.

The author added: "Whether or not you believe in the phantom bus, the image of an iconic London double-decker speeding through deserted streets at night is compelling. A part of me still wants to believe it."

Meanwhile, best-selling author M J Wayland has published an online essay on the legend.

He reported that some say the local council adjusted the road layout partly due to "the testimony of late-night motorists.

"Many claimed that they had crashed while swerving to avoid a speeding double-decker bus that hurtled down St Mark's Road in the small hours long after regular buses ceased service."

One driver told Kensington police that turning the corner, he saw a bus "tearing towards me. The lights of the top and bottom decks and the headlights were full-on, but I could see no crew or passengers."

He yanked hard on his steering wheel, mounted the pavement and scraped the roadside wall before the bus "just vanished."

Mr Wayland wrote that one fatal accident occurred when a driver swerved and hit the wall head-on.

An eyewitness "told the coroner's inquest that he had seen the mystery bus

hurtling towards the car seconds before the driver spun off the road."

The coroner was unconvinced, sparking a torrent of letters "to his office and local newspapers offering to testify that they too had seen the 'ghost bus'."

A local transport official claimed he saw the vehicle draw up to the bus depot in the early hours of the morning, stand with the engine purring for a moment and then disappear.

Mr Wayland researched the archives for reports of crashes in the area. He found that some stories had been repeated, giving the impression of multiple sightings.

"St Mark's Road and Cambridge Gardens had such a tight corner that a garden was removed to help with the turning circle and blind spot," the author added.

The ghost bus was first mentioned in June 1934 following a fatal collision between two cars at the junction.

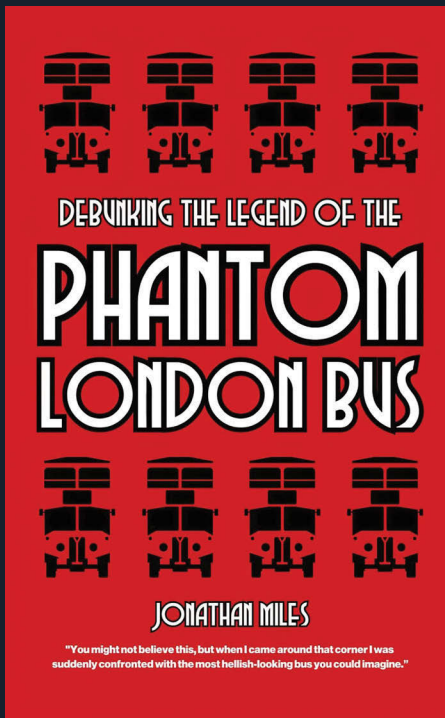
At an inquest, the coroner asked an eyewitness if that junction "is famous for accidents and is a spot where the ghost or phantom bus is supposed to be seen."

The witness agreed, but no more was recorded on the matter. A verdict of accidental death was lodged.

The Daily Telegraph sent a reporter to find witnesses to the ghost bus. The resulting account "was syndicated across the UK and is the origin of many of the aspects we know in the story today," wrote Mr Wayland.

Having seen it approaching the corner, one woman was said to have intended to catch the bus only to find that it disappeared.

A Dr A. K. Gibson said: "I am told that the bus made one of its latest appearances



when it pulled up at a garage near the corner.

"The driver indicated that he wanted petrol and the garage foreman gave orders for some to be obtained.

"By the time the petrol had arrived the bus vanished." Neither report was a first-hand account, but hearsay.

Mr Wayland found that reports of accidents at the blackspot in the 1950s and early 1960s carried no mention of a phantom bus.

However, ghost hunter Elliott O'Donnell and his ghostwriter Harry Ludlam included the story in their 1969 anthology of haunting tales *Casebook of Ghosts*. Soon the story included "hundreds" of witnesses to the apparition.

When *Psychic News* contacted Mr Wayland, he revealed a surprising new snippet of information.

"The interesting thing is that I was talking about my article to a famous radio DJ and his assistant told me how she had encountered the ghost bus in the 1970s," said Mr Wayland.

"Driving home late, as she turned into Ladbroke Grove a very old bus with all its lights on nearly wrote her car off and then disappeared. Maybe there is a ghost bus after all."

Debunking the Legend of the Phantom London Bus by Jonathan Miles runs to 163 pages. Independently published, the paperback costs £9.50.

The story of the ghost bus of Kensington is available on M J Wayland's website at <https://www.mjwayland.com>



DURING their investigations Barri Ghai, Jayne Harris and Ian Lawman use psychic ability and a host of technical gadgets to resolve issues. (Photo: Facebook)

SOME of the nation's favourite TV investigators have returned for a seventh series of *Help! My House Is Haunted*.

Over eleven episodes, the team travel around England and Scotland to help residents reclaim their properties from unsettling experiences and disturbing dreams.

Ian Lawman, Jayne Harris and Barri Ghai use psychic ability and a host of technical gadgets to resolve issues that are spoiling the ideal homes of their occupants.

The first episode saw the trio head to Oban in Scotland to help Ross and Natasha, who moved into a four-bedroom terraced house a year ago.

Thudding noises including a sound like a bouncing ball and an unsettling atmosphere quickly shattered their vision of making it a family home. Natasha dreaded being there alone.

Ross experienced nightmares involving fire and volcanoes, and suffered unexplained bruises. He grew frustrated that he could not protect his wife and their dreams of having children were on hold.

Medium Ian Lawman soon identified a being which was obsessed with Natasha. It was located in the smallest bedroom.

After a clearing ceremony, in which Natasha's "dead" father played a part, the entity disappeared, leaving the couple looking forward to a happy life "with lots of babies" in their peaceful property.

In the second episode, a Cheshire family found that paranormal phenomena seemed to follow them: they had moved house seven times. Other

instalments see the team travel to a farmhouse, a Napoleonic fortress and a 13th century manor house.

For the final episode, the trio attempted to connect with a Grey Lady, who is said to haunt Greenlaw Mansion in Dumfries and Galloway.

The 18th century property is home to Steve, who moved there from Plymouth, Devon, five years ago with his partner and their teenage son.

When it was advertised for sale at over £525,000 in 2019, the six-bedroom home was advertised as being "partly renovated" and an "ongoing project." The baronial house was gutted by fire in the 1980s.

The investigators soon found that it also came with resident spirit entities, including a woman they identified as a murdered servant girl named Mary. Asking if she is the Grey Lady, the team was startled by the abrupt closing of a nearby door.

Series seven of *Help! My House Is Haunted* streams exclusively Discovery+ where you can also rewatch all the team's previous investigations on demand.

Meanwhile, Ian Lawman, an ordained deliverance minister, is currently filming a second episode of his solo show *The Yorkshire Exorcist*. The first instalment is available on Discovery+. The programme is rated for audiences over eighteen years old.

Researcher says Turin Shroud is genuine

AN image of the Shroud of Turin, which is said to be the burial cloth of Jesus.

AN Australian researcher says there are ten reasons why the Shroud of Turin is definitely the burial cloth of Jesus.

Having started out as a sceptic determined to expose it as a fake, William West is an expert on the artefact's authenticity. Now he has presented evidence supporting the shroud's historical and scientific significance.

The mysterious linen cloth measuring 14ft 5 ins by 3ft 7 ins shows the features of a man's body, both front and back.

The bearded figure has long hair. His eyes are closed and his hands folded in front of him.

The faint sepia image can be discerned with the naked eye, but it becomes vivid in a black and white photographic negative, an effect discovered in 1898.

Belief in the shroud's provenance was shattered in the late 1980s when carbon dating of a small fragment suggested it was made between 1260 and 1790.

Now cutting-edge scientific methods suggest it is indeed from the time of Jesus.

A team of five scientists from Italy's National Research Council led by Dr Liberato De Caro carried out a series of non-invasive X-ray tests to ascertain the age of the linen.

Their findings were corroborated in tests at the University of Padua. Both showed that the shroud is around 2,000 years old.

Dr De Caro explained that his new study completes the puzzle, since everything on the Shroud of Turin is "highly correlated to what the Gospels tell about Jesus Christ and his death: 'crown of thorn' marks on the head, whip lacerations on the back and bruises on the shoulders from carrying a heavy cross."

He cast doubt on the previous carbon dating tests, stating, "This result has been widely criticised for both procedural

and statistical problems, as was recently confirmed by the statistical analyses of raw data made available to the scientific community."

This data was not made public for 30 years. After legal action, it was finally released for scientific study.

In 2011, researchers from the European Nuclear Energy Agency were able to replicate a scorch mark with the shallow depth and colouration of the shroud image using a 40-nanosecond burst from an ultraviolet excimer laser.

"This is the first time any aspect of the shroud image has been duplicated using light," remarked Dr De Caro.

A new analysis of the cloth including its composition and a microscopic analysis of blood stains on it show that the marks are consistent with the tortures endured by Jesus as described in the Gospels.

"It's covered in blood," William West told an audience at a packed Roman Catholic Church in Bondi, Sydney. "That's one of the first things you notice about the shroud."

He explained that not only is there a stain corresponding to a large blood loss from the side of the victim, but every scourge mark on both the front and back of the cloth is accompanied by bloodstains. The scourge was a particularly vicious Roman whip with three razor-sharp thongs.

Mr West said that forensic pathologists "from all over the world have studied it. They've been absolutely amazed at how precise the details are."

Dirt on the cloth has been identified as coming from Jerusalem. Its chemical composition revealed "a special limestone soil not really found anywhere else in the

world, around the knees and nose."

The researcher stated that scientists agree that the image on the cloth is "not made from any artistic materials like paint, ink or dye."

In his new book, *The Shroud Rises: As the Carbon Date is Buried*, Mr West re-examines the evidence and concludes that the shroud is indeed the cloth used to wrap Jesus' body following his brutal execution.

Although apparent references to the shroud were made earlier, its documented history dates from an exhibition in 1353 at the French town of Lirey. The artefact was damaged by fire in 1532 while kept in a chapel at Chambéry.

It was taken to Turin in 1578 and has remained in a specially designed chapel close to the city's cathedral since 1683 apart from several brief periods of wartime concealment.

Mr West has listed ten "proofs" of the shroud's authenticity, including:

- Blood chemicals creatinine and ferritin are evidence of severe, multiple traumas, typical of a torture victim.
- Bloodstains and bodily fluids are consistent with the wounds Jesus is said to have suffered.
- Pollens from 28 different plants of the area around Jerusalem, which only flower in the spring when Jesus was crucified.
- Marks of nails through the wrists rather than the palms, as recorded by eyewitnesses.
- The mysterious method of creating the image, potentially from a burst of radiant energy.

The Shroud Rises: As the Carbon Date is Buried by William West runs to 190 pages. It is priced at £12.10.

Wonders of the medicine wheel

By Sonja Grace

An award-winning author, mystic healer Sonja Grace is a spiritual teacher and energy surgeon, who defies time and space with her ability to spirit travel and work with clients wherever they are in the world.

Both Native American and Norwegian, Sonja is adopted on the Hopi Reservation, where she is considered a medicine woman. Her career spans four decades and over a million clients worldwide.

Sonja was featured on the Discovery+ show "UFO Witness" and the UK's Feel Good Factor TV. She can also be seen on Gaia TV's "Great Minds," "Ancient Civilizations," "Inspirations" and "Beyond Belief."

Her books "Spirit Traveler" and "Dancing with Raven and Bear" are the winners of the Beverly Hills Book Awards.

Additionally, Sonja's Norse mythology-based oracle "Odin and the Nine Realms" received a prestigious visionary award.

Her latest books, "Spirit Traveler: Unlocking More Mysteries of Ancient Sites Around the World" and "The Journey Around the Medicine Wheel: The Sacred Trinity" were featured on America's Coast to Coast AM, an American late-night radio talk show that deals with a variety of topics.

In this specially written feature, Sonja investigates and explains the origins of the medicine wheel and how it can benefit us today.



SONJA GRACE has over one million clients worldwide. (Photo: Christian Oth)



THE medicine wheel has been a sacred symbol in Indigenous cultures for centuries, particularly among tribes of the Great Plains such as the Lakota, Cheyenne and Blackfoot, who constructed large stone circles to represent spiritual and cosmic order.

The wheel's significance extends across North America, with variations found in the Anishinaabe, Cree and Hopi traditions.

Historically, the medicine wheel has been used as a tool for teaching, healing and ceremonial practices, embodying the balance between mind, body and spirit.

Today, it remains a vital part of Indigenous cultural and spiritual identity, and is actively used in ceremonies, counselling and educational programmes to foster holistic wellbeing.

Many Indigenous nations, including the Lakota, Dakota, Ojibwe and Cree, continue to uphold its teachings, integrating its wisdom into contemporary practices which address both personal and communal healing.

Historical Indigenous artists depicted medicine wheels in rock art, sand paintings and ceremonial objects, using symbols to convey spiritual teachings, balance and connection to nature.

An ancient tradition

For the Lakota Sioux, the wheel is not just a symbol, but also a way of life, a sacred representation of the great circle of existence.

Along with other Plains tribes, the Lakota have used the wheel for centuries as a guide for understanding the interconnectedness of all things.

Traditionally, the wheel is represented by a circle divided into four quadrants, each corresponding to a direction, a colour, an element and a stage of life.

One of the most well-known medicine wheels is the Bighorn medicine wheel in Wyoming, an ancient stone structure that has been used for centuries for ceremonies and celestial observations.

Like many other Indigenous groups, the Lakota see the wheel as a living guide, offering wisdom about life's journey and the importance of maintaining balance within oneself and the universe.

A powerful Lakota story that illustrates the wheel's importance is the tale of White Buffalo Calf Woman, a sacred figure who brought the people the sacred pipe and teachings of balance, respect and connection to the natural world.

According to Lakota tradition, White Buffalo Calf Woman appeared during a time of great suffering and division among the people.

She showed them the way of the sacred hoop, explaining how all things in existence are interconnected and must live in harmony.

White Buffalo Calf Woman taught that the four directions of the wheel represent the different peoples of the earth, and that unity among them was necessary for peace and survival.

This story emphasises the wheel's role in healing not just individuals, but entire communities.

The Lakota believe that when the sacred hoop is broken through war, suffering or environmental destruction it must be mended through spiritual renewal, ceremonies and a return to the teachings of the wheel.

This philosophy mirrors Swiss psychiatrist, psychotherapist and psychologist Carl Jung's ideas of individuation and integration, where healing occurs when all aspects of the self are acknowledged and brought into balance.

Today, the Lakota continue to use the wheel in traditional ceremonies, vision quests and healing practices.

Many Lakota elders and spiritual leaders teach the wheel's lessons to younger generations, ensuring that its wisdom remains a guiding force for healing and transformation.

A healing tool for self-discovery

The wheel is a dynamic tool for healing and self-discovery. Rooted in centuries-old traditions, it represents balance, cycles of life and – as explained – interconnectedness.

But what happens when this ancient wisdom meets modern psychology? Surprisingly, Jung's theories about the psyche align with the wheel's teachings, revealing a powerful intersection between Indigenous spirituality and depth psychology.

Jungian therapy, with its exploration of the inner self through archetypes, the inner child, and the balance of masculine and feminine energies, mirrors the cyclical and holistic nature of the wheel.

In a world searching for harmony, this fusion of knowledge provides a compelling framework for understanding our inner and outer worlds.

Origins and historical significance

Indigenous peoples of North America have used the wheel for centuries as a sacred framework for spiritual guidance, healing and teaching.

While each Indigenous nation has its



MANY Lakota elders and spiritual leaders "teach the wheel's lessons to younger generations, ensuring that its wisdom remains a guiding force for healing and transformation."



THE Bighorn medicine wheel in Wyoming is an ancient stone structure, which has been used for centuries for ceremonies and celestial observations. (Photo: U.S. Forest Service)

own unique interpretations and uses for the wheel, they all share a common theme – the cycles of nature and the respect and reverence for life.

This cosmic wheel represents the balance between the four essential bodies: mental, emotional, physical and spiritual. Many Indigenous traditions understand that the sacred wheel is a reflection of oneself and the ultimate teacher.

The wheel is often constructed with stones arranged in a circular pattern, creating a sacred space for ceremonies and reflection. It is not only a personal guide, but also a communal one, emphasising the importance of relationships with others and nature.

Moving through the wheel represents the soul's journey through life, with lessons to be learned as we pass through each direction: north, south, east and west, above and below.

