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**URI GELLER WARNS PRESIDENT
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**PSYCHIC ABILITY MAY
SURFACE WHILE FLOATING**

**NEAR-DEATH EXPERIENCE
CHANGES SCEPTIC TO BELIEVER**

**REGRESSION SESSIONS ARE 'A
POWERFUL FORM OF THERAPY'**

**KIRLIAN PHOTOGRAPHY
EXPLAINED**

**TV TOUGH MAN IS
MOVED TO TEARS AFTER
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**EARTHQUAKE PREDICTION
LANDS ASTROLOGER
IN JAIL**

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NEW BOOK TO
HELP GRIEVING
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COMMUNITY IN ARGENTINA**

**NEW SANCTUARY AT FINDHORN
RISES FROM THE ASHES**

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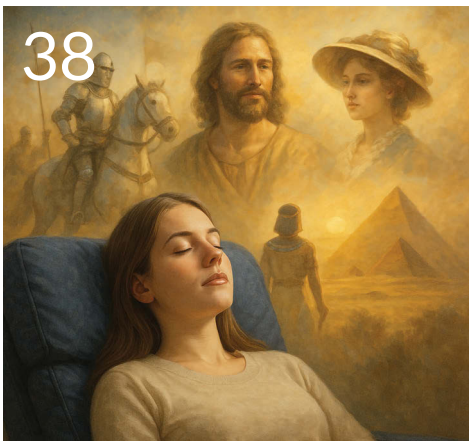
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TWO WORLDS ARE ONE

NEWS AND VIEWS FROM
THE EDITOR'S DESK

BY TONY ORZEN

Kate gives nature royal seal of approval

MANY people wrongly assume that Spiritualism is only about offering credible evidence of an afterlife. Whilst via mediums this is at the heart of our religion, Spiritualism also encompasses spiritual healing, and wider mind, body, spirit issues.

Although our physical body is a purely temporary overcoat, we should try to keep it in fine fettle.

Right thinking, a healthy diet and one's attitude all play essential parts. So does exercise and what better way to calm mind, body and spirit than glorying in nature?

Over the last year or so, King Charles and the Princess of Wales – better known as simply Kate – both announced they had been diagnosed with cancer.

Recently, Kensington Palace released a new video of Kate walking near the shores of Lake Windermere with a group of Scouts from Cumbria and Stretford, Greater Manchester.

Reporting for *The Standard*, Laura Elston wrote that Kate, who is in remission from cancer, "has long advocated the benefits of spending time in the natural world, previously revealing how nature became her family's 'sanctuary' in the wake of her diagnosis and during her chemotherapy treatment."

As they walked through woodland, Chief

Scout Dwayne Fields asked Kate, "When you come out here, when all the stresses and strains of regular life happen and you come into a space like this, what do you think about?"

The princess replied: "I find it a very spiritual and very intense emotional reconnection..."

"Not everyone has that same relationship perhaps with nature, but it is so meaningful for me as a place to balance and find a sort of sense of peace and reconnection in what is otherwise a very busy world."

Wearing a bakerboy cap, roll neck jumper, jacket, matching trousers and walking boots, Kate was shown crouching down as the Scouts, aged between ten and fifteen, crowded round a map on the ground.

Pointing at it, Kate commented: "It's so beautiful because of so many of the walks here."

"You can see Lake Windermere because it's huge isn't it? Look how hilly it is. Have you done any of these big mountains?"

Kate is joint President of the Scouts. Later in the video, Dwayne commented: "When you come out into a natural environment, it helps you understand yourself that much more."

"We really belong in nature. We're in tune with it. I think we need to come back to it because there is definitely something about being in nature that's connected to our wellbeing."

Here's one who believes that because of

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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THE Princess of Wales finds that nature provides a “very spiritual and very intense emotional reconnection.” (Photo: Kensington Palace)

their cogent comments on nature, both Kate and Dwayne deserve a badge.

Pope left lasting liberal legacy

AS our May magazine was already done and dusted, it wasn't possible to look at the legacy of Pope Francis, who passed on aged 88.

A few years ago, I wrote that some religions are downright intolerant and cause division rather than peace. Surely our philosophy should be to try and find what unites people, discover mutually acceptable common ground and respect different opinions.

Does it matter what religion others follow provided they are kind, caring and spiritual in its broadest form?

That said, for decades Roman Catholicism adopted a dogmatic doctrine on matters such as contraception, abortion, same-sex partnerships and the role of women.

Today, families encompass various forms – a man and a woman, two men or two women. Surely the important aspect is that children they care for are raised in a safe, secure and loving environment.

Traditionally, the Roman Catholic Church was against alternative lifestyles, so it was a surprise when Francis endorsed same-sex partnerships.

Backing such unions for the first time as pontiff, Francis called for them to be protected in law.

“Homosexual people have the right to be in a family,” he said. “They are children of God. What we have to have is a civil union law; that way they are legally covered.”

When speaking during his weekly address from a window above St Peter's

Square at the Vatican, Pope Francis once said that “gossiping is a worse plague” than coronavirus.

“Please, brothers and sisters,” he said. “Let's make an effort not to gossip.”

It was not the first time Francis brought up the subject. Several years ago, he urged priests and nuns to avoid spreading stories within their community to prevent the “terrorism of gossip.”

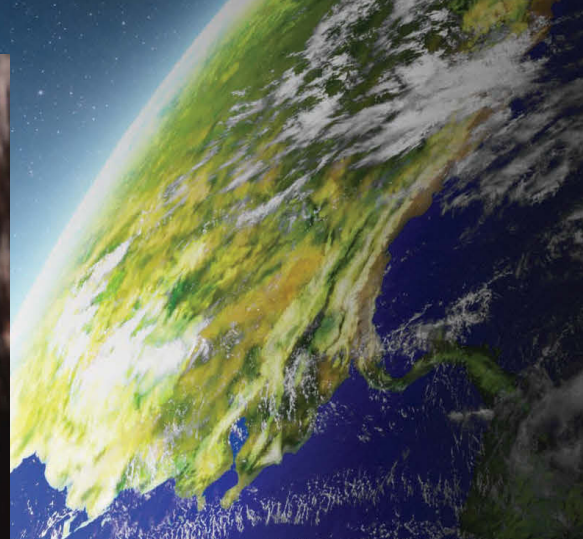
Now to the new Pope, American-born Robert Prevost, 69, who will be known as Leo XIV.

Early indications are that Leo will continue Francis' refreshingly liberal stance towards often complex and divisive matters. It's a disgrace that some of Donald Trump's extremist supporters have termed him “The woke Pope.”

According to various reports, Pope Leo is opposed to women serving as deacons, but once endorsed Francis' efforts to give them new leadership roles.



POPE FRANCIS once said that “gossiping is a worse plague” than coronavirus. (Photo: Jeffrey Bruno-Aleteia)



Compared to Roman Catholicism, Spiritualism is small, but we can be proud that women have always had total equality within our religion. At the moment both the Spiritualists' National Union and Greater World Association have female figureheads.

Likewise, those within the LGBTQ+ community have also enjoyed equality within Spiritualism with some Spiritualist churches offering same-sex ceremonies.

Hospital backs mindfulness

THE other day after I picked up a copy of the *GiST*, which contains news from London's Guy's and St Thomas' Hospitals, two items leapt out.

In a page feature headlined *Caring for your mental health*, Alana Cullen listed some top tips. Two of them read:

- Be kind. Acts of giving and kindness can improve your mental health wellbeing and create a sense of reward. It could be as small as thanking someone for something you are grateful for.
- Practise mindfulness. Pay attention to the present moment, including your thoughts and how your body feels.



A MAGAZINE featuring news from two of London's leading hospitals backs mindfulness, adding, "Pay attention to the present moment, including your thoughts and how your body feels."

In another section, the magazine announced a new Respectful Awareness initiative "to improve the experience of patients and their families who are receiving end of life care in hospital."

"As part of the initiative, staff will offer families the option of placing a swan symbol near the bedside of patients who are in their final days."

"This symbol will indicate the importance of this time, guiding hospital staff to be mindful of creating a peaceful and quiet environment."

Wards will also be provided with a swan box containing "items designed to make end of life care in hospital as comfortable as possible."

"This may include fans, night lights and family care packs. It may also include memory-making items such as hand printing kits and knitted hearts."

Gemma O'Driscoll and Kat Hall, the palliative care nurses leading the initiative, said: "This has been welcomed by staff, patients and families. It has been incredibly impactful to add meaning to such a difficult time."

"It also shows how we continue to care for patients as individuals right until the end of their lives and beyond."

Aren't we privileged to know that Beyond with a capital B heralds one's entry to the Higher Life and reunion with family, friends and pets who preceded us to a golden, glittering land governed by peace, light, love and liberation from worldly woes?

Experts warn on polluting perils of incense sticks

A COUPLE of issues ago, I reported on a new study warning that smoke from

candles, which many people light during practices such as meditation, can be injurious to human health. Now an alert made headlines about the polluting perils of incense sticks.

On the *Daily Express* website, Alex Evans began: "A warning has been issued to households who burn incense sticks because they're worse than a fireplace for indoor air quality."

"More and more UK households are thinking about their indoor air quality, looking to ways to boost it with indoor plants, air purifiers and other natural ways of stripping pollutants out of the air we breathe."

"But if you burn incense, you could be massively harming your air quality, which could be linked to all sorts of health issues including stroke, cancer, heart disease, dementia and organ failure."

Air quality expert Dr Pete Knapp told Imaginfires "how incense sticks and burning incense is the worst culprit in homes for air pollution, worse than fireplaces, candles or wood burning stoves."

Experts found that burning incense releases fine particulate matter, including the same pollutant emitted by diesel engines.

Researchers also found that certain tiny particles "can reach deep into the lungs, triggering inflammation."

"This sends stress signals into the blood, which, over time, can lead to organ failure, cancer, heart disease, strokes, dementia, COPD or even diabetes."

"With homeowners increasingly prioritising wellness and sustainability, the shift toward cleaner indoor environments is gaining traction."

"From reducing synthetic fragrances to choosing alternative heating solutions,

small changes can help to improve air quality without sacrificing comfort or style."

Imaginfires shared several key tips to boost air quality without adding pollution.

They said: "Swap incense for an essential oil diffuser, which provides a pleasant scent without releasing fine particulate matter..."

"Use soy or coconut wax candles with essential oils that burn cleaner than traditional paraffin-based candles."

Churches closing are sad sign of the times

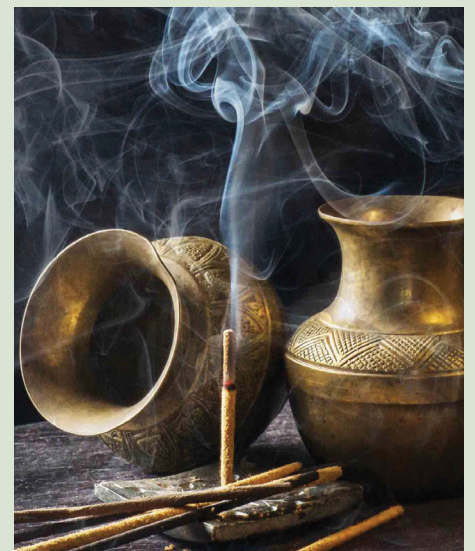
IN an exclusive story, the *Daily Mail* has highlighted how over the last decade, thousands of churches have closed in the UK with some being "turned into mosques, nightclubs, luxury homes, pubs and even swimming pools as congregations plummet."

In his report, Mark Duell said that churches "were once at the heart of almost every community across Britain, with their stunning architecture a great reminder of this country's rich tapestry of history."

"But more than 3,500 churches have shut across the UK over the past decade, with many now crumbling wrecks which can no longer be saved and face demolition."

"With church attendance having plummeted in recent decades and the repair bills simply too high, some of these beautiful buildings are simply locked up and unused."

Then came: "However, while their alarming decline paints a bleak picture for those who still view Britain as a Christian country, many churches are instead getting a new lease of life."



EXPERTS found that burning incense releases harmful particulate matter.



THOUSANDS of churches have closed in the UK with some being "turned into mosques, nightclubs, luxury homes, pubs and even swimming pools."

"They are being transformed for another use, such as becoming homes, community centres, libraries, museums, arts centres, theatres, offices, pubs or even nightclubs.

"In a reflection of the country's shifting religious make-up with Christianity on the decline and Islam on the rise, some churches are even being turned into mosques.

"Other developers are also stepping in to save the buildings, while vicars desperate to keep churches open are attempting to turn them into multi-use community facilities."

Mark added that an estimated 3,000 to 5,000 parish churches across the country are either closed or used intermittently without a resident vicar. The repair backlog for Anglican churches alone is at least £1 billion.

Over the last few years, various Spiritualist churches have closed mostly due to declining congregations or lack of funds.

Sadly, we live in increasingly godless times in a selfie-obsessed, spiritually bereft society, which is unhappy, lost, ill at ease and self-centred.

It's worth reminding ourselves that unlike vicars, Spiritualist ministers do not receive a salary. Nor do those who run our churches and give their time and talents for nothing.

Along similar lines, most mediums charge a pittance to take a church demonstration. All these individuals put service before self, an example we should all try and follow.

Points to ponder on giving service

FOLLOWING the above, there's just enough space to include some thoughts on service to inspire and uplift.

- The best way to find yourself is to lose yourself in the service of others – Mahatma Gandhi.
- Being of service to others is what brings true happiness – Marie Osmond.
- The purpose of human life is to serve, to show compassion and the will to help others – Albert Schweitzer.
- Service to others is the rent you pay for your room here on Earth – Muhammad Ali.
- Everyone has a purpose in life and a unique talent to give to others. When we blend this unique talent with service to others, we experience the ecstasy and exultation of our spirit, which is the ultimate goal of all goals – Dr Kallam Anji Reddy.
- To give real service, you must add something which cannot be bought or measured with money – Douglas Adams.
- When man has unfolded the talents of his mind and his spirit, and used all the physical developments, not for his own sake but for the service of all, then, indeed, you will have achieved the kingdom of heaven on earth – Silver Birch.

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Uri Geller warns President Trump to avoid nuclear war

RENOWNED psychic Uri Geller has sent a personal letter to American President Donald Trump urging him to take action that could prevent a nuclear war.

Famed for his metal-bending abilities, the Israeli seer has also made a number of predictions about forthcoming events. This time, he said he has been having a haunting vision that “is the most terrifying yet.”

Politics is not a new field for Uri. He used his abilities to help the Israeli military and the American CIA, gaining insights to international security, including nuclear capabilities.

His current fear is that Iran could be building an earth-shattering bomb. He told the *Daily Mail*:

“I see Doomsday in the minutes after Iran unleashes a nuclear bomb. I know it is Iran because I can see their military personnel turning keys. I hear the Farsi language being spoken.

“There is only one nation on Earth that has the firepower to prevent this nightmare from becoming reality: the United States of America.”

In an interview with TalkTV presenter James Whale, who has known Uri for over 30 years and is receiving healing for cancer from him, Uri talked about the contents of his letter to Donald Trump.

“First of all, I told him that he’s a peacemaker and that he is a revolutionary,” he said.

“I told him that my psychic abilities give me visions and I have seen the terrible consequences of possibly doing a deal with Iran.

“It will not stop them getting a bomb. On the contrary: they will use a Trump nuclear agreement as cover while clandestinely building nuclear weapons.

“‘Do not go down in history,’ I told

Trump, ‘as the American President who enabled them.

“Negotiations are not a path to peace, but the road to doom. It is my duty to warn you.”

Uri explained that in one of his recent visions “I saw mushroom clouds reaching the sky, vast walls of fire... American bases disintegrated and US cities ablaze.”

He added that American retaliation



URI GELLER: “I am a man of peace.”
(Photo: Thom Bleasdale)

would bring “destruction not only to the Middle East, but all the way to Los Angeles and Japan. Millions would be killed outright and millions more die from the fallout.”

However, Uri also saw an alternative scenario in which “United States and Israeli bombers destroy Iran’s nuclear factories, but not the people of Iran.”

The psychic fears that if Iran develops nuclear weapons, “One morning an Iranian

general will wake up. He will hear voices in his head and press the red button.”

James Whale challenged the suggestion that the allies should strike first rather than negotiate with Iranian authorities. Uri replied that the military leaders could not be trusted to keep to an agreement on paper.