The journey around the medicine wheel

Traditionally, the wheel consists of six directions, each representing different aspects of life, growth and wisdom.

The path around the wheel is our life's journey. The wheel represents a mirror in which everything is reflected. The universe is the mirror of all life, and within the wheel a place we also mirror back to each other.

Any person, object or even an idea can be a medicine wheel. Our lives are a constant journey around the circle.

The west represents introspection, reflection and the harvest. It is associated with the element of water, the colour black and autumn.

In personal growth, the west signifies adulthood, the stage where one gains maturity and wisdom through introspection and experience.

The north is the direction of wisdom, clarity and purity. It is associated with the elements of earth, the colour white and winter.

The north represents the stage of elderhood, where one has accumulated knowledge and life experience, offering guidance and wisdom to others.

The east is the direction of the sunrise, symbolising new beginnings, enlightenment and the emergence of wisdom.

It represents the element of air and is associated with the colour yellow and spring. In personal development, it signifies the stage of spiritual development and transformation.

The south symbolises growth, trust and nurturing. It is associated with the element of fire, the colour red and summer.

In terms of personal growth, the south represents birth and the beginning of one's spiritual journey, the stage of youth, passion and emotional development.

Above represents the sky, the Creator and the colour blue. Below represents the Earth, the Goddess and the colour green.

It's no surprise that many therapists and healers see the wheel as a holistic roadmap to wellness, mirroring the personal journey through healing, self-awareness and transformation.

Jungian archetypes

Carl Jung believed that the psyche is composed of universal archetypes – deep,

symbolic patterns that shape our thoughts, emotions and behaviours.

Two of his most significant archetypes, the anima (inner feminine) and animus (inner masculine), naturally correspond to the wheel's balance of energy.

East (Animus – masculine energy): The direction of logic, action and illumination aligns with the animus or inner male, which represents the rational and assertive aspects of our psyche.

West (Anima – feminine energy): The introspective, emotional west mirrors the anima or inner female, which embodies intuition, emotion and receptivity.

Balance between these energies is essential. Just as the wheel teaches harmony between all elements, Jungian therapy emphasises integrating both masculine and feminine aspects within us to achieve wholeness.

The inner child

Jung's concept of the inner child, the part of us that carries childhood wounds, joy and creativity, finds its natural place in the south of the wheel.

The south represents youthful energy, emotion and growth, making it the perfect space for nurturing and healing the inner child.

The wheel teaches that we must honour and heal the past to move forward. This aligns with Jung's idea that unresolved childhood wounds can hinder personal growth.

Indigenous teachings emphasise play, laughter and storytelling as forms of healing, much like Jungian therapy encourages reconnecting with joy and

creativity.

Many Indigenous traditions stress ancestral healing, acknowledging that inner child wounds can be passed down through generations.

Addressing these wounds isn't just personal healing, but is a collective transformation. When one family member addresses their trauma, the whole family starts to heal.

Confronting the dark to find light

Jung's shadow work, facing and integrating the hidden parts of ourselves, parallels the wheel's west direction.

In many Indigenous traditions, the west is the realm of introspection and transformation, where deep personal growth occurs.

Both Jung and the medicine wheel encourage embracing the darker parts of ourselves: fears, past traumas and suppressed emotions to fully integrate and heal.

The west is associated with deep introspection, much like Jung's belief in exploring the unconscious through dreams and symbols. We move through the wheel quickly in a day and slowly throughout our lifetime, just like a dream.

As the sun sets in the west and rises again in the east, shadow work allows individuals to transform and enter a new cycle of awareness.

Expanding the wheel

The medicine wheel is not just a theoretical model, but a living, breathing tool for self-improvement. In modern therapeutic settings, it is being embraced in various ways.

Many Indigenous communities use the wheel in ceremonies designed to help individuals process and heal trauma. These ceremonies include sweat lodges, talking circles and drumming rituals.

Programmes that incorporate the wheel into addiction recovery focus on restoring balance to the emotional, spiritual, mental and physical aspects of a person's life.

Therapists use the wheel as a visualisation tool, guiding clients through each direction to explore emotions, release past wounds and cultivate inner strength using meditation and visualisation.

Schools and corporations are integrating the wheel into wellness programmes, helping individuals to develop emotional intelligence, resilience and interpersonal skills.

Ancient wisdom for modern healing

Though rooted in vastly different traditions, the wheel and Jungian therapy share a common purpose – guiding individuals toward wholeness.

By understanding and applying these ancient and modern teachings, we can navigate our personal journeys with greater clarity, balance and healing.

In a world where many seek deeper meaning, the synergy between Indigenous wisdom and psychological insight offers a powerful reminder that the answers we seek are often found within the cycles of nature and the depths of our own souls.

Whether through ceremony, therapy or personal introspection, embracing the medicine wheel's sacred teachings alongside Jung's timeless wisdom allows us to embark on a journey of true self-discovery and transformation. Here are some practical ways you can integrate the wheel into your life:

- Sit in meditation, facing each direction and "feel" how it applies to your life. Sit in the centre and "feel" above (Creator) and below (Earth).
- Journal your experiences in each quadrant: illumination (east), emotional growth (south), inner reflection (west) and wisdom (north).
- Traditionally, a medicine wheel has 36 stones, with a central stone and four large stones marking the four directions. The rest are marked between directions for the seasons, stages of life and spiritual teachings.
- Using large or small stones, create a medicine wheel in your garden or a temporary wheel in your home. You need four stones to mark the four directions and one in the centre.
- Sit in the south and meditate with your inner child. Ask him or her how they feel and what they need. Give them what they require.
- Move into the west and meditate on where in your body you are holding fear, anxiety and resistance. Once found, release them into the ground.
- Now move to the north. In meditation ask for wisdom: serenity to accept things you cannot change, the courage to change what you can and the wisdom to know the difference.
- Move into the east. In a meditation sit with your mind still, focused on your

breathing and the opportunity for your process to be illuminated by the rising sun.

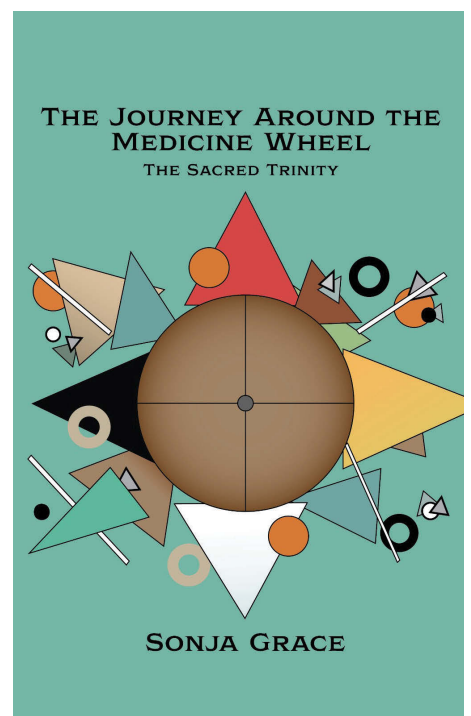
- Incorporate the medicine wheel into your daily practice by aligning with the four elements: movement (fire/east), hydration (water/south), grounding (earth/west) and and breathwork (air/north).
- Participate in talking circles or group healing sessions inspired by the wheel's teachings.
- Use the wheel to guide conflict resolution, ensuring that the emotions of logic, wisdom and introspection are all considered. Remember that you are a living medicine wheel.

Recognise when you are talking with another person that you are standing in a medicine wheel.

Try to determine what direction you are in and what direction they are in. Are they talking from a place of wisdom or maybe sharing an idea that is illuminated by their excitement? This observation will help you to better understand their point of view.

By consciously engaging with the medicine wheel, we can cultivate a more balanced, insightful and harmonious way of living, fostering both personal and communal healing.

More information about Sonja is available at <https://sonjagrace.com/>





Get in the pink with the meaning of colours

Feeling blue with sadness, green with envy or red with anger? Worry not! Drawn from a variety of sources, this feature examines various aspects of colour and the beneficial effect it has on our lives.

COLOURS have long been a subject of fascination for spiritual seekers, artists and scientists alike.

Beyond their visual appeal, colours hold profound symbolic and energetic meanings that resonate deeply with our psyche and soul.

Across cultures and spiritual traditions, they have been linked to emotions, energies and even divine forces.

In this article we'll delve into the spiritual significance of colours, exploring their impact on our energy fields, their role in spiritual practices and how they can be harnessed to enhance wellbeing and self-awareness.

The energy of colour

At its core, colour is a form of light energy. Each colour exists within a specific wavelength on the electromagnetic spectrum and emits a unique vibration.

These vibrations interact with our energy fields, or auras, influencing our emotions, thoughts and physical states.

For instance, warm colours like red and orange are often associated with high energy and stimulation whereas cool hues like blue and green promote calmness and introspection.

The scientific understanding

of colour aligns with its spiritual significance. Studies in colour psychology show that exposure to specific colours can affect mood and behaviour.

Red stimulates the production of adrenaline and increases energy levels while blue can lower blood pressure and promote relaxation.

These physiological responses mirror their spiritual impact, supporting the belief that colours carry distinct energetic properties.

In spiritual traditions, these vibrational qualities are seen as pathways to higher consciousness and healing. By understanding the spiritual properties of colours, we can use them to balance our energies, promote healing and connect with the divine.

The chakras and their colours

The chakra system is one of the most well-known frameworks connecting colours to spirituality.

Rooted in ancient Indian spiritual practices, chakras are seven energy centres along the spine, each corresponding to specific aspects of our physical, emotional and spiritual selves. Each chakra is also associated with a particular colour.



Red – Root chakra

Located at the base of the spine, the root chakra is associated with grounding, survival and stability.

Red indicates vitality, passion and strength. It represents our connection to the earth and our primal instincts. Spiritually, red encourages us to feel secure and rooted in our physical existence.

Orange – Sacral chakra

Just below the navel, the sacral chakra governs creativity, pleasure and emotional expression.

Orange is linked to enthusiasm, sensuality and joy. It encourages us to embrace change and experience life fully, promoting emotional balance and healthy relationships.

Yellow – Solar plexus chakra

Situated in the abdomen, this chakra is the seat of personal power, confidence and willpower.

Yellow embodies optimism, clarity and intellectual energy. It inspires self-belief and the courage to pursue our goals.

Green – Heart chakra

Located in the centre of the chest, the heart chakra is the bridge between the physical and spiritual realms.

Green symbolises love, compassion and healing. It encourages forgiveness and harmonious relationships, fostering emotional and spiritual growth.

Blue – Throat chakra

This chakra governs communication, truth and self-expression. Blue, its associated colour, represents clarity, trust and tranquillity.

Spiritually, it supports the expression of our authentic selves and the pursuit of inner truth.

Indigo – Third eye chakra

Situated between the eyebrows, the third eye chakra is the centre of intuition, insight and spiritual wisdom.

Indigo is linked to deep perception, imagination and psychic abilities. It invites us to trust our inner guidance and connect with higher realms of consciousness.

Violet – Crown chakra

At the crown of the head, this chakra represents spiritual connection and enlightenment. Violet or white symbolise transcendence, purity and divine unity.

This colour inspires us to reach beyond the material world and embrace our spiritual essence.

Cultural and religious significance of colours

The spiritual meanings of colours vary across cultures and religious traditions yet common themes often emerge.

Red: In Hinduism, red stands for purity, power and marital bliss, and is often used in weddings and sacred rituals.

In Christianity, it represents the blood of Jesus and the fire of the Holy Spirit. In Chinese culture, red is a symbol of luck, prosperity and celebration.

White: Universally associated with purity, peace and the divine, white is prominent

in ceremonies such as weddings and baptisms.

In Buddhism, it signifies spiritual enlightenment and liberation. Indigenous cultures often associate white with the spirit world and ancestral guidance.

Gold and yellow: Linked to divine light and wisdom, these colours are associated with deities and spiritual leaders.

In ancient Egypt, gold was considered the skin of the gods representing immortality. In Islamic art, it is used to signify the eternal and divine.

Blue: Many cultures associate blue with protection and divinity. In Judaism, the blue thread in a tallit (prayer shawl)

symbolises the heavens and God's commandments.

Indigenous peoples often see blue as a connection to the sky and spiritual realms.

These shared associations reveal the deep, almost archetypal significance of colours in human spirituality.

The healing power of colours

The concept of colour therapy, or chromotherapy, has its roots in ancient practices and uses colours to restore balance to the body and mind.

Practitioners believe that specific colours can address physical ailments, emotional imbalances and spiritual

blockages. For instance:

Red stimulates energy and circulation, making it useful for lethargy or fatigue.

Blue calms the nervous system and promotes relaxation, helping with anxiety or insomnia.

Green is considered the most balanced colour, fostering harmony and healing.

In modern times, chromotherapy has found its place in holistic wellness centres and even mainstream therapeutic practices.

Techniques include exposure to coloured lights, wearing specific colours or using coloured crystals to channel energy. Incorporating these practices into daily life can enhance overall wellbeing.

Colours in meditation and visualisation

Colours also play a pivotal role in meditation and visualisation practices. By focusing on specific colours during meditation, individuals can enhance their spiritual experiences and achieve a desired state of mind.

For example, visualising blue light can deepen relaxation and facilitate clear communication.

Imagining golden light enveloping the body strengthens the connection to higher spiritual realms.

Guided meditations often incorporate colours to help balance the chakras or cleanse the aura, making these practices accessible and effective tools for spiritual growth.

The aura: a rainbow of energy

An energy field surrounding the body, the human aura is another domain where colours reveal spiritual insights.

Many believe that the colours of the aura reflect an individual's physical health, emotional state and spiritual condition.

A predominance of green in the aura may indicate a compassionate, healing energy whereas flashes of red might



WEARING yellow is said to boost one's confidence at an important meeting.



MANY crystals are associated with specific colours and their energies, such as Amethyst, which enhances intuition.

suggest strong emotions or a need for grounding.

A golden glow is often interpreted as a sign of spiritual awakening or divine guidance.

Aura readers and healers use these colours to assess and adjust energy imbalances, guiding individuals toward greater harmony.

The role of colours in art and rituals

Art and rituals have always been powerful mediums for spiritual expression. Colour plays a central role in both.

In sacred art, colours are used symbolically to convey spiritual truths. Tibetan mandalas incorporate vibrant hues to represent the cosmos and guide meditation.

Rituals across cultures also employ colours to invoke specific energies. White candles signify purification while red ones symbolise passion and vitality.

Shamans and some healers often wear colourful garments to channel energies or represent their connection to different realms.

Practical ways to work with colours

Incorporating the spiritual meanings of colours into your daily life can bring

profound benefits. Here are some practical ways to harness the power of colour:

Clothes: Wear colours that align with your intentions. Choose blue for calmness during a stressful day or yellow for confidence before an important meeting.

Home décor: Surround yourself with colours that evoke the energy you wish to cultivate. Green plants promote a sense of renewal while violet accents may inspire spiritual connection.

Crystals: Many crystals are associated with specific colours and their energies. Amethyst (violet) enhances intuition. Citrine (yellow) boosts positivity and abundance.

Art and creativity: Engage with colours through painting, drawing or other creative outlets. Let your intuition guide you in selecting hues that resonate with your emotions and aspirations.

Conclusion

The spiritual meaning of colours transcends mere aesthetics, offering a powerful lens through which we can understand and enhance our lives.

From the vibrational energy of the chakras to the cultural symbolism and healing properties of colours, this fascinating realm invites us to explore deeper connections between our inner and outer worlds.

By integrating the wisdom of colours into spiritual practices, we can tap into their transformative potential, unlocking new levels of awareness, harmony and joy.

Whether you are drawn to the fiery passion of red, the serene depths of blue or the divine radiance of gold, colours have the power to inspire, heal and guide us on our spiritual journey.

The next time you encounter a vibrant sunset or delicate rainbow, take a moment to reflect on the spiritual messages hidden in those hues. You may find that the universe is speaking to you one colour at a time.

Relish rain and spiritual aspects of water



By Ceryn Rowntree

WITH spring upon us, we are all looking forward to brighter and warmer days. However, so often this month, dreams of summertime are interrupted by the arrival of April showers.

But what might these rainy interludes have to offer us spiritually? Moreover, how can we work with them – and with water more broadly – to support our journey through this month?