“I am a man of peace,” he said, “but I’m concerned that Iran will unleash a nuclear bomb. Once that explodes, forget it.”

He pointed out to President Trump that “Iran’s leaders, who speak of the US as ‘the Great Satan,’ might see the obliteration of an American city as God’s will, even though it could lead to a worldwide nuclear holocaust and the end of human civilisation.

“This experience makes me certain that Iran’s nuclear programme, based deep underground, has military purposes. I can even feel the existence of the tunnels, spiraling out like a subterranean spider’s web.”

Uri added that while the “future is not yet written,” his “premonitions are strong.”

Earlier, Uri made a public plea to Donald Trump via social media. In an Instagram post in March, he urged the President to “choose the right path.”

He wrote: “Donald Trump, just like Ronald Reagan brought down the Soviet Union, you can slay the Iranian monster, but the only way to do it is by force.

“Do not wait. Do it now! Do not do a deal with the devil. Take the right path.”

After leaving the UK some years ago, Uri now lives in Old Jaffa, Israel, where he hosts tours of his self-named museum.

It contains memorabilia and artefacts from his demonstrations of mind power, including over 2,000 paranormally bent spoons.

Opera singer is now in tune with mediumship

A CANADIAN opera singer is now using her impressive voice to relay messages from the spirit world.

Michelle Minke was a successful soprano for more than twenty years, performing on stages across Europe and North America before returning to her hometown of Calgary, where she was the founder and artistic director of the Cowtown Opera for a decade.

The 43-year-old graduate of the Opera School at the Royal Academy of Music in London suffered the tragic loss of a stillborn son during the Covid pandemic. His passing became her spiritual awakening.

In the *Winnipeg Free Press*, Michelle told AV Kitching, "I can perceive information about a person, their energy, what is coming up for them, their emotional state and sometimes their health as well."

She now offers one-to-one sittings as well as group sessions. "People have described the group readings as grief counselling," Michelle added.

After losing her baby named Chase five years ago, Michelle "woke up three nights in a row at exactly 2.38 am to the scent of lilies. I started to feel like I was losing my mind.

"The second time it happened I told my husband I might need professional help. I was so worried."

On the third night, Michelle "woke up to a grown man at my bedside to my left. As soon as I looked at him I knew he was my son. He looked like me and my other son Max.

"I held his face in the physical form and said, 'Oh my God, it's you.' He just said, 'Yes'."

Shortly afterwards, Michelle felt "a lot of spirits come to me... I started having faces flash in front of my eyes."

Michelle began to realise she was supposed to be communicating "on behalf of people who have passed. But I didn't know how to take the abstract things that were happening to me and make it into something tangible."

During lockdown, Michelle studied with mediums over the internet. Now she has her own strict regime with the spirit world.

"I only connect to them when I say," she explained. "They are not welcome to come to me in my dreams, when I am playing

with my son or I am grocery shopping.

"They know that's not the time to communicate with me. I have boundaries in place."

Friends and fans found the switch in Michelle's life hard to accept, as she "couldn't have chosen anything more controversial.

"People were saying: 'Michelle is crazy now. She has lost her mind. Did you hear she thinks she's a psychic?'"

The soprano has learned that we are "all born good. When we die our spirit returns to the actual essence of our soul, which is good.

"We let our ego go. Things we were angry about, things we were guilty of, things we feel shame about all disappear when we return to our home."

Michelle, who now recognises she was psychic from a young age, added: "As children our minds are very open. We are all born with psychic senses.

"The veil is very thin, and we can see both the physical world and the spiritual realm. These abilities are within us from very young, but society and religious strictures take some of that away."

Michelle also realised that psychic gifts can be awakened in people who have endured great trauma. "I feel like that was the case for me," she admitted.

On her website, Michelle comments: "Grief is a natural response to loss. While it can feel

overwhelming, there are many ways to gently heal and find peace.

"As a medium, I believe healing comes from embracing both the emotional and spiritual aspects of your grief."

Embracing the term "woo-woo," which is how doubters describe paranormal topics, Michelle will be holding a woo-woo weekend in August.

This will be a "time for reflection, healing, awareness and release. Workshops consist of crystal sound baths, mediumship, art, breathwork, grounding in nature, kundalini yoga and fire ceremonies."

The annual event takes place on a ranch just west of Bragg Creek, Alberta. Michelle is also on a "Soul Connection Tour" around Canada. Details appear on <https://michelleminke.ca>

MICHELLE MINKE: "When we die our spirit returns to the actual essence of our soul."
(Photo: Facebook)



New sanctuary at Findhorn rises from the ashes

A WORLD-RENOWNED spiritual community has celebrated the opening of a new sacred space which has arisen from the ashes of its former burned-out meeting place.

The Light of Findhorn Sanctuary replaces the foundation's original Main Sanctuary, which was destroyed in an arson attack in 2021. A nearby community centre was also lost, but has not yet been rebuilt.

The new sanctuary will provide a space for meditation, connection and community renewal, according to the organisation's news release.

On behalf of Park Ecovillage Trust, Susie Kemp, wrote: "This Easter, our community marked a powerful moment of renewal, blessing and celebration with the opening of the Light of Findhorn Sanctuary.

"Over two beautiful days of ceremonies, meditations and reflection, hearts gathered to honour what has been and to bless what is now unfolding."

A livestream of the event was attended by more than 400 people from across the world.

Best known for its fifteen-acre Park Ecovillage, Findhorn is based in the county of Moray, north-east Scotland.

It began when Peter and Eileen Caddy and Canadian-born Dorothy Maclean were made redundant from their jobs nearby.

Relying on spiritual guidance, they lived in a caravan, growing vegetables to survive. Such was their success that a community evolved around their home.

In the late 1960s, the Park Sanctuary and the Community Centre were built, so residents could meet, have meals and meditate together.

In 1972, the community was formally registered as a Scottish charity called the Findhorn Foundation. The group was ahead of its time in exploring ways to live and work sustainably, with a low carbon footprint and minimal waste.

World recognition included a 30-year association with the United Nations. The community was designated as a UN-Habitat Model of Best Practice for holistic and sustainable living in 1998 and again in 2018.

For the opening of the new building, each ceremony ended with a meditation on the Golden Thread that "links our soul journeys through the Findhorn legacy," wrote Susie.

"The meditation welcomed the presence of the Landscape Angel and the Angel of Findhorn, charging the sanctuary with global intent to deepen our sacred relationships with all life seen and unseen. The meditation ended with a blessing."

Following the fire, donations poured in from around the world, alongside grant funding.

The trust said: "Community ownership funds were secured through applications led by the Findhorn Foundation Trust and Park Ecovillage Trust (PET), culminating in successful funding received in December 2023, when PET was awarded £194,665 from the UK Government's Community Ownership Fund, supporting the rebuilding efforts of the Light of Findhorn Sanctuary Park Ecovillage sanctuary."

Community volunteers helped to clear the site. Some of the work was organised by Jonathan Caddy, chair of the Findhorn Hinterland Trust and son of Eileen and Peter Caddy.

The workers helped prepare the trunks of trees blown down in spring storms for use in the construction of the new sanctuary.

The trust added: "The Light of Findhorn Sanctuary is more than a building – it is a living space for meditation, prayer and

inner connection.

"Like the original sanctuary, it will be open to residents, visitors and retreat participants, offering a place to sit in stillness, attune to the deeper currents of life and experience the sacred presence that has always been at the heart of Findhorn."

The devastating fire was started in the early morning on April 12, 2021. The foundation website reported:

"The community at The Park in Findhorn woke to a terrifying sight: fierce flames leapt metres into the sky as two buildings at the heart of the community burned to the ground.

"People sleeping in homes just metres from the inferno were hurriedly evacuated as seven fire crews battled to contain the blaze.

"Fear and shock spread as it became clear the fires had been set deliberately, razing the Community Centre and the sanctuary to the ground – two buildings that had been the community's main gathering places for around 50 years."

The arsonist was former manager Joseph Clark, who had been made redundant. After spending four months in prison, he was released and ordered to complete 300 hours of community work.

Insurers paid out £700,000, but additional fundraising was necessary to fulfil the trust's vision of a renewed centre.

Kathy Tyler, Project Coordinator for PET, said: "Light of Findhorn Sanctuary is a testament to our shared spiritual journey, community resilience and commitment to a deeper way of living.

"It is a sacred space for all who seek connection – with themselves, with nature and with the unseen realms of Spirit."

Details of the new sanctuary and events are available at www.findhorn.org

THE new Light of Findhorn Sanctuary replaces the original Main Sanctuary, which was destroyed in an arson attack. (Photo © Mark Richards – AuroraFindhorn)



Archaeologists hoped psychic could trace lost Roman treasure

A READER of *Psychic News* has been in touch to tell his remarkable story of spirit contact which led him abroad in search of answers. In one case, archaeologists hoped he might even reveal the location of lost Roman treasure.

Edinburgh-born John Richardson, a retired quality engineer now living in Fife, explained how a vivid dream caused him to take a trip overseas, convinced he had lost his life there centuries ago.

John explained that in the dream, he “was marching in a column of a very large body of Roman Legionaries. It appeared that I was near to the edge of the trees in a large forest.

“Suddenly without any warning it seemed the forest came alive and we were being attacked by forces I could not see. I could hear the screams of those around me.”

John was in the midst of a battle. “Fighting was raging all around me. All I could see was what I will call barbarian warriors pouring out of the trees and engaging the Roman soldiers.”

He viewed the groups of men being pushed further down the hillside. The “noise and mayhem were everywhere.

“The barbarians gained the upper hand, swinging large axes and swords. I could see that some were painted.”

John saw himself, exhausted and without his helmet. Kneeling in a shallow dip, he saw with horror a fellow soldier decapitated nearby. He “heard a second whooshing noise, then everything went black.”

John subsequently saw that a new book on ancient Rome had been published, titled *The Quest for the Lost Roman Legions* by Major Tony Clunn, MBE. He wrote to

the author and shared his story.

Tony Clunn was a retired Army major who discovered the main site of the Battle of Teutoburg Forest at Kalkriese Hill, Germany.

In 9 AD, three Legions were massacred

by German tribes in what became known as The Varus Disaster, named after their leader, Publius Quinctilius Varus.

Major Clunn sent a signed copy of his book to John, followed by an invitation to visit him at his home. As John read about the massacre, “I knew instantly that here was the actual site of my dream.”

Then Major Clunn sent a letter, saying that at the site of Kalkriese near Osnabrück

in Germany, “in the area of the last part of the engagement were found the remains of two Legionaries.

“One was headless with the skull lying off to the side, and the skull of the other soldier neatly cleaved down the middle.”

Their deaths happened just as John witnessed. He was convinced that he had been one of the victims in a past life.

When John and his wife visited the major in Germany, they were taken to the spot where the remains had been uncovered.

He wondered: “Was this myself looking at the site where in a previous lifetime I had perished some 2,000 years before? I threw a bunch of wildflowers into the spot

and said a prayer.”

On one of several visits to Major Clunn’s home, John was taken to a museum where artefacts recovered from the battleground were being stored.

There, archaeologists tasked him with wandering round to see if he received any psychic impressions, but was not told why.

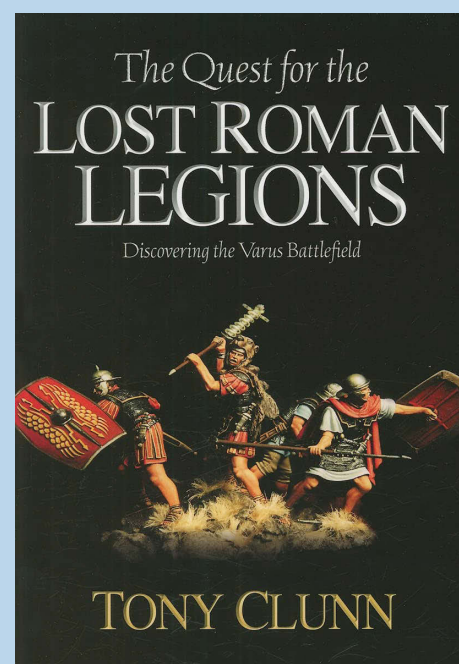
“All I got was an idea about a key,” said John. “It turned out they were hoping I might identify where Varus had hidden four trunks of valuables.”

Although John did not manage to pinpoint the whereabouts of the lost treasure, “They thought there must have been a connection with the key. It may have unlocked one of the chests.”

John has received sporadic contact with the Other Side since childhood. He does not actively seek it, but accepts that he is given information when he needs it.



JOHN RICHARDSON: “Fighting was raging all around me.”



A WOMAN who was clinically dead after a heart attack left her body and saw a man's blue tennis shoe on a third-storey ledge of the hospital. Bemused staff later found it exactly as she described.

Near-death experience changes sceptic to believer

AN American sceptic-turned-believer has become one of the most outspoken advocates for belief in an afterlife.

Lee Strobel, the former award-winning legal editor of the *Chicago Tribune*, is a *New York Times* best-selling author of over 40 books. They have sold eighteen million copies worldwide and been translated into 40 languages.

Recently he told CBN news platform *Faithwire* why he is so convinced that humans survive death.

"It started several years ago when I almost died," said Lee. "My wife found me unconscious on the bedroom floor.

"She called an ambulance. I woke up in the emergency room. The doctor looked down at me and said, 'You're one step away from a coma, two steps away from dying.'"

Lee lost consciousness, lingering between life and death "until the doctors were able to save me."

Afterwards, he became intensely interested in exploring what follows after passing on.

"I was a Christian at the time this happened," said Lee. "I was a pastor, so I believe what the Bible teaches about the afterlife. But I've also got a sceptical gear."

The journalist read and heard compelling stories from near-death experiences during which people were clinically dead, but were very aware of events taking place around them.

Lee realised that "their consciousness, their mind, their spirit and their soul continues to exist and see things and experience things that are impossible if, indeed, they weren't having an authentic out-of-body experience.

"I was a sceptic about near-death experiences until I found out we have 900 scholarly articles that have been written and published in scientific and medical journals over the last 40 years," describing it as a "very well-researched area."

In his book *The Case for Heaven: A*

Journalist Investigates Evidence for Life After Death, Lee documented many individual, deeply moving accounts of near-death experiences.

One involved a woman named Maria who was clinically dead after a heart attack, but later recalled being "conscious the whole time."

Maria reported: "My spirit separated from my body. I watched from the ceiling of the hospital the resuscitation efforts on my physical body and then my spirit floated up through the floors of the hospital and out of the building."

When Maria was revived, she told hospital workers she had seen a man's blue tennis shoe on the third-storey ledge of the building's roof and described it in great detail.

Lee explained that bemused staff "went up to the roof and found it exactly as she had said."

He was especially swayed by a study involving people who were blind from birth and went through near-death experiences.

The individuals, who had never seen more than shadows, said they were able to watch resuscitation efforts, met with "dead" loved ones and more. Returning to their physical bodies, the new gift of sight had gone.

In another book on the topic, Oxford-educated philosopher Chris Carter describes his studies into the evidence for survival.

In *The Case for the Afterlife*, released by Llewellyn Publications in March, he draws on "science, philosophy and legal

reasoning" to conclude that death marks the beginning of a journey which involves reincarnation as well as a heaven that is made up of different "planes" of existence.

His research included "compelling case studies of near-death experiences, deathbed visions, apparitions, children who remember previous lives and communications from the deceased."

Chris examined spirit messages from poet and classicist Frederic Myers, a founder of the Society for Psychical Research.

Two decades after his passing in 1901, Myers gave mediums detailed descriptions of his experiences on the Other Side.

He had learned of a seven-level journey the soul undergoes after death, moving from Earth to increasingly spiritual realms.

Frederic explained that after Earth, the six other planes included Hades or an intermediate state, the third plane of illusion, then Eido where beauty and colours are indescribable.

Fifth comes The Plane of Flame, where one lives a life "that seems to burn like a flame." Next is the unifying

Plane of Light and finally, when one is ready, the Out-Younder awaits.

Frederic had not reached that level, but said the soul "who enters that Seventh state passes into the Beyond and becomes one with God.

"This merging with the Idea, with the Great Source of spirit, does not imply annihilation. You still exist as an individual.

"You are as a wave in the sea; and you have at last entered into Reality and cast from you all the illusions of appearances."



LEE STROBEL terms near-death experiences a "very well-researched area." (Photo: Lindy Hopper Phoenix on Flickr)

Psychic ability may surface while floating

A FORTHCOMING online talk for the Society for Psychical Research (SPR) will discuss how sensory isolation experienced by people in floatation tanks may enhance their psychic ability.