Water is the place we all came from collectively, as our species evolved from the depths, and also individually with our beginnings in the womb's warm and cosy water-like fluids. With this in mind is it any wonder that traditions across time have found water so sacred?

Water symbolises many different things from purification and renewal to healing and emotion, and much more.

In many ways, nothing could be more symbolic of this than April showers, which tend to wash away the old of winter and – as the saying goes – bring on the May flowers.

Water is said to be the home of our emotional world and the subconscious

part of our being, and that working with this element can help us unlock a deeper connection with both.

Since many believe that the most ancient wisdom of our world is held in and by water, it may well be that connecting more deeply with it can help us access wisdom and knowledge which is much deeper and more profound than any found in books or scriptures.

Perhaps that's why so many of the oldest and wisest deities across the world are so deeply associated with water.

Honouring the lady of water

Amongst the most famous of these beings in our own land are the Lady of the Lake and Coventina, women who have much in common despite being shrouded in mystery.

The Arthurian Lady of the Lake is said to have handed the famous sword Excalibur to King Arthur.

Associated with the waters of Avalon – modern-day Glastonbury – the lady appears throughout Arthurian mysteries as a source of both wisdom and reverence, and is generally considered to be both a priestess of ancient mysteries and a faerie queen who holds the secrets of the underworld.

Though she goes by many names, the Lady of the Lake has much in common with one of the oldest deities worshipped here.

The Romans adopted Coventina, the ancient goddess of wells and springs, during their time in England and Wales.

Though the only surviving shrine to Coventina is in my home county of Northumberland, it's thought that temples and tributes in her honour could once be found at holy wells throughout the UK, locations from which she was believed to grant wisdom, healing and support.

It makes sense that our ancestors not only revered wells and springs, but all water. Not only were they gateways into a mysterious underworld said to hold a wide array of spiritual energies, but were also crucial to ensure their survival.

As such, the spirits of the water, often seen as women, were considered gracious beings who would grant everything from a strong harvest to physical healing.

They were the givers of life and the guardians of our own personal gateways – including that we might step through if we were to collect a magic sword and take on the role of sovereign for ourselves.

Of course, there are many other water deities across the UK and throughout the world that you can explore and work with as April showers bring water to the very front of our minds.

Though there may well be specific methods to revere these deities, at its core the best way to honour water and deities who personify it is to spend some time with your nearest body of water – be it a lake or a puddle from April showers – giving gratitude for and reverence to this sacred life force and all it represents.

Connecting with the wisdom of water

Whether you tune into these associated deities, the elemental beings linked with water or simply water itself, there are many ways to connect with the wisdom held in this beautiful force.

One of my favourites is through scrying



ONE "of the most powerful ways to work with water is by infusing it with intention and additional energy."

– looking into water for wisdom, insights and guidance.

To do so, begin by finding a bowl or cup which is dark and non-reflective on the inside and fill it with water.

Spend some time breathing deeply or whatever you need to get into a meditative state of mind and begin to look into the water.

Let your gaze go soft as though you were looking at one of those magic eye images that were so popular a few years ago and allow your mind to wander.

Gradually, you may see images, shapes or words begin to appear in the water. Equally, you might also find that words and images form within as the water and its energies communicate directly with your mind.

Working with water in the everyday

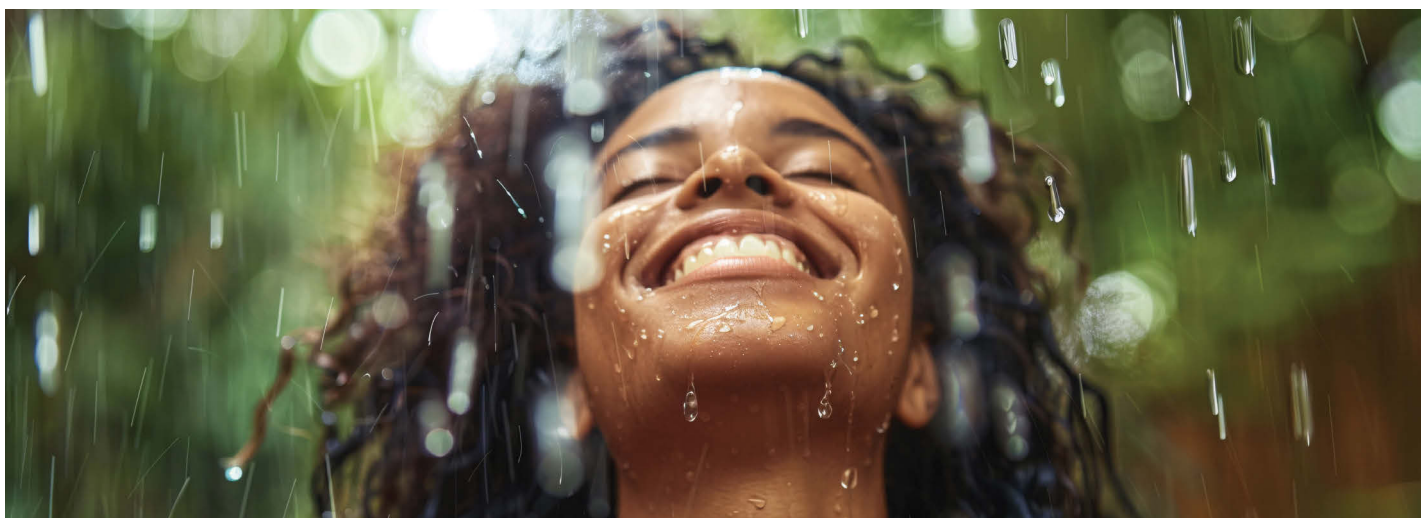
With water playing such a crucial part in our daily lives, the connections we build with it are not only energetic.

Some of the most potent ways to honour water are through simple everyday practices. Here are three of my favourites:

- **Infusing water:** One of the most powerful ways to work with water is by infusing it with intention and additional energy.

There are many ways to do so, such as leaving a covered container of water outside under the light of a full moon, whispering words and intentions over water before drinking it or boiling water with your favourite herbal tea to





RAIN "collected during sunny showers can encourage growth, creativity and vitality in us, our homes and our projects."

infuse it with the energy of the plants

- **Creating a water altar:** What better way to honour water than with its own space?

Place a bowl or glass of water at the centre of a clean surface that you can keep undisturbed and then add other water-themed items to build its focus.

Some of my favourites include shells, blue crystals or fabric, images of sea creatures or merfolk and more besides.

You can use your altar as a place to scry, meditate or infuse water, or simply as somewhere to give thanks for all the beauty water provides.

- **Honouring water:** One of the most powerful ways to work with water in the everyday is simply by conserving rather than wasting it and giving thanks for everything we use it for.

From a simple "Thank you" to shorter showers and whispers of gratitude over our daily hydration, there is nothing more reverential than honouring the water we use.

Working with rainwater

Though all water is powerful, various types carry different energies and qualities which can be worked with and utilised.

Though it may be different from the roaring tides of change offered by seawater or the deep invitation for reflection with water coming from a lake, April showers have an energy of their own.

My friend Charlie Edwards – a coastal chantress – talks a lot about the energy of rain and storm water.

In particular, Charlie explains that rain collected during sunny showers can encourage growth, creativity and vitality in us, our homes and our projects.

Whether you collect rainwater to add to a bath, gather to water seedlings and plants or simply take yourself outside into the rain with the intention of washing

away stagnant energies, April showers can definitely help.

One of my springtime practices is to head outdoors when warmer rains come and ask out loud for my projects and goals for the year ahead to be watered and rejuvenated.

At times I'll simply stand with my arms in the air and allow rain to wash over me while on other occasions I get to dance in it.

Though I usually need a warm shower afterwards – not to mention getting some strange looks from neighbours – I always come back inside feeling so much more energised and ready to take on the world.

A meditation to connect with rain

You need not wait for an April shower to arrive in order to connect with it. This simple meditation can help you to do exactly that and welcome revitalising energy into every part of your life.

Begin by getting comfortable sitting or lying down somewhere where you will be safe and undisturbed.

When ready, close your eyes and bring your attention to your breath, allowing it to settle into a rhythm and a pace that feels comfortable.

As you breathe, picture yourself standing outside in a garden which is waiting to spring into life.

Let the image of the garden, its sounds and smells build within your mind's eye until it truly feels like you are there. Slowly, begin to feel the gentle patter of the rain upon your skin and hair.

Look up to the skies and see the rain as it falls upon you and the garden. Listen to the sound of gentle droplets hitting the earth around you. Smell the beautiful scent which is released when rain nourishes the thirsty ground.

As the rain falls, notice the way that the garden comes to life with plants creeping

up to the surface, flowers moving into bloom, and birds and animals stepping forwards to drink and bathe in the fresh water.

Let yourself enjoy this magical moment where nature honours an April shower. Next pause and recognise your own place in this scene. Look at the raindrops on your skin and see the way they seem to bring your being into bloom too.

Taste the sweet, fresh water as it lands upon your tongue and thank the heavens for the beautiful hydration. Close your eyes as you allow rain to fall upon you and refresh your entire being.

Stand there for as long as you wish, letting the rain nourish your being with beautiful, revitalising spring energy.

When you're ready, thank the garden and the water, and bring your attention back to your breath. Let that breath lead you back into your body as you notice the way your chest rises and falls.

Take a few more deep breaths as you become aware of the room around you and gradually come all the way back into the present moment before opening your eyes once you're ready.

Though I know only too well that an abundance of rain can feel frustrating at a time when we are all eagerly waiting for spring to spring, I encourage you to recognise the beauty and the gift in April showers more than any inconvenience they may cause.

Working with water of all kinds can be a beautiful way to connect to ourselves and to nature, not to mention to call in all the wonderful qualities which water represents.

Above all this April, remember the words of poet Christina M. Ward, who tells us, "When the world gives you rain – bloom."

A writer, teacher and medium, you can read more about Ceryn at cerynrowntree.com

SUDOKU COMPETITION

This month we have five copies of medium Gareth Lewis’s new book *Spirit, Can You Hear Me?* as prizes for five lucky winners.

The publisher writes: “*Spirit, Can You Hear Me?* tells the life story of Gareth Lewis, a renowned medium whose ability to connect with the spirit world has touched the lives of countless people.

“Through deeply personal and emotional stories, Gareth shares his experiences of connecting grieving loved ones with those who have passed on, offering comfort, hope and healing.

“Gareth also shares his journey which has been anything but easy from enduring childhood bullying to battling the debilitating effects of ankylosing spondylitis [a long-term condition in which the spine and other areas of the body become inflamed].

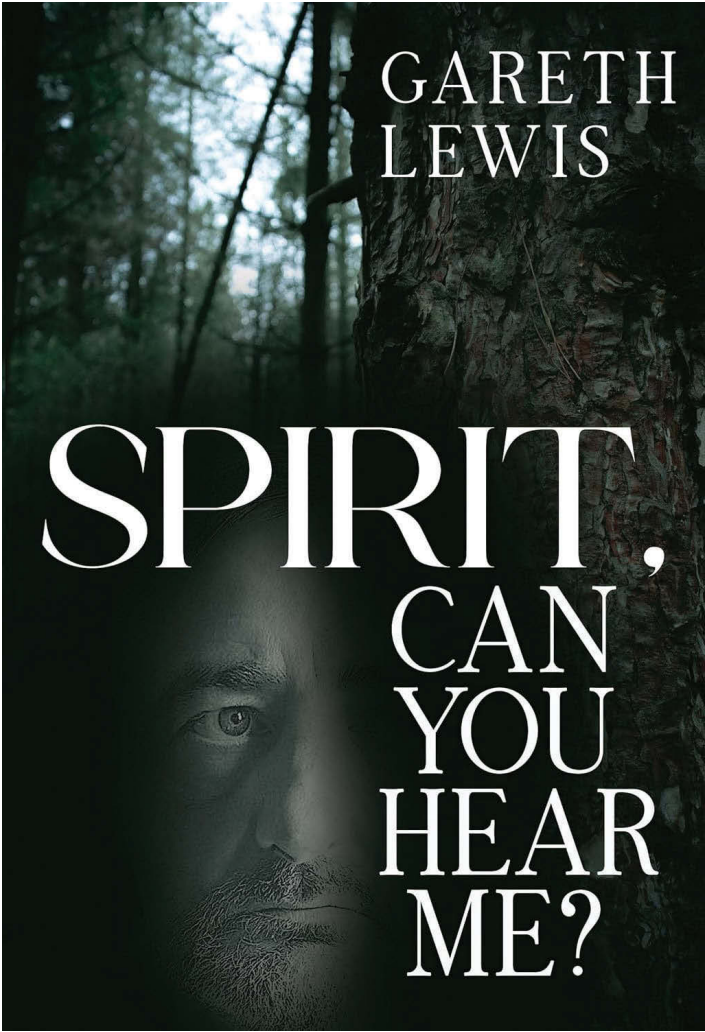
“Despite the personal challenges he has faced, Gareth continues to serve as a beacon of hope for those seeking connection with their loved ones in the spirit world, offering them comfort and guidance in their darkest moments.

“His story is one of strength, faith, and the enduring power of love and belief in something greater than ourselves.”

For your chance to win one of the books, complete the sudoku puzzle and send the numbers which appear in the shaded centre row, from left to right, along with your name and address to: Spirit Competition, Psychic Press Ltd, Unit 2, Griggs Business Centre, West Street, Coggeshall, Essex C06 1NT

Or enter by email: pneditorials@gmail.com

The closing date for entries is 8th June 2025



		7	3					2
	6					1		7
	1	5		9		4	6	
	8	2	5	1	6			9
6								5
9			4	8	3	7	2	
	2	9		3		6	7	
1		3					5	
8					4	2		

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 JANUARY 2025 sudoku competition are:

Mr Richard Webster, Devon
Mr Mark Bray, West Yorkshire
Sylvia Ashman, Herefordshire
Mr Charlie McCarron, Scotland
Miss Alison Foot, Dorset

The winning numbers are:
721 683 594
Each winner receives a copy of *The Intuition Bible* by Happy Ali

For further details of Happy Ali’s work, visit:
www.happyinsights.net



Ex-estate agent takes positive action against negative energies

A former estate agent, Sam Ritchie was always fascinated by buildings and their stories. The author of a new spiritual book called "Echoes Within Walls," in this feature Sam outlines her psychic story.

The first point put to her was, "Where did you grow up and were your family spiritual or religious?"

I GREW up in Aldershot, Hampshire, and was aware of Spirit from an early age. My mum was also very spiritually aware, although she found these things rather frightening.

Her grandmother read tealeaves and I'm told was very accurate. I also have an aunt who is an intuitive life coach.

It wasn't until Mum's death that Dad revealed to me that he could also see Spirit. Although not openly spiritual, my parents never made me feel wrong when I told

them about things I saw.

What were your first experiences of spirit contact or the paranormal? Did you visit Spiritualist churches?

I cannot remember a time when I did not see Spirit. As a child I lived in two worlds and was sometimes even nervous of living people, hiding when the doorbell rang. It wasn't until I was around twenty that I realised not everyone could see what I did.

My first encounter with an angel was on the death of my mum. A wonderful bright light floated down and enclosed her soul as it carried her away. It was the most beautiful thing I have ever seen.

I've visited a number of Spiritualist churches, attended various meetings and workshops, and joined online courses and events including an angel summit.

How did you realise you had spiritual gifts?

I always loved old buildings and was able to see their history, so it's no surprise that I worked in London as an estate agent.

I was able to sell properties which had been stuck on the market for a while, unaware at the time that I was clearing their negative energies and moving on any



ANGELS *"only show themselves in a way which will not scare us."*

spirit entities just by my presence and good intentions.

I only became aware of space clearing later on and researched techniques others used to develop my own way of working.

What kind of work did this lead to?

Once I learned about space clearing it made total sense to me. I had always been able to see how a property used to be. Space clearing backed up my belief that everything is energy and all energy has a memory.

Properties and even land can hold the

energetic imprint of events that have happened there in the past. It's like the imprint a hand leaves in a piece of clay: the larger the hand or emotional event, the bigger the imprint.

When we walk into a room where two people have been arguing, we can feel it and even say things like, "You could cut the atmosphere with a knife."

We are picking up on the energy that occurred during the argument. In my experience, negative emotions are stored in the land or a property and can be holding us back, affecting our wellbeing.