The session hosted by psychologist Kirsty Allan is titled *Embodied Liminality: Sensory isolation in floatation tanks as a method of promoting psi phenomena*.

The tanks are dark, soundproof pods in which individuals float in warm water, sometimes for hours at a time. Their use can induce a drowsy, trance-like state, which some find therapeutic.

In clinical trials, the process known as restricted environmental stimulation therapy has shown the potential to help treat stress and anxiety-related conditions.

Some people find floating brings relief from painful inflammatory conditions whilst others believe such sessions can enhance their mood, problem-solving abilities and creativity.

Kirsty's study was inspired by the insights and inventions of American neuroscientist John Lilly.

In 1954 he created the world's first floatation tank, an enclosed saline bath designed to allow for the intensive study of human consciousness when deprived of as much external stimulus as possible.

An experimenter with hallucinogens, he spent time with Ram Dass, the guru of modern yoga, and Timothy Leary, a proponent of using "magic mushrooms" in therapeutic psychiatric experiments.

Dr Lilly was fascinated by the possibility of exploring alternative realities. He also pioneered a study of dolphins and the potential for inter-species communication, raising awareness and respect for the mammals.

In 1960, Dr Lilly purchased a coastal property in Florida and flooded part of

the building, so that humans and dolphins could live together.

Kirsty also looked at the more recent work of researchers named Cooper, Saunders and Hitchman, who conducted a pilot study exploring floatation in a psychic ability task.

Their 2020 report was named *Reconsidering sensory isolation in floatation tanks as a method of promoting psi-conducive imagery*.

The researchers attempted to "send" information by telepathy. Although they found no statistical significance in their results, they felt there was "some promise in exploring the floatation tank method further."

Kirsty's presentation will report on the results of a subsequent extended experiment at the University of Northampton, where she is a graduate teaching assistant.

"During this study we explored participant performance on a precognition task, and the significance of both the experiential qualities and contents of consciousness e.g., visual imagery, sense of time and some intriguing transpersonal experiences," she said.

Kirsty is also working with Dr Donna Thomas at the University of Central Lancashire, exploring the experience of psychic phenomena with all age groups

through interviews and creative methods.

Kirsty's website states that "approximately twenty per cent of people soak in more sensory information than most and also process that information very deeply. They therefore experience their world as rich and intense.

"These people are considered to share an innate trait and are often colloquially termed a 'highly sensitive person' (HSP).

"They are meaning-makers, ponderers, seekers and dreamers. They thrive on having a deep sense of purpose."

Born in East Kilbride near Glasgow,

Kirsty is a HSP, which led her to become a professional coach and research psychologist.

She now lives in a "happily haunted" 17th century home in the Lake District with her husband Jon, two children, two cats and a snake.

Two years ago, Kirsty produced a book titled *IF: Ironc Fundamentalism – A Journey from Anxiety to Enlightenment*. Published by KLa Creative, it is

available via Amazon and bookshops.

The Society for Psychical Research was established in London in 1882, the first scientific organisation to examine claims of paranormal phenomena.

The registered charity holds no corporate view about the existence or meaning of such events. Its aim is to gather information and foster understanding through research and education.

Kirsty's online talk will take place on July 21 from 8.00 pm-10.00 pm. Further details are available at www.spr.ac.uk/



KIRSTY ALLAN is working with a fellow academic to explore psychic phenomena. (Photo: Facebook)

TV producers seek apparition's approval

SHOPPERS in York city centre have spotted two famous faces being filmed for a new paranormal TV series.

Siblings Charlie and Daisy May Cooper are on a nationwide search for stories of hauntings, stopping off recently at the Duke of York pub and Drake's Fish and Chip Shop.

The brother and sister, who shot to fame with their 2017 BBC Three sitcom *This Country*, have both turned to otherworldly interests, with Daisy having shown viewers around her haunted home for the TV series *Uncanny*.

Last year she released a book titled *Hexy Bitch: Tales from My Life, the Afterlife, and Beyond*.

In 2024, Charlie ventured out to explore "the gloriously bonkers world of British folklore" for the BBC. Over four episodes of *Charlie Cooper's Myth Country*, he recorded tales of crop circles, demon dogs and Winter Solstice rituals.

For their new series, the pair have already been to locations across the country, including Wales and Scotland, in search of ghostly tales for the as yet unnamed show.

In York, the series producers admitted they had to ask the chip shop's resident apparition for permission to film.

A local news story once explained that Drake's in Low Petergate has a ghost living on an upper floor.

Discussing a refurbishment of the property, general manager Sarah Drake said: "It will be fresh, modern and sleek, but also in keeping with the feel and spirit of the building – quite literally.

"One of our team has discussed the changes with the ghost of the lady, who lives on the third floor. She seems to approve."

The restaurant is nestled in the shadow of the Minster, in the heart of the most ancient part of the city, and only moments away from the historic Shambles shopping street.

Commenting on the new series, which is expected to air on the BBC later this year, *The Sun* quoted an "insider" from the production team saying, "Daisy and Charlie are the perfect duo because they are both believers and have been quite vocal about supernatural experiences."

It added that Daisy previously claimed she was being visited by her *This Country* co-star Michael Sleggs, who passed on several years ago aged 33 following heart problems.

"There was a banging in the bedroom door, the duvet had lifted off the bed and I'm sure it was him," said Daisy.

"I made him promise he would come back. He would definitely do that because he knows it would freak me out and he'd find that hilarious."

CHARLIE COOPER and his sister Daisy May Cooper as seen in TV's "This Country." (Photo: BBC)



Earthquake prediction lands astrologer in jail

A POPULAR online astrologer in Myanmar has been arrested after predicting that the country would be rocked by a second earthquake.

Formerly known as Burma, Myanmar gained independence from Britain in 1948, but its post-independence history has been marked by unrest and conflict.

A 7.7 magnitude tremor which occurred in March caused widespread destruction and fatalities.

A 21-year-old TikTok star named John Moe The posted a video claiming that an earthquake would "hit every city in Myanmar" on April 21.

The astrologer urged people to "take important things with you and run away from buildings during the shaking."

With over three million views his warning went viral, causing panic among some residents.

Authorities arrested Mr The in a morning raid on his home in central Monywa city, according to a statement by Myanmar's military government published in state media. The charge was making "false statements with the intention of causing public panic."

The statement added: "We got a tip-off about fake news being spread through a TikTok account that a severe earthquake will hit.

"Action will be taken effectively against him according to the law. Likewise, we will also take action effectively against those who write or spread or share fake news." Mr The's TikTok account was suspended.

Local reporters heard that many people refused to stay in their homes and camped outside on the day Mr The said the earthquake would happen.

Their concern was understandable, as on March 28, a severe earthquake struck central Myanmar at approximately 1.10 pm local time.

Its epicentre was located ten miles southeast of Mandalay. The Sagaing and Mandalay regions were both significantly impacted.

Two days later another 5.1 magnitude earthquake was recorded northwest of Mandalay. Hospitals in the area were left struggling to cope with the influx of injured people.

The impact of the earthquakes was felt as far afield as China, India, Vietnam and Thailand. In Bangkok, nearly 500 miles from the epicentre, evacuations were carried out after a skyscraper under construction collapsed.

As Myanmar is under military rule, its leaders were reluctant to allow rescuers and reporters from outside the country to help. It is estimated that 4,000 people lost their lives in the disaster and 60,000 more were displaced.

In a rare move, the junta finally requested humanitarian aid, although it still would not permit foreign access to the areas in need.

Previous forecasts by John Moe The include weather disasters, the release of civilian leader Aung San Suu Kyi who was deposed in the country's 2021 coup and American airstrikes on Myanmar's soil.

While fans await further news on Mr The, who called himself John Palmistry on TikTok, a wider debate was sparked around how to combat false news.

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ACTOR Danny Dyer leads a meditation session in the first episode of ITV's *"The Assembly."* (Photo: ITV)

TV tough man is moved to tears after meditation

A BAFTA-WINNING actor famed for his tough-guy character roles was moved to tears on a new programme where he led a meditation for autistic, neurodivergent and learning-disabled participants.