It's also fair to say that positive emotions and memories are likewise stored. Ideally, we want to rid our properties of the negative and enhance the positive to make them healthier, happier and more abundant places to live in.

During my work, I have also come across departed souls who are earthbound. There are a number of reasons they haven't left their homes or work places.

Perhaps they are unaware they are dead or have unfinished business. Troublesome spirit beings tend to be those who were not pleasant in life and do not want to give up their control.

It's a privilege to come across a loved one who has passed who wants me to give their love and reassurance to those left behind, so they know that they are still loved from the Other Side and are being watched over. This is always beautiful and helps to change the energy of a property to be more positive.

When I first started space clearing I was restricted to locations I could travel to. By chance, I found I could work on properties without physically going there.

By using a very basic floor plan, I can receive information about a building. The results are just as amazing as when I work in person. My methods are described in the book.

I have been able to help properties to sell, get sleep problems resolved and businesses to thrive, and make issues with tenants vanish.

Were there any special turning points in developing your work?



ENTERING a room where an argument has taken place leaves an atmospheric imprint others can sense.

The biggest turning point was studying Kyle Gray's *Angel Guide* online course. I started giving oracle card readings after this during a Covid lockdown in 2020.

It soon became clear that I could turn the knowledge I had gained into a business. Once I did that, everything started to fall into place.

I was then asked to space clear a friend's property from a floor plan. She was at her wits' end.

It was her grandparents' house, which she rented out. It needed some major repairs, but the tenants would not allow her access.

Back then I had no idea if I could help or not, but I'm always up for a challenge and said I would try. It was clear straight away that I was getting information, but would it solve the problem?

Within 24 hours my friend contacted me to say that the tenants had given access and agreed the work could be done. This was groundbreaking for me, my business and my friend.

How did you get to know angels that work with you?

I really got to know them while studying to read oracle cards. During that time they stepped forward in a different way than before.

They said they were always with me, but waiting for me to be ready to see and interact with them.

At first I was apprehensive to meet the angels, thinking they would be ten feet tall and overpowering. What I now know is that they only show themselves in a way which will not scare us.

I see them as silhouettes of the most beautiful light with wonderful wings. When I am space clearing, I see them in a circle around me holding hands, almost like angel paper chains I used to make as a child, with bright white light shining from them.

Can you give one or two examples of important or evidential cases you have worked on?

A friend of mine had been trying to sell her home for two-and-a-half years; it was now empty and costing her money.

I space cleared the property – and within a week, an offer was accepted and a deposit paid. The remarkable thing was that it sold through an agent who had not even been instructed.

A client came to me because she was struggling to work in a space in her home, which was meant to be her office. She was also worried about her daughter, who seemed distracted and not doing well at school.

I found strong negative residual energy

in the office area. Then I came across a young spirit girl who was quite happy and just wanted to play with my client's daughter.

I cleared the energy and helped the girl move to the light. Straight away, my client found she was able to work efficiently at last and her daughter wanted to know where her spirit playmate had gone.

Do you offer any other kind of spiritual work such as giving private sittings or workshops?

I offer oracle card readings and past-life regression sessions online and in person,



SAM RITCHIE: "I believe every home needs space clearing."

as well as holding regular workshops and spiritual circles where we have a new topic to discuss each week and a channelled meditation on that subject.

We also send distant healing to people in need and every person has an oracle card reading. There are free meditations and other resources on my website.

If you don't mind answering, how old are you? Are you married with children? If so, are they also spiritually aware?

I am married with two grown-up daughters and turn 50 this year. My husband is spiritually aware, as are my daughters. We all meditate together regularly.

Where do you live now? Do friends and neighbours know about your spiritual work?

I live in southern Spain and everyone who knows me also knows about the spiritual work I do.

In our local village they call me "La bruja," which means "The witch." I rather

like this because for the Spanish a witch is a symbol of good luck.

Why did you decide to write "Echoes Within Walls"? Are there more books to come?

The first reason for writing the book was that it seemed wrong to keep to myself all the wonderful things I have had the honour to witness and the spirit beings I've met along the way.

The second and most important reason is that I believe every home needs space clearing. If we all did even a very basic space clearing of our homes, we would help to raise the vibration of the Earth, changing the world one property at a time.

I would like to think there will be more books to follow as I keep exploring new properties with their own stories and characters.

Do you have any interests away from spiritual work?

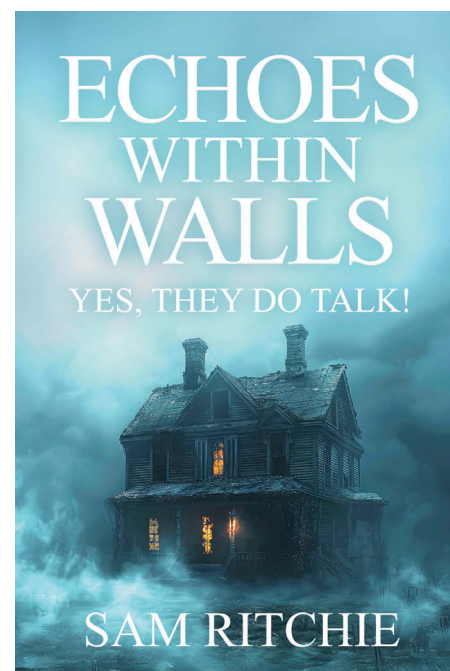
I enjoy reading, although I can only read novels when I haven't got other things to do because I get really grumpy if I have to put a book down to do something else. I also love to spend time with my family.

What would be your perfect day?

A morning of space clearing, followed by a lovely lunch with my family, a walk along the beach and then home to read a good book.

"Echoes Within Walls" is published worldwide for £10.00 in paperback and as an e-book on all platforms by Local Legend. See <https://local-legend.co.uk>

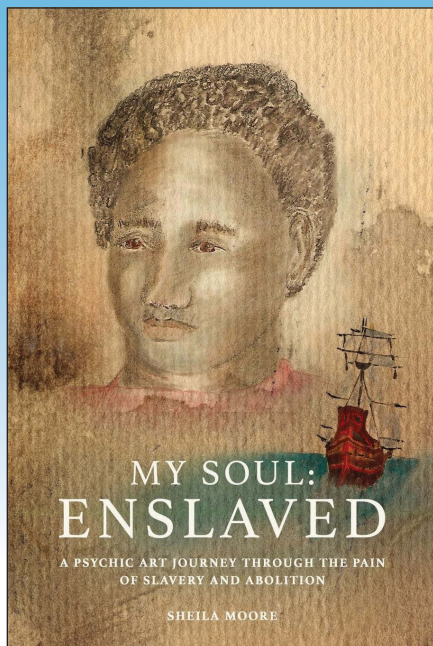
Sam Ritchie's website is at www.samangelguide.com



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Your paranormal and spiritual questions answered

BY GRAHAM JENNINGS

Famed writer had dream preview of brother's passing

I was fascinated to read of Howard Menger's psychic projection of his car complete with the licence plate in February's magazine. Did Mark Twain have a similar experience with a living person? – Luke Bywater.

In the strangest of all his many psychic adventures, in a crowded room Mark Twain saw the full-length projected image of a person who was many miles distant and aboard a train.

An American humourist, journalist and lecturer (1835-1810), he was born Samuel Clemens in Florida, Missouri.

Twain is probably best known to British readers for his novels *The Adventures of Tom Sawyer* and *A Connecticut Yankee in King Arthur's Court*. His most well-known quote – usually misquoted – is “The report of my death was an exaggeration.”

What is not so well known is that he was naturally psychic and studied telepathy and clairvoyance long before they were accepted by scientists as worthy of investigation.

Twain considered that the UK's Society for Psychical Research (SPR) had “done our age a very great service” in its studies of telepathy, and applied to join the American SPR after its formation in 1885.

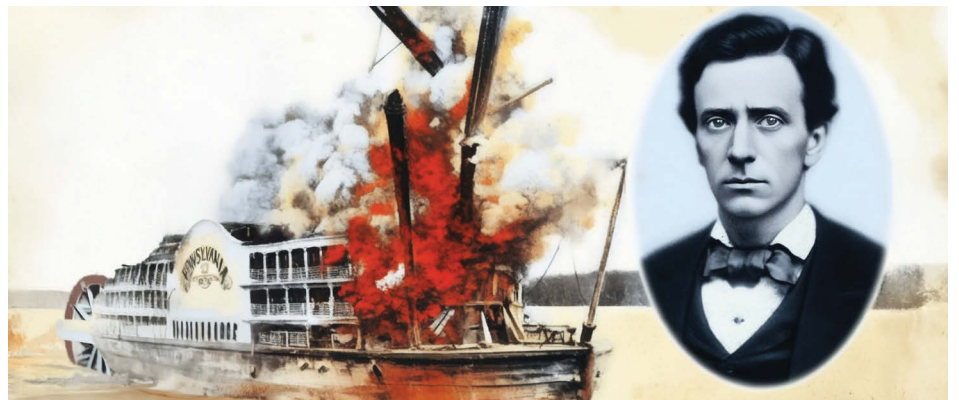
He wrote, “In my own case it has often been demonstrated that people can have crystal-clear mental communication with each other over vast distances.”

Elsewhere, the author wrote that inexplicable events had happened “so frequently in the past nine years that I could pour them out upon you to utter weariness.”

Twain tried to have articles on psychic matters published in magazines, but editors were wary of a subject that was still highly controversial. Many, however, survive in his *Complete Works*.

On occasion he was able to read the contents of letters before he broke their seals and experimented in communicating with individuals telepathically.

As a young man, he and his brother Henry worked on the Mississippi steamboat *Pennsylvania* on more than



FAMOUS author's brother named Henry (seen right) passed on after a boiler exploded on a Mississippi steamboat.

1,200 miles of river. One night he dreamt of Henry lying in a metal coffin, which rested on two chairs.

Henry was wearing one of Twain's suits with a bouquet of flowers on his chest, a red rose in the centre. His brother was subsequently killed in a boiler explosion and placed in a coffin exactly as Twain had dreamt it.

In a materialistic age that considered there was practically nothing left to invent, Twain speculated one important invention remained – the “phrenophone,” which would communicate by means of mind alone.

“The telephone and telegraph are going to become too slow and wordy for our needs,” he mused. “We must have the thought itself shot into our minds from a distance; then, if we need to put it into words, we can do that tedious work at our leisure.”

The *Complete Works* contain Twain's strangest and most inexplicable psychic experience. It concerned a female friend from his days in Carson City, Nevada, some twenty years previously. He had not seen her since, and she had faded from memory.

While campaigning with a fellow lecturer in Montreal, both were invited to a reception to be held at 2.00 pm in the drawing room of the Windsor Hotel.

They sat at the end of a long room while the many who had been invited to

be presented took their places in a lengthy slow-moving line.

Casting his eye along the length of the room, an astonished Twain saw “with surprise and high gratification” the unmistakable likeness of his old friend from Carson City.

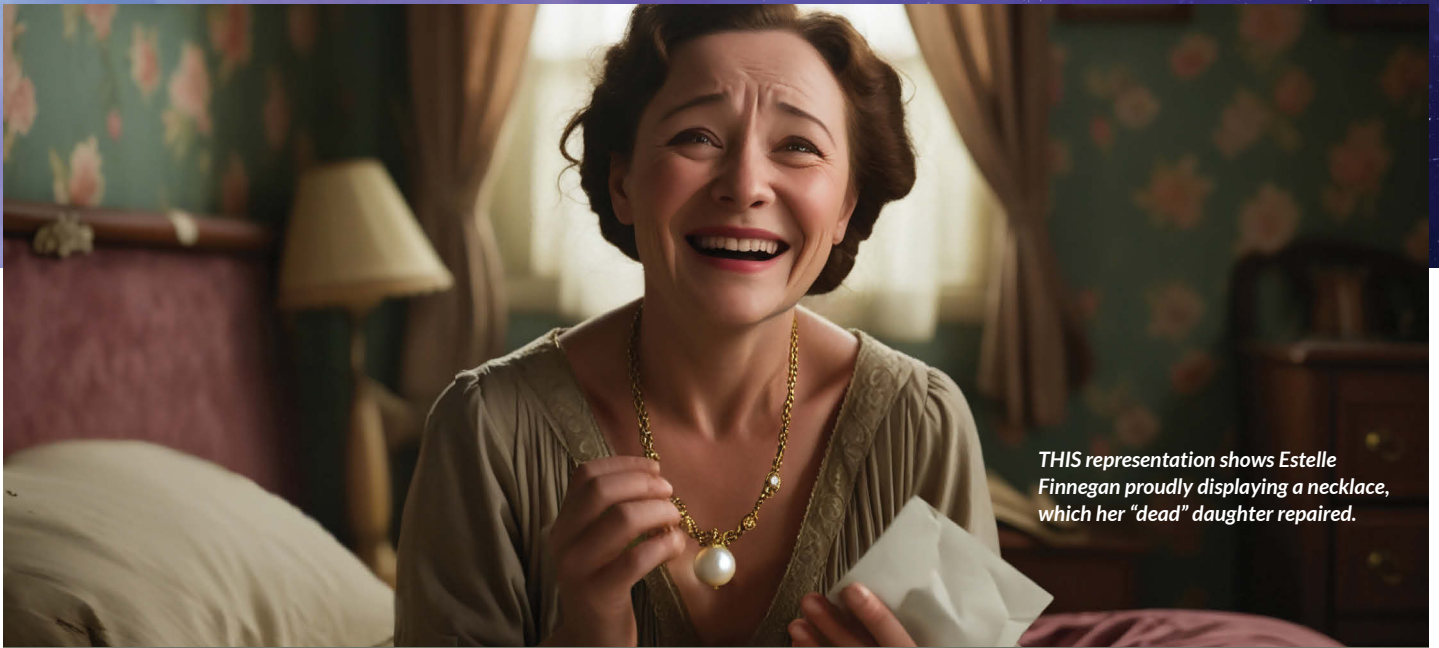
He “was impatient for her to come. In the midst of the hand-shaking, I snatched glimpses of her, noted her progress with the slow-moving file across the end of the room; then I saw her start up the side. This gave me a full view of her face.

“I saw her last when she was within 25 feet of me. For an hour I kept thinking she must still be in the room somewhere and would come at last, but was disappointed.”

Later on in a smaller room, Twain was introduced to more admirers including the woman he was so anxious to meet. He greeted her by saying, “I knew you the moment you appeared at the reception this afternoon.”

Puzzled, she replied: “But I was not at the reception. I have just arrived from Quebec and have not been in town an hour.”

Twain's explanation for this extraordinary occurrence was that as his friend was travelling on the train, she so looked forward to meeting him again she somehow projected her image into his consciousness.



THIS representation shows Estelle Finnegan proudly displaying a necklace, which her "dead" daughter repaired.

‘Dead’ daughter repairs prized necklace

Has a spirit person not only returned to a loved one, but also materialised and done or left something tangible as evidence? – Matthew Miles.

Estelle Finnegan’s daughter Mary Lee passed in 1928 on her fifteenth birthday. This prompted Estelle to ponder, not for the first time, “seriously and longingly,” the age-old question, “Where are the dead?”

“Should anyone have told me at the time of her death that she would return to me again in 1934, I would have thought them insane and paid little attention to their remarks,” Estelle wrote three years later.

In 1934, a recently divorced Estelle was sharing a room in a boarding house with her eighteen-year-old son on Vermont Street in St Louis, Missouri.

It “was a large room with two front windows. The furniture consisted of two single beds, two chairs, a table and an old-fashioned wardrobe. A small dressing room adjoined it.”

Estelle’s prized possession was a beautiful gold necklace set with a large pearl. She wore it to work every day until while removing it one night it broke in several places.

She told her son she would have it repaired and also shortened after receiving her next salary cheque in a week’s time.

Meanwhile, Estelle picked up the pieces, placed them in an envelope,

sealed it and put it in her purse. Estelle took it to work next morning to show a friend.

“Imagine, if you can,” she wrote, “my surprise when I tore the envelope open and pulled out the necklace in perfect condition. Not only was the chain repaired, but it was about two inches shorter!”

Estelle returned to her room where her son was busy studying. They talked for a while about the necklace, but could think of no explanation.

At length they both decided to turn in and undressed for bed. They drew the curtains on a beautiful moonlit night.