Danny Dyer, who played Mick Carter, the straight-talking landlord of the Queen Victoria pub for nine years on the BBC's *EastEnders*, has frequently taken on parts which require a Cockney accent and a menacing style.

Fans reacted with high praise after seeing his softer side on the new ITV series *The Assembly*.

Born in East London in 1977, Danny was spotted at a Sunday drama school for underprivileged children in Kentish Town by agent Charlotte Kelly.

She encouraged him to audition for the Granada Television crime series *Prime Suspect 3*. At the age of fourteen he was given the part and found himself working alongside iconic actor Dame Helen Mirren.

Danny has since turned his talent to film, TV and theatre work, appearing on stage in London and New York.

On the BBC's genealogy show *Who Do You Think You Are?* he discovered he is a direct descendant of King Edward III. In typical Cockney style, Danny informed his daughter Dani that he can rightly call her "Princess."

For the new pilot programme on *The Assembly*, Danny interacted with a group of neurodivergent people, not holding back on his frank opinion when someone said they prefer to watch rival soap *Emmerdale*.

Responding to a range of personal questions, he was equally outspoken on

his TV character, politics, why he swears so much and why he sent his son to a private school.

Asked about undergoing therapy for drug addiction, Danny admitted there had been a "hole inside of me."

His father left when he was aged nine. It was later discovered he had a secret second life and children.

Danny's problems, which caused severe financial difficulties, left him with no work, but *EastEnders* gave him a lifeline.

On the new show, superfan Harry admitted he has been struggling with anxiety and asked how Danny copes with stress.

The actor said he had also been through bleak times and self-criticism, and "learned about meditation."

"Just concentrate on your breath," Danny advised. "Try to quieten down the noises. It's a mad time to be alive."

Danny demonstrated his method, closing his eyes and counting breaths. The group followed his example.

"Relax your forehead, your face, shoulders and arms," said Danny. "We must never forget that we're all loved."

Looking around the room, Danny was moved to see everyone looking serene and calm. He tearfully joined in when members of the group performed the Primal Scream hit *Movin' on Up*, with the lyric "My light shines on" bringing whoops of support.

Wiping away tears, at the end of the episode Danny said: "It's been an honour. This has been very emotional. Great learning about you lot. I learned a bit about myself. I'm a bit emotional, but that tune was amazing..."

"You better prepare yourself for a bit of fame because I think this show is going to be massive. Use your fame responsibly because I never did. Thank you for having me."

Fans watching the show were full of praise for the episode and Danny himself. One commented:

"I didn't think I could love Danny Dyer more, but after watching him on *The Assembly* that man had me crying so hard! This show needs to be longer than 30 minutes."

A second viewer added: "Danny Dyer leading the group meditation. BAFTA moment. This show is so brilliant."

A third person stated: "Wow, Danny Dyer on *The Assembly* is giving me goosebumps. So engaging, open and raw with the audience and those asking the questions. Really moving."

David Brown of *Radio Times* took to social media to describe the episode as "one of the TV moments of the year," saying it was "remarkable television."

The series also features the group interviewing *Doctor Who* actor David Tennant and *Little Mix* band member Jade Thirlwall. The three episodes are available on ITVX.

How Elvis Presley was 'All Shook Up' by spiritual beliefs

A NEWLY-RELEASED book about Elvis Presley suggests that the King of rock 'n' roll believed he was a spiritual healer.

Author Miguel Conner reveals that Elvis thought he had come from outer space and as a boy had visions of himself wearing a white jumpsuit – the kind he famously donned for his hugely successful stage shows in Las Vegas, USA.

Born to a poor family in Tupelo, Mississippi on January 8, 1935, to his millions of fans worldwide Elvis was at the forefront of cross-racial, youth-oriented music.

The singer became a cultural icon whose raunchy moves brought censure from adults and religious leaders while entrancing his followers.

The king's fall from grace is well documented from his contracted appearances in low-grade films to addictions and excesses, which led to his passing on August 16, 1977.

There have been dozens of books examining every aspect of Elvis' life, including some that reveal the singer's deep spirituality, which began when he asked himself why he had been "chosen" for such a high-profile life.

Particularly poignant was the fact that Elvis had a twin brother named Jesse, who was stillborn.

While Elvis sought answers in yoga, religion, martial arts and Eastern mysticism, the new book, titled *The Occult Elvis: The Mystical and Magical Life of the King*, insists he was the world's "greatest occult magician."

In an interview with *The Guardian*, Miguel Conner said he became obsessed with the singer after taking the psychedelic-experience drink ayahuasca in 2022.

"He was a multifaceted seeker," the author said. "Somebody who sought the larger questions of life. He was a man of prophecy, of experience – and my thesis is that he was the greatest magician in western civilisation."

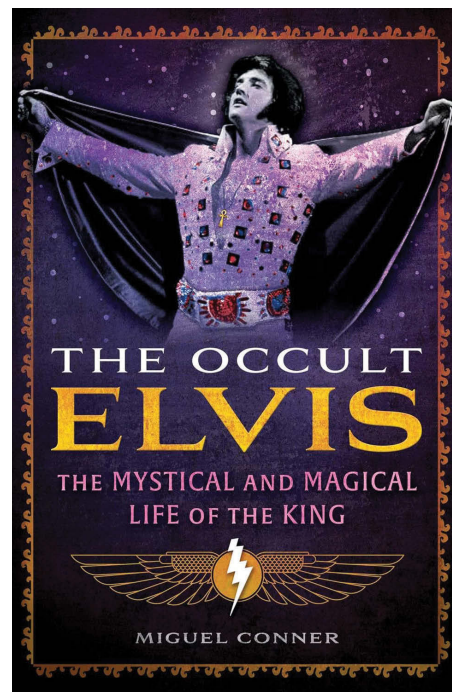
Although his research included sources such as ex-wife Priscilla Presley and others from Elvis' circle of associates, Mr Conner admitted that his book is peppered with his own theorising and "lashings of Jungian analysis."

The story of Elvis' belief in an alien origin came from a longtime fan named Wanda June Hill, who said he told her he was "not from this planet but rather hailed

from Jupiter's ninth moon."

Another associate told the author that one day Elvis changed the weather over his Memphis mansion, Graceland, by "waving his hands to clear rain from the sky, so two friends could play racquetball."

Mr Conner, who lives in northern Illinois, said Elvis believed he was guided



ELVIS PRESLEY believed his stillborn brother guided him.

psychically by his stillborn brother. He recalled to former girlfriend June Juanico that as a boy he could astrally project himself into the stars.

Growing up in a mixed-race area, Elvis was influenced by rhythm and blues, gospel music and the more expressive forms of religious worship.

His suggestive moves on stage soon brought condemnation from church leaders, who claimed the singer was "caught in Satan's web."

It was celebrity hairdresser Larry Geller who introduced his client to spiritual philosophy, prompting a study of all kinds of esoteric subjects from numerology to meditation.

Larry said the singer spoke to him about telepathic visions he had with aliens when he was eight, including one featuring himself in a white jumpsuit.

Among Elvis' favourite books were Kahlil Gibran's *The Prophet* published in 1923 and the 1947 book *The Infinite Way* by mystic and lecturer Joel S. Goldsmith.

He gave away countless copies of *The Impersonal Life* by New Thought author Joseph S. Benner, and read works by Russian-born mystic Helena Blavatsky, Canadian author, lecturer and astrologer Manly P. Hall, and philosopher George Gurdjieff.

Gary Tillery, author of the 2013 book *The Seeker King: A Spiritual Biography of Elvis Presley*, said, "He considered himself a faith healer."

The researcher heard that a friend of the star was in a motorcycle accident and taken to hospital.

"Elvis visited him," said the writer, "and spent 30 minutes waving his hands over the guy's back – and he said it was amazing. The pain was almost all gone. He hadn't had any relief for two weeks."

Elvis practised martial arts, in particular karate, becoming a black belt and an instructor. Miguel Conner added that he would chant Tibetan Buddhist incantations on stage. He wore an ankh, the ancient Egyptian hieroglyphic symbol of life.

Later, when he became interested in Jewish mysticism and Kabbalah, Elvis wore a Chai pendant, a powerful emblem of life and prosperity, along with the Christian cross, once joking that he "didn't want to be left out of heaven on a technicality."