“No sooner had I turned out the light and flung my weary body on the bed when my daughter appeared,” said Estelle. “She stood by my bed, radiantly beautiful, her golden hair falling over her face.

“I shall never forget the three short sentences she slowly uttered and her mystifying disappearance.

“Standing directly in front of me and wearing the same dress I selected for her burial, she said: ‘Mother, I fixed your necklace. I think it is beautiful. Wear it always.’”

Estelle “reached out my hand to touch her, only to find that she had vanished as mysteriously as she had entered.

“My son, who quickly recognised his sister’s voice, had by that time gotten out of bed. I turned on the light and saw that he was very pale.

“‘Mother,’ he said, ‘did you see and hear

Mary Lee?’ He seemed dazed and thought he might be dreaming. I told him that she had been there; that I, too, saw and heard her, and together we again tried to solve a mystery!”

Neither slept that night. The next morning, Estelle related everything to their landlady, who happened to be a Spiritualist. She did not think it so unusual and thought that Mary Lee would likely make another spirit return.

Estelle took the repaired necklace to work, showed it to a jeweller and asked for his opinion.

“He assured me, after careful examination of the necklace, that human hands could not have repaired it, for there was not a trace of where the links had been united,” said Estelle. “The chain was a thick one, and one that would be very difficult to repair.”

Estelle’s son continued to live and work in St Louis, while she married again and went to live in Jefferson City, Missouri.

“I do not know what the future holds for me,” said Estelle. “I find myself constantly wishing that I might gaze into a crystal and learn whether or not my beloved daughter will ever return to me.

“Two years have passed and she has not returned again and she perhaps will not do so, but of one thing I am thoroughly convinced – that the dead can return in visible form.”

Medium foresaw monarch's passing

Who was the South African medium who forecast the Second World War, the atomic bomb and the passing of King George VI? – April Grey.

She was Margaret Lloyd of Johannesburg, South Africa, who was born in 1886. Her name was engraved on the cornerstone of Troyeville Spiritualist Church, Johannesburg – now Troyeville Baptist Church – which she was instrumental in helping to build in 1909.

Margaret founded the Thursday Circle of Johannesburg for physical mediumship (which spirit guides called “The Light-Bearer Circle”), which functioned for 38 years under her guidance. Her main guides were St Margaret of Scotland and St Clara of Assisi.

Well-known Spiritualist Vidie Carleton-Jones, who passed in 1970 aged 83, sat in it and wrote in *Psychic News* about some of the wonderful mediumship that occurred there through different mediums.

Major Alan Howgrave-Graham worked with Margaret for thirteen years, spirit rescuing over 100 boy suicides.

He described her as “probably the finest deep-trance medium in the southern hemisphere, one fit to be compared only with such renowned psychics as Gladys Osborne Leonard and Leonora Piper.”

Margaret knew no language but English yet spirit communicators spoke through her in French, German, Afrikaans and High Dutch.

When Margaret's Healing Guild was opened, Florence Nightingale spoke through her in trance, saying she had searched long for an appropriate medium and at last found Margaret Lloyd.

While doing all this she always found time to care for her family as a wife and a mother. Unable to say “No,” Margaret often missed meals and exhausted herself, helping poor souls whose only return was often lack of understanding and ingratitude.

Prof T. J. Haarhoff of the University of Witwatersrand worked with Margaret for many years.

He recalled that eighteen months before the start of the Second World War, “she saw the whole course of events including the atom bomb at a time when most mediums were saying ‘There will be no war.’”

“On the night when King George VI died, Robert Lees (one of Queen Victoria's mediums and now a guide) woke her and told her ‘The King is passing; Elizabeth

South African Medium Materialises In Wales

FORM ILLUMINED BY OWN LIGHT

Within a few weeks of her passing Margaret Lloyd, well-known South African medium, has materialised to Professor T. J. Haarhoff, of Witwatersrand University.

Haarhoff, who knew Mrs. Lloyd for many years, regrets that unfortunately the most striking evidence cannot be publicly disclosed because of its private nature.

But an impressive feature of the manifestation was the self-illumination of the psychic form — a phenomenon similar to that portrayed by Tissot, the famous French artist, of an Eglinton seance he attended (picture below). This in itself was of evidential significance to Haarhoff as he explains in this article.

It requires effort and skill for a spirit-body to “build up” as it is to be visible to the ordinary eye. In most cases when the effort is made, there is not enough ectoplasm.

In very many cases, alas, fraudulent people pretending to be mediums have resorted to trickery with cheese-cloth and wires in order to make money out of a gullible public.

It is the branch of psychic work that most leads itself to deception. At the Harris circle in Cardiff the room and the clothing of the medium are offered for inspection of the most critical kind.

In the circle I attended there was a professor of physics and a former inspector of schools — men trained in weighing evidence. The materialisation of Margaret Lloyd only a few weeks after her passing is a remarkable fact, because one would have expected her to need a long rest after her long illness.

FLOWER APPORT

Of those present I was the only one who had known her. Details about her were entirely unknown to other sitters.

She began by getting her spirit-daughter to put into my hand an apport in the shape of a flower-leaf. This was evidential to me because she used to bring me a flower — a fact unknown to any of the sitters.

Next, after many forms had assumed solid shape out of the abundant ectoplasm that flowed from Mrs Harris who was now in trance, she (Margaret) materialised and gave me overwhelming evidence of her identity.

At a previous circle we had seen this expanding light and I had been told that it was a symbol for me.

Now I recognised it as an indication of our Johannesburg circle, founded and led by Margaret Lloyd for some 38 years continuously, called by the guides “The Light-Bearer Circle.”

Today, in Rome, I received a letter from Mrs. Harris saying that on December 10 Margaret Lloyd had materialised again. I think Mrs. Harris will not mind my quoting her striking words: “M. came. She was beautiful. She stepped forward and kissed my hand and thanked me for the help given.”

She then put her hands together and suddenly this lovely light just grew in her hands and illumined her, so that everyone saw her clearly.

“Our visitors were very impressed and asked who the beautiful lady was. D. (one of the sitters) said she was a great medium who had done great service in South Africa. She then said she would come often to us and do all in her power to help.”

I testify to this experience willingly, in spite of the scoffers, because I know beyond any possibility of doubt that it is genuine and I can rule out any subjective element because there is the testimony of all the other sitters (about a dozen) to whom Margaret Lloyd was completely unknown.

Materialisation is most striking as objective evidence, but for sustained communication a medium in whom the communicator is attuned is the best.

HARMONY

Such a medium I found in Mrs. Harwick, of the Marylebone Spiritualist Association. Those who still hold the antiquated idea that communications are non-sensical or on a low level, have obviously had no experience of such communications as these, where wisdom and guidance are combined with an elevated beauty of language and solutions given to many problems that have been troubling the mind. But it is up to us to remain in harmony with our guides.



Margaret Lloyd

HERE'S how “Psychic News” reported Margaret Lloyd's spirit return a few weeks after passing on.

will not visit the Union but will fly back.’ (Princess Elizabeth and Prince Philip were staying at Treetops in Kenya at the time on a Commonwealth tour.)

“She mentioned this to me at 10.00 am the next day and the first news reached South Africa just after 1.00 pm. It was all the more impressive because everyone thought the King was in good health.”

Margaret never accepted a penny for the exercise of her psychic gifts, which she always used with love and devotion. She passed on November 23, 1952 after a long illness.

Major Howgrave-Graham wrote that his last sitting with Margaret in September, “the only one since March owing to her physical condition, was the means of saving a man in America, whom neither the writer nor she has ever even personally seen, from taking his own life, as he has twice assured the writer.”

Prof Haarhoff was present a few

weeks later at the physical circle of a Mrs Harris in Cardiff (no connection with the famous Alec Harris circle), when Margaret materialised fully illumined by her own light. The circle included a professor of physics and a former inspector of schools.

“Of those present,” wrote Prof Haarhoff, “I was the only one who had known her. Details of her were entirely unknown to the other sitters.

“She began by getting her spirit daughter to put into my hand an apport in the shape of a flower leaf. This was evidential to me because she used to bring me a flower — a fact unknown to any of the sitters.

“Next, after many forms had assumed solid shape out of the abundant ectoplasm that flowed from Mrs Harris who was now in trance, she (Margaret) materialised and gave me overwhelming evidence of her identity.

“All those present could see and hear her, but nobody except myself could appreciate the fine points of the evidence which was absolutely and completely convincing. Even if it were reduced to the words that all could hear and the form all could see, it would still be convincing.”

Prof Haarhoff added: “When the power went down, she began to fade, but said before she went, ‘I’m coming again.’”

“Later in the séance she came again. After a few moments she held her hand to her breast and from then on, she spread out a wonderful light that illumined her face and figure.

“At a previous circle we had seen this expanding light and I had been told it was a symbol for me. Now I recognised it as an indication of our Johannesburg circle, founded and led by Margaret Lloyd for some 38 years continuously.

“Today, in Rome I received a letter from Mrs Harris saying that on December 10 Margaret Lloyd had materialised again.

“She writes: ‘M. came. She was beautiful. She stepped forward and kissed my hand and thanked me for the help given.

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“D (one of the sitters) said she was a great medium who had done great service in South Africa. She (Margaret) then said she would come to us and do all in her power to help.”

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>



OVER the centuries, various paranormal occurrences have been reported at the Tower of London. (Photo: pikous)

Kings and Queens haunt world-famous tower

By John West

THE Tower of London has a very dark history. It was a royal palace, a prison and a place of torture and execution.

It may surprise some to learn that the last execution took place there during the Second World War after a German agent was captured and found guilty of spying.

After failing to secure a peace treaty between Germany and Britain, the tower also briefly held Rudolf Hess, Hitler's deputy and successor. Even the infamous Kray twins, arrested for failing to report for National Service in 1952, experienced a spell within its walls.

In an earlier article for *Psychic News*, I wrote about the ghosts said to haunt the tower – Anne Boleyn, Guy Fawkes, the Countess of Salisbury and Henry VIII.

I have decided to return to London's most sinister landmark and record some more of the

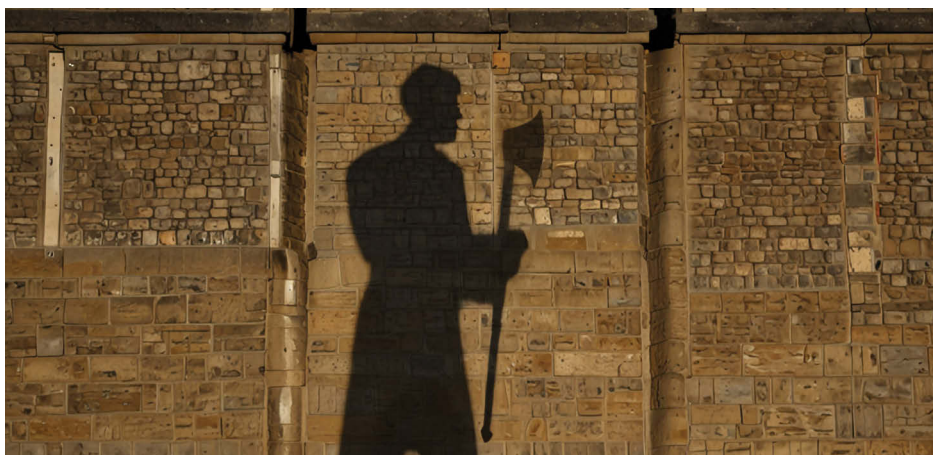
tower's ghostly happenings.

"Taff" Cullen was one of the Custody Guards with over 25 years' service at the tower. Almost every night when walking through St John's Chapel he noticed the overpowering smell of perfume.

However, it was not a pleasant smell, as he described it as "a cheap, stagnant perfume," which would have made him physically sick if he had lingered there.

The smell only became noticeable after midnight, building up to a high point in the small hours before fading away at dawn.

Only one other Custody Guard ever noticed the perfume, although another guard revealed that he often smelt roast beef when walking through the White Tower in the early hours of



IT has "been claimed that sometimes the giant shadow of an axe appears from nowhere and spreads from Tower Green to the walls of the White Tower."

the morning.

Mr Cullen once had a terrifying experience in the former Sword Room in the White Tower.

As he stepped into it, he was seized by a feeling of crushing pressure on his body, which he compared to wearing a heavily weighted diving suit.

Mr Cullen thought he was having a heart attack, but noticed that the pressure was not getting worse.

He managed to shuffle towards the Sixteenth Century Gallery, where the feeling of pressure immediately left him. Three years later he had the same experience and became convinced that something was trying to force him to leave the room.

Mr Cullen also experienced an odd occurrence when walking through the vaults below the White Tower.

He often felt as if someone was walking behind him, a cold pressure making the hairs on the back of his neck stand up.

This always happened during his last patrol of the night. When Mr Cullen retraced his steps, the pressure would rush away from him.

Another guard, a Mr Grimwood, also experienced the same thing when patrolling the area. The laying of the sub-crypt's new wooden floor abruptly put an end to these occurrences.

Another Custody Guard named Bushell was a keen Spiritualist. One night during his patrol, he decided to sit down in what was then known as the Tudor Gallery in the White Tower and go into "deep concentration" using a seventeenth-century shopkeeper's ledger as a focus to "put something into operation."

As Mr Bushell did so, he felt as if a black velvet cloak had been thrown over his head and tightened around his throat.

The guard managed to break free and fled the building. He was so shaken by his experience that he never tried the

experiment again.

Mr Bushell once fell and broke his hip during a patrol. He described how after falling, he had the sensation of being lifted from the floor and then dropped again.

He also told a fellow guard that he often felt someone touch him on the back and shoulders as he walked through the White Tower.

The strangest occurrence in the White Tower was recorded by Arthur Crick, a Custody Guard with twenty years' experience. One hot summer night, he was sitting in the old Record Room.

Mr Crick was removing a shoe to rest his feet when he heard a voice say: "There's only you and I here. There's only you and I here."

The guard leapt up and replied, "You wait till I get this bloody shoe back on and there'll be only you here," at which point he fled the building.

During the Second World War, a sentry on duty near the main tower entrance was shocked to see a group of men approaching him dressed in medieval uniforms.

They were carrying a beheaded man on a stretcher, the head being placed underneath one of the man's arms.

The vision faded away as they neared the soldier. It emerged that the uniforms matched those issued to the Sheriff's Men in the Middle Ages.

Their job was to collect the corpse of an executed man for burial. They would then take his head across the Thames to London Bridge, where it would be displayed above the southern entrance.

It has been claimed that sometimes the giant shadow of an axe appears from nowhere and spreads from Tower Green to the walls of the White Tower.

One night in 1954, at 11.45 an officer saw what appeared to be a puff of smoke emerge from the mouth of a cannon outside the White Tower.

The smoke hovered for a moment and

formed into a cube. It then moved along some railings, changing shape as it did so.

The officer called to a nearby sentry, who also witnessed it. The smoke lingered on the side of some steps before vanishing.

A letter was published in the *Evening News* on August 24, 1970. The writer, Mr M. Gibbs, claimed that his girlfriend saw a ghost of a long-haired woman standing near a window in the Bloody Tower.

The figure "was dressed in a long, black velvet dress and white cap, and wore a large gold medallion around her neck.

"No one else in the party saw the woman, but when she went to the window for a closer look, my girlfriend found it very hard to breathe."

Mr Gibbs added that when his girlfriend revisited the tower, she again found it hard to breathe when passing the same window.

Some have suggested that the woman saw the apparition of Anne Boleyn, Henry VIII's ill-fated second wife, or Lady Jane Grey, who was Queen for just nine days. Both were beheaded on Tower Green.

The Bloody Tower was the scene of the murder of twelve-year-old Edward V and his nine-year-old brother Richard Duke of York. Wearing white nightclothes and walking hand in hand, their ghosts now supposedly haunt the place of their deaths.

One of history's greatest mysteries is who was responsible for their demise. Was it their uncle Richard III or Henry Tudor? Several centuries later, the debate continues.

In 1674, bones belonging to two children were found beneath a staircase of the White Tower. Assuming these were the remains of the murdered children, Charles II ordered their reburial in Westminster Abbey.

Statesman, soldier, writer and explorer Sir Walter Raleigh also haunts the Bloody Tower.

James I accused him of treason and sent him to the tower. He was executed in October 1618.

Sir Walter met his end with dignity and bravery. After he was allowed to see the axe which would be used to behead him, he uttered these immortal words, "This is a sharp medicine, but it is a physician for all diseases and miseries."

Sir Walter's form has been seen walking a section of the battlements known as Raleigh's Walk. In his time, the walk extended to the Lieutenant's Lodgings.

In 1976, the wife of one yeoman warder was having a bath in one of the houses there. Bending over the taps, she felt a hand brush the small of her back.

Thinking it was her husband, she was about to chide him, but realised he was out on duty.



A SENTRY saw a group of men in medieval uniforms carrying a beheaded man on a stretcher.

Remembering that the bathroom stood where Raleigh once walked, she said, "Oh, stop it, Raleigh!" The ghost obliged and she continued with her bath.

Lady Jane Grey's apparition was supposedly seen in the early hours of February 12, 1957, the 403rd anniversary of her execution.

Guardsmen Johns glanced up at the battlements of the Salt Tower and saw a "white shapeless form." A search found nothing to account for the sighting.

"I thought I was seeing things," said Johns. "The ghost stood between the battlements."

"I went to tell the other guard and as I pointed to the battlements the figure appeared again." Others have claimed to see Jane's ghost gliding across the green or along the battlements.

Lady Arbella Stuart was an English noblewoman. The cousin of King James I, she had been considered a possible successor to Elizabeth I.

Against the King's wishes, William Seymour, 2nd Duke of Somerset – another claimant to the English throne – married her. In anger, James imprisoned her husband in the tower.

Arbella was placed under house arrest. In June 1611, Seymour escaped, planning to meet up with his wife, who had also escaped captivity.

They decided to flee to the Continent, but bad weather and other circumstances delayed their meeting. Arbella was recaptured and sent to the tower.

William managed to escape, but was never reunited with his wife. Arbella remained in the tower, dying there in 1615 aged 39.

Her apparition now haunts the Bell Tower. Dressed in grey, she has been seen looking out of a window. Doors in the tower occasionally open by themselves. The tapping of a woman's heels has also been heard in the corridors.

In 1977, two painters were working in the Middle Tower when they heard someone walking backwards and forwards on the roof. The footsteps continued to pace up and down above their heads for the next few days.

A search of the roof failed to find any trace of the person responsible. No battlements connected this tower to others, so the perpetrator could not have escaped detection.

In 1968, a Scots Guard was patrolling the walls from the Byward Tower and Sally Port when he became distressed and claimed that unseen figures were following him.

"They're following me up and down on my beat," he cried. "They came out of the Sally Port."

The guard was so scared that he had to be relieved of duty. A search of the area found no one.

A year or so later, another guard rushed into the guardroom claiming that a man in a cloak appeared from the shadows in Water Lane.

He challenged him only to discover that

the figure was headless. The guard was so shaken that he needed medical care.

The Wakefield Tower was the scene of the murder of Henry VI, who was praying in the oratory when he was stabbed to death by an assassin.

It is now widely thought that Edward IV, who was re-crowned the morning following Henry's death, had ordered his murder. Henry's form is now said to haunt outside the chamber where he died.

Henry is always seen between the hours of eleven and midnight, especially around the date of his murder.

In October 1978, stones were thrown at two sentries. The missiles came from the Wakefield Tower, but a search failed to find the culprit, the door to the tower being firmly locked.

In 1240, Henry III ordered the construction of a new water gate. The structure collapsed into the Thames twice. Noting that this happened on St George's Day, Henry asked the builders for an explanation.

They claimed that the apparition of Thomas Becket, the murdered archbishop, had appeared and knocked the building down with his crosier.

The ghost was heard complaining that the defences were not for the benefit of the kingdom, but "for the injury and prejudice of the Londoners, my brethren."

Mindful that his grandfather had caused Becket to be murdered, Henry ordered a chapel to St Thomas to be included in the rebuild, naming it St Thomas's Tower.



IN the White Tower, a Custody Guard with twenty years' experience once heard a voice saying: "There's only you and I here. There's only you and I here." (Photo: Bernard Gagnon)

This clearly pleased Becket, for the water gate was completed without any further problems.

The families of tower officials later used the building as accommodation. They would often report seeing a phantom monk in a brown habit.

In 1974, the slap-slap of sandals was heard walking across a wooden floor in a room with wall-to-wall carpeting.

Sir George Younghusband, a former Keeper of the Jewel House, often observed a door opening and closing on its own.



HERE is the chair in which German spy Josef Jakobs was executed at the Tower of London. (Photo: Francis Storr on Flickr)

More distressingly, the sobbing of a child would occasionally be heard. A search of the tower always failed to locate the child.

Mint Street, a section of the Outer Ward running north from the Byward Tower, was once the scene of a strange occurrence.

Geoffrey Abbott, one of the Yeoman Warders at the tower, was going on duty one morning when he was asked by a Scots guardsman if anyone had passed him. No one had, and Abbott asked why the man had left his usual beat.

"I heard an unearthly shriek," he explained, pointing in the direction from where Abbott had walked. "After the yell, I heard the sound of running footsteps!"

Mr Abbott later became an author and wrote several informative and entertaining books about the Tower of London.

In one of them, he mentions that his wife once felt the presence of "someone else" and the feeling of evil in their tower home. Unable to stand it any longer, she was forced to seek the comfort of a neighbour.

The author also writes of a fellow yeoman warder who, in 1977, saw a man in a 1940s-style grey utility suit standing in the hallway of his house. As he turned to get a better look, the figure faded away.

There was no record of any tragedy in the house, but only yards away from his home was the site of the rifle range where German spies were executed during the Second World War.

The Salt Tower was used to incarcerate Roman Catholic priests who had invoked the wrath of Henry VIII. Some left graffiti on the walls, a chilling reminder of the

suffering they endured for their faith and loyalty to the Pope.

Finding themselves alone here, several visitors have seen a yellow light which eventually fills the whole room. The eerie touch of icy fingers on the neck and the sound of a voice in prayer accompany this strange sight.

However, some apparent ghostly activity in the tower was found to have a natural explanation.

A guard was patrolling the White Tower when he heard bare feet walking in St John's Chapel. Unsure of what he would find, he entered the chapel only to see a large and well-fed pigeon waddling up the aisle.

On another occasion, the fingers of a gauntlet in a display case were seen to move. A guard shone a torch on the exhibit and revealed a hapless mouse trapped by its tail inside the cuff.

Henry VIII's armour once tapped on the glass of the display case as a shocked guard walked by.

It was discovered that walking near the display caused the floor to tremble, which in turn moved the armour. But for an examination of the floor, another ghost story involving Henry VIII would have been added to the tower's long list of haunted happenings!



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.

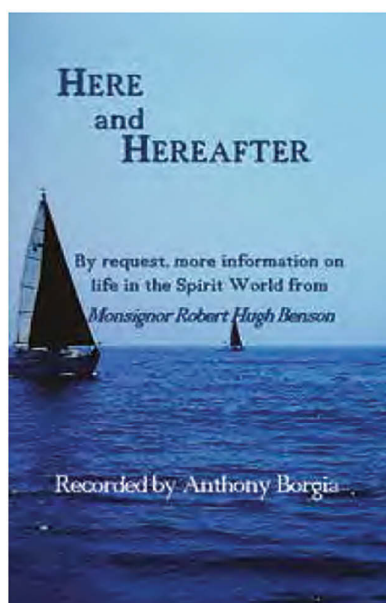


FACTS: More spirit communications from Monsignor Robert Hugh Benson

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

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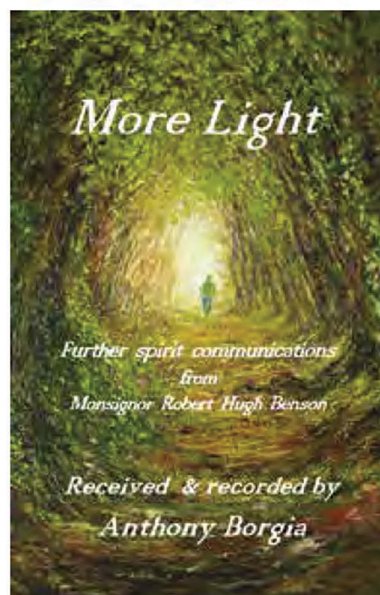
HERE AND HEREAFTER

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.

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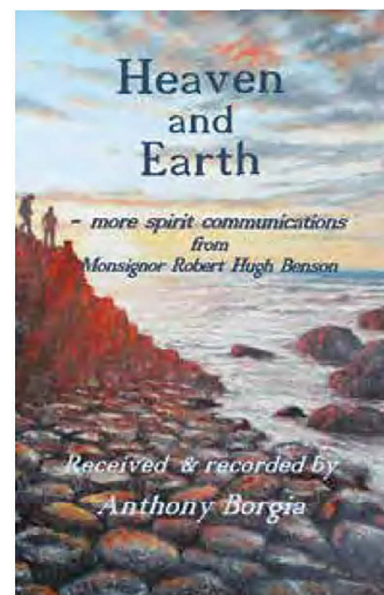


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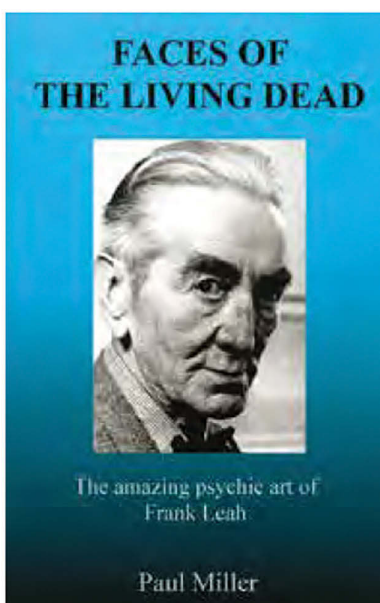


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Budgie entangled in hair features in spirit message

By Lionel Owen

A veteran Spiritualist and long-serving medium, in this specially written feature Lionel Owen examines what constitutes good survival evidence.

SPIRITUALISTS have long claimed that ours is the only religion able to offer evidence that life continues after the change called death.

To do so, mediums must provide incontrovertible evidence of the continued existence of the human soul.

Though this is vital in public demonstrations, which are the shop window of Spiritualism, it is no less important during one-to-one sittings. But what exactly constitutes good proof of survival after death?

Many will say such evidence has to be specific with details like names, dates, places of residence, etc.

Whilst one cannot quarrel with this, experience has shown me there are other more subtle details, which are even more convincing. Mediums would do well to recognise and understand this.

To illustrate what I mean, let me describe a message I gave to a lady at a public demonstration some years ago.

I described the man communicating with me, together with information about his life and passing, which she accepted was her father.

After the service concluded, she came

up to me to say "Thank you," but added something I have never forgotten.

"I knew it was my father because while you were delivering the message, you looked and sounded exactly like him," she said.

Whilst this does not always happen, when it occurs it's totally convincing to a recipient.

Although names, addresses and dates are usually excellent pieces of evidence, mediums should never lose sight of the fact that they are far from being the only proof available to a medium who is properly attuned to those linking with him or her from the spirit world.

For instance, many people have a singular characteristic which identifies them beyond any doubt.

Perhaps the spirit communicators injured themselves and are minus part of their physical body like a finger, a leg, an eye or an ear. They may also possess a feature such as a particularly prominent nose or chin.

Many people have hobbies or pastimes to which they devoted much of their time and effort. There are lots of examples such as stamp collecting, playing games such as

bowls or cricket, and other activities like dancing or darts.

Spirit communicators might also have revered a particular author or even been a writer themselves. Perhaps they will tell the medium their favourite colour or a meal they particularly enjoyed.

Others may supply the exact date of their passing. For instance, a medium at a service in London once described someone to me, including their name. I recognised it, but as far as I was aware he was still on Earth.

The medium gave the day, month and year of his passing, which proved to be the most convincing evidence.

When I eventually discovered he had indeed passed on, I was able to find his grave – and the date the medium relayed was carved on the headstone.

On another occasion, in describing the passing of an aunt of mine, the medium said, "She tells me that just before she passed, she reached out her hands to the person who was with her, but they withdrew her hands."

I knew the lady who was present when my aunt passed. When I spoke to her, she confirmed this is exactly what happened.

It seems she knew my aunt was close to passing and became afraid, which was why she withdrew her hands. What clearer evidence could one receive?



MEDIUMS "need to be very aware of their responsibility to the religion of Spiritualism when they demonstrate both in public and private."

Often it is details such as this which are even more convincing than more obvious information. Such evidence is much more personal to the departed individual and all the more evidential because of this.

I also remember describing to one sitter a female communicator who was wearing a large handkerchief on her head. It seemed a strange thing to relay. However, it was correct.

The communicator started wearing a handkerchief on her head when visiting the sitter's family because on one occasion a budgie became entangled in her hair. This impressed the sitter more than anything else.

It is important not to ignore apparently strange information. As teachers I knew in the past used to say, "Mediums should give what they get!"

Mediums also need to be very aware of their responsibility to the religion of Spiritualism when they demonstrate both in public and private.

It is also important for them to remember that if someone is communicating for the first time, they will naturally be nervous and may need prompting to provide good evidence.

A spirit contact might be so fixated on giving a particular message or word of comfort to a recipient that they are quite unaware of the need to provide proof of their identity.

Communication is a two-way process. To obtain specific information, mediums must be willing to ask a spirit being specific questions. If they are properly attuned and fully aware answers will be forthcoming.

Mediumship is not an exact science. Just as each individual human being is unique, so it is with mediums.

Being a medium is an awesome responsibility. It behoves us to ensure that we do everything we can to ensure we become the clearest channel possible.

Even mediums with a strong natural gift which seems to need little development must accept the necessity of working hard on honing their ability.

If a medium knows they are giving exactly what Spirit tells them, unless a recipient understands and accepts messages, you have not done enough.

Sometimes you have to amplify what you've been given, but there's no need to worry, as your guides and helpers will assist you.

I have known mediums who became upset with recipients who cannot remember the person being described to them.

However, demonstrators have a duty to persevere by giving more evidence until recipients can accept evidence they relay.

There are no shortcuts to being a good medium. Becoming upset with those in the congregation is not acceptable.

In preparing themselves to represent the public face of Spiritualism, mediums should think about how recipients recognise someone they know being described by another person who has met them.

Imagine you have a close friend or relative who emigrated to Australia and a third person who met them there describes them to you.

What would enable you to be sure it was your friend being described? Is their name and physical description sufficient, especially if they have no really distinguishing features like missing limbs, etc?

Would you not identify them more readily from a description of their personality? Think about what enables you to recognise them if you meet them when they are with others.

Perhaps it's their voice or their dialect. Communicating spirit beings will use such readily recognisable characteristics when

trying to prove their identity.

It's a medium's responsibility to be sensitive to every part of their body when demonstrating.

It is insufficient to presume that your mind is all which will be used. A communicator will often try their best to use a medium's emotions to establish identity.

If you become aware of a particular feeling for no apparent reason, ask why you are being given this or that emotion. When using a mediumistic gift nothing should ever be ignored.

Evidence of neighbours who were well known to a communicator is something else which can help establish someone's identity.

It is helpful and important to be able to distinguish between the name of the communicator and that of someone they knew during their lifetime.

It is very also important to avoid asking lots of questions. If you are soundly trained and fully developed, you will be more specific and less vague in describing communicators via your gift.

Another point is this: who in the congregation is the intended recipient? Unless a medium can identify them, the risk of the wrong person receiving messages is significant.

There should be complete trust between a medium and their spirit guides or helpers.

This can only come about by constant practice and observation when a medium is developing their gift. Only when they completely understand how their gift works will identifying recipients be effective and quick.

After finding the right recipient by giving specific information about a communicator, the process should be as rapid as possible.

Other mediums are impressed to go direct to a recipient. Again, it's vital to ensure it is the right person.

Further information about a spirit contact's identity must be provided and accepted before continuing to explain the reason for the communication.



LIONEL OWEN: There should be "complete trust" between mediums and their guides and helpers.



A Good Read

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STEAD: THE MAN

Personal reminiscences

By Edith K. Harper

RRP UK £13.50 US \$16.99

214 pages

VINTAGE EDITION

The publisher writes: "In *Stead: The Man*, Edith K. Harper documents the psychic world of W.T. Stead – newspaper editor, author, pacifist, social reformer and pioneer of investigative journalism.