Gary Tillery said Elvis felt "he had a role to play in the betterment of humankind, and he could do it through music and making people feel better, and hopefully open up their minds to more spirituality."

Elvis remains the greatest-selling recording artist of all time, with estimated sales exceeding 500 million records worldwide.

He holds numerous records, including the most Recording Industry Association of America-certified gold and platinum albums. The star has been inducted into multiple music halls of fame.

Elvis also holds the record for the most number-one singles by any act on the UK Singles Chart, with 21, followed by The Beatles with eighteen.

Miguel Conner's book *The Occult Elvis: The Mystical and Magical Life of the King* runs to 288 pages. Published by Destiny Books, it is available from Amazon and other booksellers at £16.99.

Medium releases new book to help grieving children

A POPULAR medium and author has combined her talents to produce a book aimed at helping children cope with bereavement.

Benny's Big Adventure by TJ Higgs is designed to help young readers understand grief and the concept of loss in a safe and gentle way. It is the first children's book by Ms Higgs, who has been a professional medium for 25 years.

A press release explains that *Benny's Big Adventure* "introduces young readers and their families to the subject of grief with sensitivity and visual storytelling that resonates across generations."

It says that TJ Higgs is recognised "for her down-to-earth presence and accurate mediumship," adding that the new book "reflects her commitment to creating accessible spiritual tools, particularly for children experiencing the transition of a loved one."

"*Benny's Big Adventure* is more than a story," says Ms Higgs. "It's a conversation starter. It's about opening up space where families can talk about grief and healing without fear."

With colourful illustrations and a thoughtful narrative, Benny helps youngsters "navigate emotions related to the death of a loved one."

"Inspired by real conversations with families and spiritual insight, the book invites readers into a world where the mystery of life after loss is explained with clarity and compassion."

Amazon says: "Dive into the enchanting world of Benny, a small water beetle with a boundless curiosity, who resides in the depths of a shimmering pond."

"In TJ Higgs' heartwarming tale, readers follow the journey of Benny as he embarks on a quest that leads him up the towering stem of a lily pad."

"Guided by a mysterious pull at his heart, Benny discovers a stunning transformation awaiting him, unveiling a world far beyond the murky waters of his home."

With "vibrant illustrations and a compelling narrative, this magical story explores themes of transformation, adventure and the bittersweet nature of growth."

"As Benny evolves from a water beetle into a dazzling dragonfly, he gains a new perspective on his world and the life he knew."

"Though he cannot return to his underwater beginnings, Benny learns the value of change and the promise of new beginnings."

"Join Benny as he soars into the skies, discovering that sometimes leaving the comfort of home leads to extraordinary places."

A *Sunday Times* best-selling author, TJ Higgs' work spans TV presenting and guest appearances including Channel Four's *Richard and Judy Show*, *Colin Fry Live* and the *Psychic Private Eyes* series. She also holds public demonstrations and

workshops.

This month, Ms Higgs will be running a psychic and mediumship bootcamp. The Gateway to Spirit retreat takes place in the heart of the Shropshire countryside.

The publicity says that there, "amidst



the tranquil beauty of nature, we offer you a profound journey into the realms of the unseen and the unexplored dimensions of your own psychic abilities.

"At Gateway to Spirit, our immersive bootcamp experience is designed for both beginners and seasoned practitioners who wish to deepen their connection to the spiritual world."

"Guided by renowned medium TJ Higgs and her team, the retreat provides intensive workshops, personalised coaching, and hands-on practice to help you harness and enhance your innate abilities."

Activities will include exploring past-life experiences, connecting with spirit guides, elements of trance mediumship and how to enhance one-to-one sittings.

"Throughout your stay, you'll engage in a variety of dynamic activities aimed at developing your skills in clairvoyance, spirit communication and more," says Ms Higgs.

"Enjoy the peaceful environment as you learn to tune into your inner guidance, participate in circle work to practise receiving and delivering messages, and explore meditation techniques that open the psychic centres."

The retreat is for anyone "looking to make profound life changes, seek guidance or simply explore the depths of your spiritual gifts." TJ Higgs' website is at www.tjhiggs.com/



AMAZON terms TJ Higgs' new book a "heartwarming tale." (Photo: Facebook)



ALL ABOARD FOR A PSYCHIC CRUISE

ANYONE who is keen to enhance their psychic abilities can get on board with a group of experienced mediums and sail away on a European cruise later this year.

For the first time since the Covid pandemic, the Psychic Cruise company are launching a package deal for five nights aboard a luxury liner, with exclusive workshops and psychic demonstrations while at sea. Guests will be able to use all the facilities of Royal Caribbean's fifteen-deck ship Independence of the Seas and can do a spot of sightseeing at Hamburg, Germany and Bruges in Belgium.

At the end of the five-night trip, students can demonstrate their improved intuition with a private demonstration just for their tutors and new friends.



Royal Caribbean Independence of the seas

PSYCHIC CRUISE

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With International Tutors: Billy Cook, Les Henderson, Craig Morris, Anne Thomas, Colin Flaherty & Kate May.

The Psychic Cruise company is run by tarot reader and psychic medium KATE MAY and spiritual medium ANNE THOMAS. Tutors include international spiritual mediums BILLY COOK, COLIN FLAHERTY, LES HENDERSON (vice president of the SNU) and CRAIG MORRIS.

The holiday is designed to be a unique opportunity for anyone interested in exploring and expanding their spiritual awareness and skills. There will be sessions in tarot, trance mediumship healing and past life regression. On a typical day, we have hired private rooms for our guests to attend workshops and demonstrations while the ship is at sea. They can enjoy all the facilities of the ship, including the sightseeing and the evening entertainment.

We have dinner together and drinks in the bar afterwards, so our students can speak to the mediums and generally enjoy socialising on board.

The Psychic Cruise holidaymakers will attend a welcome cocktail party, after which they can indulge in "world-class gourmet dining and dazzling entertainment."

On the final day of the five-night trip the students can demonstrate what they've learned to the tutors and new friends. As well as developing their psychic abilities and learning new ones, they can "dance the night away, enjoy casino gaming or relax and rejuvenate body and mind at the state-of-the-art fitness centres or Spa."

The giant ship boasts swimming pools with water slides, a virtual reality trampoline experience and a rock-climbing wall. Its maximum capacity is 4,560 guests with 1,440 crew members. When it was built in 2008 it was the largest cruise ship in the world. It was extensively refurbished in 2018.

So far, 52 cabins have been booked by Psychic Cruise. The ship will sail from Southampton port, UK, on September 29. Prices start at £812.40 per person sharing an interior cabin. There are more options for cabins with a sea view at an additional cost.

The website for more information and bookings is:

www.psychiccruise.co.uk

Buddhists raise millions for new retreat centre

FOLLOWERS of the Zen Buddhist master Thich Nhat Hanh, affectionately known as Thay, have reached their fundraising target to establish a retreat centre in the UK.

The global community known as Plum Village say that with over £3,250,000 in donations and pledges, plus nearly £500,000 in interest-free loans, they have more than enough to buy the Abenhall Estate in the Forest of Dean, Gloucestershire.

A news release stated: "We are awaiting the pre-planning application outcome, and our trustees are reviewing financial information, risks and operational plans.

"We have grown from a small charity in a short amount of time and this transition needs careful consideration.

"This is an extraordinary achievement. It shows that when we are going as a river, the Sangha (community) energy is truly strong.

"We are now closer than ever to calling Abenhall a new home for Plum Village practice in the UK."

The Vietnamese spiritual leader passed in January 2022 aged 95, but, said the statement, "This dream began 28 years ago with Thay's vision.

"Since then, countless hearts and hands have helped bring that vision to this moment. We bow deeply in gratitude to each of you who has walked on this path through your practice, your time and energy, your donations, and your deep love for the Sangha."

The site will be called the Being Peace Centre and provide "a place for young people, families, activists and people from all walks of life to come together and practise peace and transformation inspired by the teachings of Thich Nhat Hanh."

The Abenhall Estate includes 54 acres

of land with rolling hills and five acres of woodland, making it "perfect for walking meditation and nature contemplation."

At present the buildings could accommodate 32 guests to stay, but the intention is to increase the capacity to 56.

The Being Peace Practice Centre will be a living example of mindfulness in action. The organisation aims to create a sanctuary for wildlife and to establish an organic "happy farm" embodying a mindful, regenerative food culture. Plum Village is a vegan organisation.