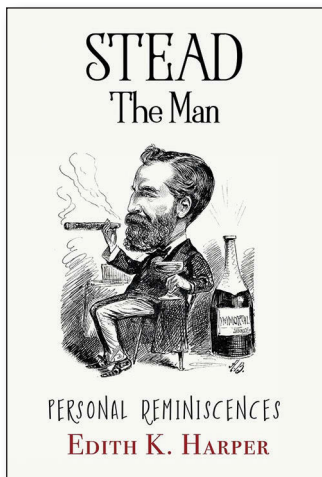
"While controversial in his methods, W. T. Stead was driven by a fearless pursuit of truth and an unwavering faith in the unseen.

"Renowned for his journalism and activism, he considered his spiritual work, especially Julia's Bureau – his effort to connect the living with the dead [by offering free readings] – his greatest legacy.

"W. T. Stead believed all human beings were 'amphibious,' existing in both the physical and spiritual worlds.

"There is not a materialist on earth,' he asserted, 'who could live a week if he did not... enter the spirit world by the simple process of going to sleep!'

"His deep faith in divine presence led him to proclaim: 'Every enemy you have is a man in whom Christ is imprisoned. Your task is to liberate the Christ in him!'"



PARANORMAL STATES

Psychic abilities in Buddhist convert communities

By D. E. Osto

RRP UK £25 US \$30

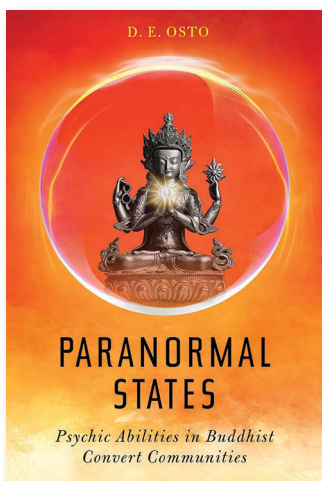
336 pages

The publisher writes: "A number of converts to Buddhism report paranormal experiences. Their accounts describe psychic abilities like clairvoyance and precognition, out-of-body experiences, near-death experiences, and encounters with other beings such as ghosts and deities, and they often interpret these events through a specifically Buddhist lens.

"This book is a groundbreaking exploration of these phenomena and their implications for both humanistic and scientific study of the paranormal.

"D. E. Osto considers the limitations of both traditional religious views and Western scientific studies of the paranormal and proposes instead a new Buddhist phenomenological approach.

"Ultimately, *Paranormal States* contends these deeply mysterious and extraordinary experiences exceed current understandings and they can help bridge the gap between religious and scientific worldviews."



YOU CAN'T DIE

By Wendy Marston

RRP UK £9.99 US \$16.59

64 pages

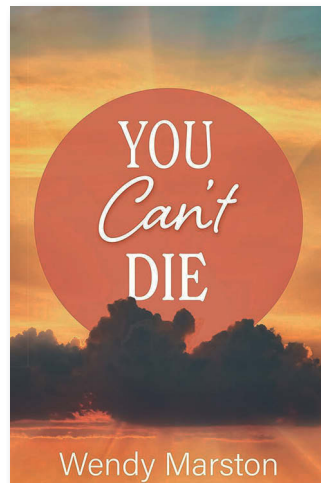
The publisher writes: "*You Can't Die* was inspired by Wendy Marston's visits to her regular spiritual meetings that she began attending after the passing of her mother.

"Before her mother 'died,' Wendy, her sister and father all agreed two very secret code words.

"Following her passing, Wendy's mother came through a medium who gave her the secret code, along with more evidence that led her to become a believer in clairvoyance.

"Her father continued to be a sceptic but began coming through mediums very quickly after his passing and asked Wendy to write her second book.

"*You Can't Die* is a thought-provoking collection of true stories that aims to provide evidence of life after death."



BEHIND THE MEDIUM'S MASK

Eileen Garrett's shadow self

By Elisabeth J. C. Warwood

RRP UK £16.82 US \$21.00

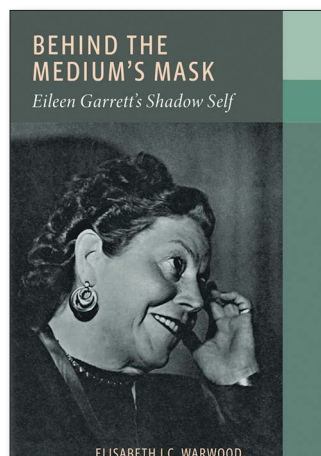
326 pages

The publisher writes: "Eileen Garrett was one of the most internationally renowned and studied psychic mediums of the twentieth century. She was also an author, publisher, and co-founder of the Parapsychology Foundation.

"In *Behind the Medium's Mask: Eileen Garrett's Shadow Self*, historian Elisabeth J.C. (Lis) Warwood reveals significant discrepancies in Garrett's autobiographies.

"Not just a genealogical unmasking, the disclosure in this new biography of Garrett's extensive re-imagining of her early life:

- Raises questions about the theory that heightened psychic function results from childhood trauma
- Highlights the implications about history formulated upon autobiography that on genealogical investigation proves to be personal myth-making and self-promotion
- Brings into consideration broader issues of interest to parapsychologists, therapists, historians and students of literary genres."



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ASTRAL PROJECTION FOR BEGINNERS

Guide to mastering astral travel
& out-of-body experiences for
optimal living

By Sophia Grace

RRP UK £6.99 US \$9.99

147 pages

The publisher writes: “*Astral Projection for Beginners* is more than just a guide – it’s your personal roadmap to mastering the art of out-of-body experiences for optimal living.

“Dive into the exhilarating realm of astral travel, where your soul becomes the ultimate explorer, transcending the limits of the physical plane.

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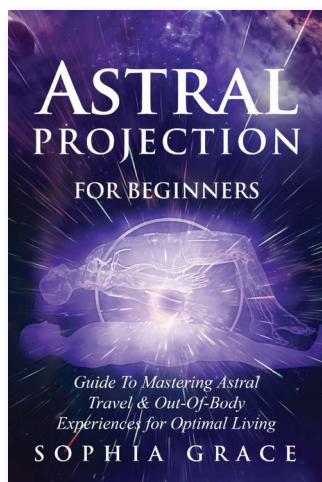
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- What to expect as you explore both physical and astral realms

“And that’s just the beginning!

“Packed with practical tips and easy-to-follow guidance, *Astral Projection for Beginners* empowers you to confidently embark on your astral journey.

“Whether your goal is spiritual growth, personal insight or simply an extraordinary adventure, this book will be your trusted companion on the astral plane.”



THE HERBAL DOG

Holistic canine herbalism
Applications and practice

By Rita Hogan

RRP £18.99 US \$24.99

464 pages

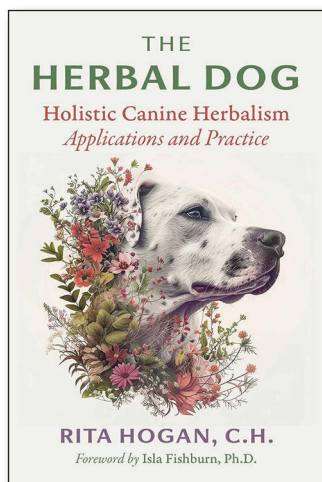
The publisher writes: “In this comprehensive guide to holistic care for dogs, clinical canine herbalist Rita Hogan explains that by looking at dogs as individual ecosystems with unique personalities, physiology, and needs, we can select effective and personalised herbal remedies to support their constitutions and provide relief from many different ailments.

“Rita, who has spent more than two decades working with canines, uses energetic principles (cool, warm, dry, damp) to reveal how herbs are not ‘one size fits all’ and how to find the root cause of chronic imbalances.

“She discusses in depth how a dog’s main organ systems work, how they are connected to each other and why we need to understand them when choosing specific herbs and foods.

“Presenting safe, clinically proven and effective protocols for common canine conditions – from acid reflux to allergies to itching, scratching and yeast – Rita presents a wide variety of holistic and herbal remedies from herbal tinctures, glycerites, and phytoembryonics to flower essences, essential oils, medicinal mushrooms and homeopathy.

“Her comprehensive materia medica of canine-specific herbs details what herbs are good for which conditions and why.”



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A transformative quest

Author: Nina Mongendre

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RRP UK £19.99 US \$22.99

44-card deck & guidebook

The publisher writes: “A compassionate and whimsical 44-card deck that shows how it is never too late to heal your childhood and nurture the child that still lives within you.

“This powerful deck invites you on a journey to wholeness and healing. Featuring colourful, inviting artwork that speaks to the heart of the inner child and a comprehensive guidebook with detailed reflections, healing statements and visualisations, this oracle deck is your guide to finding peace within.

“*Healing the Inner Child Oracle* includes practical techniques to soothe your nervous system, to retrain your brain for resilience and calm, and to facilitate the acceptance and care your inner child craves.

“The essence of this inner child healing lies in igniting the joy, innocence and love that are your birthright.”



THE ANIMAL ELDERS ORACLE

A 44-card deck &
guidebook of Indigenous
wisdom & healing
medicine

Author: Asha Frost

Illustrator: Hawlii Pichette

RRP UK £17.99 US \$19.99

The publisher writes: “Tap into guidance from the animal spirit realm and connect to ancestral wisdom with this transformative 44-card deck and guidebook from Indigenous medicine woman and author of *The Medicine Within* and *The Sacred Medicine Oracle*, Asha Frost.

“Everything is interconnected. All of creation carries a spirit. Indigenous people have always had a sacred relationship with animals and treated them as honoured elders.

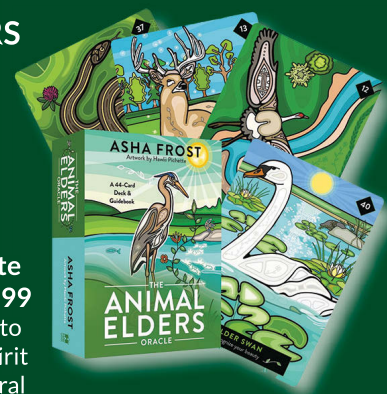
“Animal beings in the spirit realm are part of our spiritual support team as allies and medicine keepers, ready to help, waiting to remind you of your humanity and deep connection to the natural world.

“With 44 Elder Animals depicted in a richly detailed traditional Ojibway art style, each card carries its own unique medicine.

“This deck offers meaningful insights and messages to guide you on your path both from the universe and in the voice of an animal spirit guide from the lands of the Ojibway people – from Elder Artic Hare to Elder Wolf.

“Whether you’re seeking clarity, healing or a deeper connection to your ancestral lineage, these cards provide a bridge to the spirit world.

“Use this deck in your rituals and ceremonies, do readings with it for your clients and friends, and share it with your communities. As the medicine ripples out, hold Indigenous people in your heart and honour how their history continues to impact your current reality.”



CLASSIFIED ADVERTISING

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www.gypsyrosedivination.com

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www.britishpma.co.uk

Listing Directory of Psychics,
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Email:

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www.michael-chapman.co.uk

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or call: **01376 563091**

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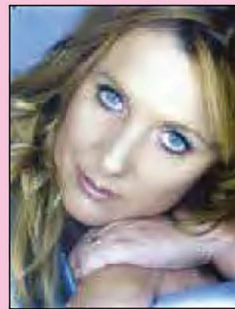
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Website: www.wendydove.co.uk

Email: 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.

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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
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Greece and Paxos, Toni's affiliation to
the stone puts them and their faithful
Druid group in danger.

AVAILABLE FROM AMAZON

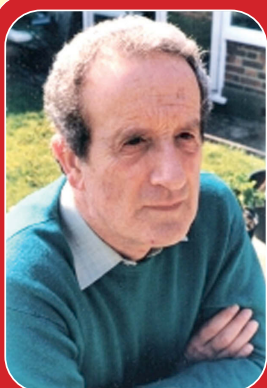
MAIN CLASSIFIED ADVERTISING RATES CAN BE FOUND ON PAGE 57
DISCOUNTED CHURCH & CENTRE CLASSIFIED RATES ARE ON PAGE 59



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www.joanfrew.co.uk	www.healingangels.co.uk
www.emmalmather.com	www.gypsyrosedivination.com



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

What's On at Spiritualist Churches & Centres

ENGLAND

BERKSHIRE

MAIDENHEAD SPIRITUALIST CHURCH

River View Lodge,
Ray Mead Road,
Maidenhead
SI6 8NJ

President: Jenny Lloyd

Telephone:

07857 558927

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

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:
pntemp12@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.bsnucc.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

APRIL 2025

Sunday Service at 10.45am

6th KAREN MARTIN

13th WENDY WHARTON

20th DEB CLARK

27th MICKY HAVELOCK

Thursday Service

at 7.30pm

3rd HAZEL M'LISTER

BREWER

10th EMMA EVANS

17th JOHN MORROW

24th JOY DALTON

Healing In person

Tuesdays 10.00am - 11.30am

Special Events

Saturday 12th April

10am - 12 noon

1-1 Private Readings

Saturday 26th April

Workshop with

ANDY FORD

See website or phone

centre for details

of other Special Events

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
APRIL 2025
Sundays

Divine Service at 6pm
6th JOHN MORROW
20th ANDY FORD
27th LISA HUNTER &
AMANDA HEROD
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
Every Sunday at 7pm
Demonstration of
Mediumship
Spiritual Healing available
All Welcome

DEADLINE
The advertising
deadline for the
MAY 2025
issue is
8th April 2025
Please email your event
details to
Paul Brett at:
pntemp12@gmail.com

ESSEX

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
Mediumship Demonstration
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

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www.snu.org.uk/cheltenham-spiritualist-church
Facebook: Cheltenham
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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
Website:

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
APRIL 2025

Sunday 6th 6.30pm
Divine Service with
LESLIE KNIGHT
Sunday 13th 6.30pm
Divine Service with
JAN ROSS

Sunday 20th 6.30pm
Divine Service with
JIMMY DIMITRI
Sunday 27th 6.30pm

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Every Tuesday 7.30pm - 9pm
with ALISON POWELL
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2pm - 4pm & 5pm - 7pm
Last booking @ 6.30pm
Special Events
Saturday 19th 10am - 4pm
Reclaim Your Soul Power
Workshop with
LINDSAY PERCIVAL
Saturday 26th 10am - 1pm
Coffee Morning
1-2-1 Readings & Healing
All Welcome

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
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:

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Email: [Bexleyheath.church](mailto:Bexleyheath.church@gmail.com)

[@gmail.com](mailto:Bexleyheath.church@gmail.com)

Or see us on Facebook

APRIL 2025

Sunday

Divine Service at 6.30pm

6th KEITH THOMPSON

13th BRENDA HODGSON

20th JULIE SINCLAIR

27th EMMA BOAKES

Tuesday Service at 2pm

1st JULIE SINCLAIR

8th JILL BALL

15th PAULA STEVENS

22nd LAURA WOOD

29th DIANE REID

Spiritual Healing

Tuesdays 7.30pm - 8.30pm

Free (Donations accepted)

Open Circles

Mondays 7.30pm - 9.30pm

(Excluding Bank Holidays) £5

Wednesday 9th & 23rd

12noon - 2pm £5

Open Platform

Wednesday 16th April

7.30pm - 9pm £5

with SHERRIE HARDAKER

Special Events

Saturday 26th April

1pm - 3pm

Private Readings

35 mins for £20

See website for details

Wednesday 30th April

7.30pm - 9pm £5

(Please arrive by 7.15pm)

Evening of Mediumship with

RICHARD BALDWIN &

BRENDA TREADGOLD

- Spirit Artist

All Welcome

**THE SANCTUARY
OF HEALING
CHRISTIAN
SPIRITUALIST
CHURCH**

Mills Terrace, Chatham,

Kent ME4 5NZ

Telephone: 01634 880039

Email: [george.mcqueen](mailto:george.mcqueen@yahoo.co.uk)

[@yahoo.co.uk](mailto:george.mcqueen@yahoo.co.uk)

Website: [www.sanctuaryof](http://www.sanctuaryofhealing.co.uk)

[healing.co.uk](http://www.sanctuaryofhealing.co.uk)

APRIL 2025

Sundays 6.30pm - 8pm

Divine Service (Donations)

6th VICKY DIPROSE

13th CLAIRE EDWARD

20th STEPHEN MORRELL

27th CHRIS KING

Friday Evenings of

Clairvoyance 7.30pm - 9pm

£4 (Members £3)

4th PAULA STEVENS

11th LINDA WADDUPS

18th Good Friday Service

25th KIM & TREVOR

CATTERMOLE

Healing

Wednesdays 10.30am

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@](mailto:mitchellsleight@btinternet.com)

[btinternet.com](mailto:mitchellsleight@btinternet.com)

Mediums' Secretary:

Sharon Harris

Telephone:

07731 815220

APRIL 2025

Sunday Services at 6.30pm

(doors open 5.50pm)

6th DIANA REID

13th JUDITH FREEMAN

20th LEE ROBERTS

27th CAROLINE HACKETT &
RYAN THIRKELL

Evenings of Mediumship

Wednesday 2nd 8pm

£5 (£2.50 members)

with JEFFERY HEWITT

Wednesday 16th 8pm

£5 (£2.50 members)

with ELAIN STANTON

Special Events

Saturday 5th 10am - 4pm

£20 in advance

Singing Bowl Workshop with

STEPHEN GRAVES

Please bring a packed

lunch or use local cafe etc

Saturday 19th 7.30pm

£15 in advance

Evening of Mediumship with

DANNY WRIGHT

Open Circles in person

Tuesdays 1st, 8th & 15th

7pm - 8.30pm £5

Thursdays 3rd, 10th & 17th

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

4th Tuesday of each month

22nd April 2025

7pm - 8.30pm £5

Call Callum on

0790 210 9639

Website:

www.westwickham

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

Events throughout the week

Private Parties and Sitzings

Available

Website: www.leicester

progressive.com

Email:

spiritchurch@outlook.com

Telephone:

0116 2536098

We Welcome Everyone

**DISCOUNTED
CLASSIFIED
ADVERTISING RATES
for CHURCHES
and CENTRES:
40p per word
Email for a quote:
pntemp12@gmail.com**

**FOLLOW
PSYCHIC
NEWS
MAGAZINE
ON**

facebook

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
Website: www.barneshealingchurch.co.uk
Email: barneshealingchurch@hotmail.co.uk

APRIL 2025

Sunday Service of
Mediumship
at 6.30pm
6th LAURA WOOD
13th RAY PRENDERGAST
20th ROSIE SPIRIT
27th JUNE FROST

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

Website:
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
Entry: £4 Cash only please

APRIL 2025

2nd ANDREA MILES
9th BEVERLEY SWIFT
16th KAREN WARNER
23rd SALLY JOHNSON
30th VAL DAINES
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
APRIL 2025

**Sunday Divine Services in
Church at 6.30pm**
6th OWEN WILLIAMS
13th TOM FLYNN
20th LORRAINE FRANCOIS
& ALAN SALMON
27th ANGELA WATKINS
**Thursday Online Zoom
at 7.30pm**

3rd SPENCER ROSE
10th SHANNON RATAY &
NANCY MURATALLA
17th MATT & KIRSTY
GROGAN
24th KELLY BRICKEL
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

APRIL 2025

2nd PAULINE WOODHATCH
9th MALCOLM PUTLAND
& LESLEIGH BADGERY
Clairvoyance &
Spirit-inspired Art
16th DIANA REID
23rd STEVE GRAVES
30th IAN TAYLOR
Healing every week
from 7.30pm until 9pm
All Welcome

MERSEYSIDE

**BIRKENHEAD
SPIRITUALIST
CHURCH**

2 Mount Grove, Oxtan,
Birkenhead, Wirral,
Merseyside CH41 2UJ

Facebook:

**Birkenhead SNU
Spiritualist Church**

Email: 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

Email:

lightonthehill@live.co.uk
Tel: 07528 348432

APRIL 2025

In-Church Services
Wednesdays at 7.30pm
2nd IRENE HALL CSNU
9th LESLEY TURTON
16th GARY WHITE
23rd KAREN MILLIE JAMES
30th MARC IMPEY
followed at 9.15pm
by AGM

Healing

Thursday 3rd 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

Friday 11th April 2025
7pm arrival

7.30pm start - 9pm finish
£5 entry

Red Night Light Event with
NIGEL TOWNSEND &
LYNN WILLIAMS

Please note:

*This event may not be suitable
for everyone as there are
specific requirements.*

*Further details can be found on
our website on the Events/
Workshops 2025 page.*

Saturday 26th April 2025

7pm - 9.30pm

£10 (£8 members)

Medley of Mediums with
MARC IMPEY,

SONIA THOMAS &
MARK FLANAGAN

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

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

SOMERSET

ALCOMBE & MINEHEAD CHRISTIAN SPIRITUALIST CHURCH

Grove Place,
Manor Road, Alcombe,
Minehead TA24 6EH
Telephone: 0783 110 4896
Spring & Summer
(March to end of October)
Sunday Service at 6.30pm
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
Winter
(November to end of February)
Sunday Service at 3pm
Website:
www.mineheadspiritualistchurch.co.uk
All Welcome

PSYCHIC NEWS
is now on
Blue Sky Social
Find us at:
[@psychicnews.bsky.social](https://www.facebook.com/psychicnews.bsky.social)

WESTON-SUPER-MARE NATIONAL SPIRITUALIST CHURCH

2 Stafford Road,
Weston-Super-Mare,
North Somerset
BS23 3BW
Facebook:

www.facebook.com/wmspiritualistchurch
Website :

www.westonsupermarespiritualistchurch.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

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

SURREY

CAMBERLEY SPIRITUALIST CHURCH

112 Gordon Road,
Camberley,
Surrey
GU15 2JQ

Website: www.camberleyspiritualistchurch.org

Telephone:
01276 409004
APRIL 2025
Sunday Divine Service
at 6.30pm
6th SPENCER ROSE
20th SUE & MALCOLM NASH
Evenings of Mediumship
Tuesdays at 7.30pm £5
1st EVE COWELL
8th CAROL DAWBER
15th LAURA WOOD
22nd JEFF WOODHOUSE
29th SARAH WAWMAN
Special Events
Saturday 12th Workshop with
CAROL DAWBER
Saturday 26th 7.30pm
Evening of Mediumship with
LEE ROBERTS

Open Circle

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 5th March
7.30pm - 9.30pm
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 CRO 1HE
Telephone: 020 8688 1827
Email: croydonspiritualistchurch@gmail.com
Website:
www.croydonspiritualistchurch.org.uk
APRIL 2025

Sunday 11am Service
6th MINISTER
JACKIE WRIGHT
13th SHARON FORDE
20th VANDA GALAZKA
27th STEPHEN TICKLE
Wednesday Evenings
of Mediumship at 7.45pm
Members: £2.50
Non-Members £5
2nd INGRID KELLY
9th ANNETTE CARTY
16th MICHAEL REDWIN
23rd CALLUM CORDELL
30th VICKY KNIGHT
Community Coffee Morning
Tuesday 1st April 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
Workshops and 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 GU90HN
President: Jean Harris
Telephone: 07936 708882
Follow us on Facebook

APRIL 2025

Sundays at 6.30pm
6th JAN MORGAN
13th SARAH NORRIS
20th Easter Service with
JANEY JENKINS
A free will offering will
be collected
Tea/coffee and home-made
cake after the service
Healing available
Please Note
No Open Platform in
April or May
Special Event
Saturday 10th May
Private Readings Day
Thank you for your support
A Warm Welcome To All

**KINGSTON NATIONAL
SPIRITUALIST
CHURCH**

Villiers Road,
Kingston upon Thames,
Surrey KT1 3AR
Website:
www.kingstonsnc.net
Email: kingston.spiritualist
@yahoo.com

Follow us on Facebook
Enquiries: 07503 405007
Bookings: 07780 474440
APRIL 2025

Sunday Service at 11am
Plate Collection
6th To be confirmed
13th HELEN ANTONIOU,
Spirit Artist &
LESLEY TURTON
followed by AGM
20th ANGELA WATKINS
Easter Sunday
27th DENISE SAUL
Mondays at 7.30pm
Evening of Mediumship
£4 (members £3.50)
followed by Healing
7th MICHAEL LENNON
14th LAURA WOOD
21st Easter Monday – Bank
Holiday – Church Closed
28th MICHAEL DJAN
Spiritual Healing
By donation
Every Wednesday
2pm - 4pm

Open Platform

Medium Training 18+
with LESLEY HAMILTON
1st Saturday of month
Saturday 5th April
2pm - 4pm £6 (£5 members)
£3 Audience

Open Awareness Circle

For beginners 18+
on 1st & 3rd Friday of month
4th & 18th April
7.30pm - 9pm
(Doors shut promptly at 7.30pm)
£6 (members £5)

with LESLEY HAMILTON
**Spiritual Talk &
Guided Meditation**

On 3rd Wednesday of
month with
CHERRY SRINAGANAND
Wednesday 16th April
7.30pm - 9pm
£6 (£5 members)
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 SM14NP
Telephone: 07958 034820
Website: www.sutton
spiritualistchurch.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
BN251RS
Telephone:
01323 737407
Email: enquiries@
seafordspirit.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
Subscribe for updates
and to register for online
events and to receive
login codes for
Divine Services
All Welcome

WEST SUSSEX

**LADY AMETHYST
SPIRITUAL CENTRE**

Heene Community Centre,
Heene Road,
Worthing,
West Sussex
BN114PL
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.
brownhillsexcelsior.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 spiritualist
church.com
For specials see our
Facebook page:
Parkside Spiritualist Church
All Welcome

**STOURBRIDGE
NATIONAL
SPIRITUALIST
CHURCH**

49 Union Street,
Stourbridge,
West Midlands
DY81PJ
Telephone:
01384 825060
Website:
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

For details of Spiritualist Churches and Centres in
the USA, please visit our new website address at:

www.psychicnews.uk

**SUTTON COLDFIELD
SPIRITUALIST
CHURCH**
Kenelm Road,
Off Manor Hill,
Sutton Coldfield,
West Midlands B73 6HD
Website:
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 Easmore 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:
[redditchspiritualist
centre@gmail.com](mailto:redditchspiritualist
centre@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

**PLEASE HELP US
SAVE
PSYCHIC NEWS
SEE PAGE 7
FOR DETAILS**

SCOTLAND

**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
Email:
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
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 0SP
Telephone: 07360 272727
Stockists of
Healing Crystals & Incense
Oracle. Angel & Tarot Cards
Private Readings
Spiritual Gifts
& much, much more
Website:
[www.warrenstarling
psychicmedium.com](http://www.warrenstarling
psychicmedium.com)

**FINANCIAL HELP
THE SPIRITUAL
TRUTH FOUNDATION**
is a charity that makes
grants to Spiritualists in
need, for kitchen equipment,
furniture, household goods,
removal costs, travel for
family illness,
any unexpected expenditure
and also church building
repairs and refurbishment.
[www.spiritualtruth
foundation.org](http://www.spiritualtruth
foundation.org)

GUERNSEY

**THE
GREETING PLACE
FOUNDATION
SPIRITUALIST
CENTRE**
Douzaine Room,
St Peters, Guernsey,
Channel Islands
Enquiries to: Ann Jennings
Telephone:
01481 247185
Mobile:
0778 141 3218
See our Facebook page for
further details:
**The Greeting Place
Foundation (link below)**
[https://www.facebook.com/
TheGreetingPlace
Foundation/](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
Email:
info@divinelight.org.gr
Address:
12 Niovis Str.,
Athens,
Greece, 11252

HARRY EDWARDS HEALING COLLEGE

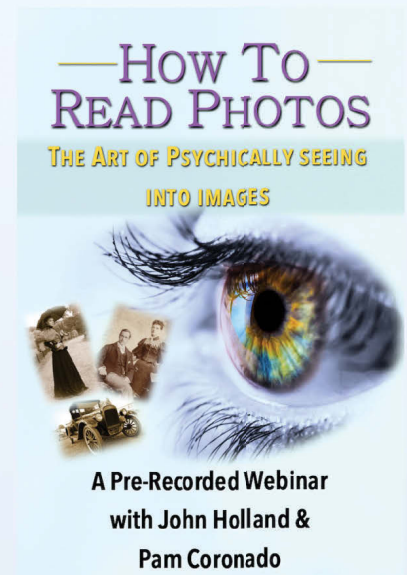
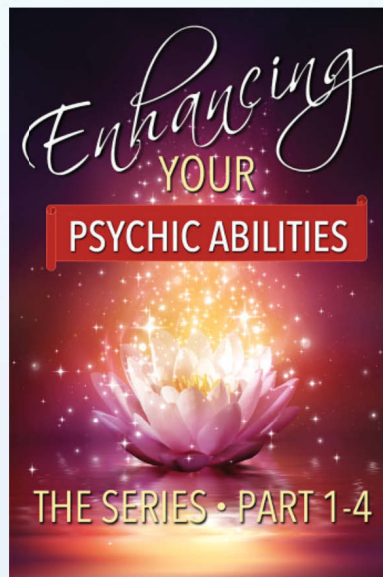
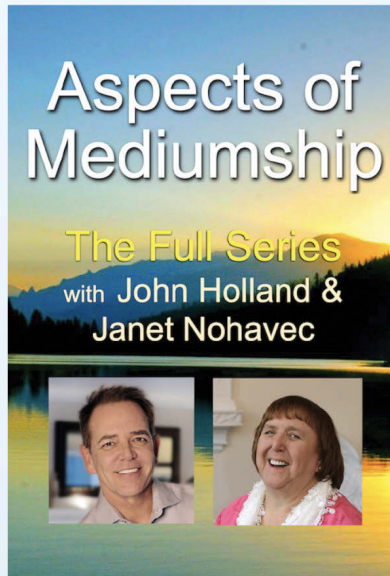
Contact Shelley for more information:
college.administrator@burrowslea.org.uk
Tel: 0770 602 7141 or 01483 202054

**Harry Edwards Healing Sanctuary,
Burrows Lea, Hook Lane, Shere,
Guildford, Surrey GU5 9QQ**

www.harryedwardshealingcollege.com

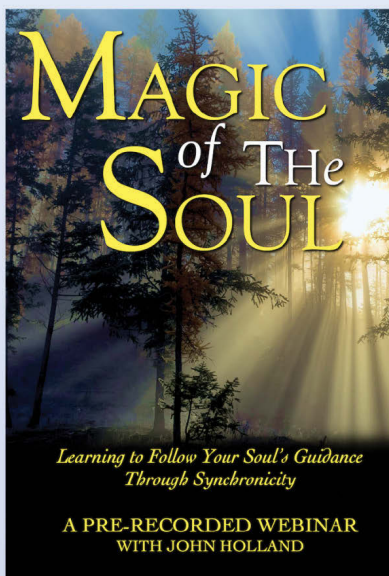


DISCOVER YOUR SPIRITUAL ABILITIES

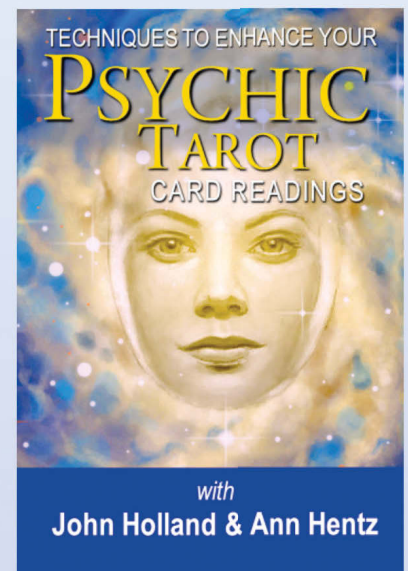
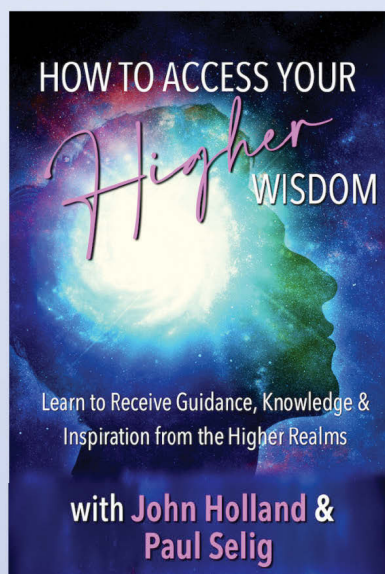


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