There are hopes to convert a threshing barn into a dining hall. An agricultural barn may become a summer events space.

Plum Village hopes that visitors to the centre will "learn the concrete art of weaving mindful awareness into all aspects of life – sitting, walking, eating, playing, studying, sharing and working – within a deep ethical commitment to nurturing a healthy, inclusive and compassionate society."

Zen Master Thich Nhat Hanh was a global spiritual leader, poet and peace activist, revered around the world for his pioneering teachings on mindfulness, global ethics and peace.

Ordained as a monk in Vietnam aged sixteen, Thay became a prominent teacher and social activist in his home country before being exiled after calling for peace.

In the West he played a key role in introducing mindfulness and created mindful communities around the world. His teachings impacted politicians, business leaders, activists, teachers and countless others.

American minister and activist Dr Martin Luther King Jr called Thay "an apostle of peace and non-violence" when nominating him for the Nobel Peace Prize in 1967.

Though exiled from his home country, Thay continued to teach, lecture and write on the art of mindfulness and "living peace."

In 1975, he established the Sweet Potato community near Paris and in 1982 moved to a much larger site in the southwest of France, which became known as Plum Village.

It is now the West's largest and most active Buddhist monastery, with over 200 resident monastics and more than 10,000 visitors every year.

Thay also opened monasteries in America, Vietnam, Hong Kong, Thailand and Australia. He created Europe's first Institute of Applied Buddhism in Germany.

The Zen master suffered a severe stroke eleven years ago. Although unable to speak and largely paralysed on the right side, Thay continued to offer inspiration through his peaceful presence.

Four years later, he was allowed to move to Tu Hieu Temple in Vietnam where he had been ordained. He expressed a wish to stay there for his remaining days.

Thay passed peacefully in January 2022, surrounded by disciples. Around the world, online and in-person, hundreds of thousands of people in the Plum Village international community collectively observed a week of mindfulness practice and ceremonies.

He once commented: "Meditation is not to escape from society, but to come back to ourselves and see what is going on.

"Once there is seeing, there must be acting. With mindfulness we know what to do and what not to do to help."

A VIEW of Plum Village, which now has centres in America, Vietnam, Hong Kong, Thailand and Australia. (Photo: Plum Village on Facebook)



Rock star renovates haunted historical abbey

AN Indie rock star who writes ethereal songs with spiritual undertones is seeking to restore a reputedly haunted mansion in Somerset.

Florence Welch, lead singer of the band Florence and the Machine, is reported to have purchased a portion of the 1.2 acre historical estate in 2021 for £1,900,000, but did not move in while plans for refurbishment were drawn up and approved.

Local legend suggests that a spectral “grey lady” may be a permanent resident.

According to the architect’s submission to Somerset Council planners, Beckington Abbey, a Grade II Listed property near Frome, was divided into four separate properties in 1948.

All four units are now under the same ownership following Florence’s purchase of the final part called the Grange. The singer intends to reunite the buildings and demolish unsympathetic extensions.

The property has 60 rooms across three floors as well as a scullery, a grand hall, a swimming pool and a folly. Previous uses included being a boarding school, restaurant, dance club and hotel.

The Abbey was originally founded as a monastic grange. Building work began in 1502, but after the Dissolution of the Monasteries it became a private dwelling.

It was altered in the early 17th century with a new front and a sumptuous barrel-



THE Abbey in Beckington, Somerset, was originally a monastic grange. Building work began in 1502, but after the Dissolution of the Monasteries it became a private dwelling. (Photo: Rodw)

vaulted plaster ceiling, which is still present but in poor condition.

Although never an abbey, the site may have been in prior use from about 1156.

By 1347, it seems to have been used as a college for priests. Information on the Grey Lady is sketchy, but it is assumed she was an abbess.

Florence Welch is the daughter of American-born Professor Evelyn Welch, who became Bristol University’s first female Vice-Chancellor in 2022.

Raised as a Roman Catholic, the rock star refuses to define her spirituality, although she said her mother describes her as an “animist,” believing that objects, places and creatures all possess a spiritual essence.

Florence’s work is infused with spiritual symbolism. She danced in a church for the video of *Drumming Song*, was seen running from a voodoo practitioner in *No Light, No Light* and grappled with demons in *Delilah*.

Identified as neurodivergent in her childhood, Florence has been diagnosed with dyslexia, as well as dyspraxia (a co-ordination disorder) and dyscalculia (a difficulty working with numbers). She now supports children who struggle with mainstream school.

In an interview with *womenbeyondthebox.com* Florence explained that neurodiversity means “different, not flawed... That’s something I could have done with knowing as I grew up.

“I know I have a certain type of intelligence, but it’s visual and auditory; I remember and respond to colours,

textures and musical notes, but not dates and names.”

In an earlier interview with *Vice* magazine, Florence revealed that in her youth she “spent a lot of time in front of books and old historic buildings, convinced that ghosts were real, vampires existed and having a really heightened sense of those type of things happening around me.”

Talking to *USA Today*, the star commented that at a Roman Catholic school, “the first songs I remember liking were hymns.”

Explaining her influences and inspirations further, Florence added: “I find it’s nice to mix the mundane and the magical, the irrelevant with the huge themes.

“Sex, love, death, marriage, guilt: mix that with seeing a huge sky, going for a walk or turning the page of a book. Living is dealing with the everyday and the notion that you’re going to die.”

Indie band Florence and the Machine was formed in London in 2007 by lead vocalist Florence, keyboardist Isabella Summers, guitarist Rob Ackroyd, drummer Christopher Lloyd Hayden and harpist Tom Monger.

Their debut studio album *Lungs* was released two years later by Island Records and won a BRIT award in 2010.

Although not currently touring, the band joined conductor Jules Buckley and his orchestra to perform *Symphony of Lungs* as a fifteenth anniversary set at the BBC Proms in London’s Royal Albert Hall last year.



FLORENCE WELCH: “It’s nice to mix the mundane and the magical.” (Photo: Justin Higuch on Flickr)

Psychologist explores spiritual community in Argentina

AN Argentinian psychologist has highlighted the difficulties and determination behind a spiritual organisation operating in the heart of the country.

Based in Buenos Aires, Alejandro Parra reported to *Psychic News* that he had gained access to key figures in the Colonia Jaime community.

An educational farming collective which is based on spiritual principles, it was founded in 1932 in the northern province of Santiago del Estero.

Three years ago, it was renamed Asociación Civil Colonia Jaime, and is recognised by the provincial state as a non-profit association for the common good. The organisation is home to 28 families.

Alejandro spoke to members of the Castellani family, who have lived at the commune for four generations.

Fernando "Nito" Castellani, 55, has followed his father Raúl in organising study sessions and mediumship development.

Since his birth at the commune, Fernando has only left the community for eight months for compulsory military service in the mid-1980s. Now he maintains that it will be part of his life until he passes on.

Fernando told Alejandro that when he was a child, the colony suffered immense deprivation, struggling with heat and devastating storms, using only rudimentary tools to grow crops and raise livestock.

Workers adapted by tending crops at night under the light of the full moon and the fire of torches. Many villagers left in search of an easier life.

Nevertheless, Fernando recalled a happy childhood, far from the luxuries and comforts of the city but connected to the countryside where words such as "strike" or "boredom" were unknown.

The community has its roots in the work of Spanish immigrant Joaquín Trincado Mateo (1866-1935), who married a medium named Mercedes Riglos, a member of the Buenos Aires aristocracy.

A social visionary who wanted to break away from the grip of the Roman Catholic Church, Joaquín created the Magnetic-Spiritual School of the Universal Commune in 1911.

He published eighteen books on Spiritism



IN this scene, Fernando "Nito" Castellani (left) is seen with Argentinian psychologist Alejandro Parra.

and established the colony twenty years later.

The current website of the commune quotes founder member Raúl Castellani (1936-2012) saying: "To live in Colonia Jaime, you need a determined spirit, a willing mind and a winning soul..."

"Combined with serenity, patience, and tolerance, you can study, work and live together."

Like most communities, there have been divisions and disputes, but Fernando Castellani's daughter Melisa is happy to live there with her husband, son and extended family. She is one of the commune's mediums.

Alejandro explained that the group follows Spiritism. This was established in France in the mid-19th century by writer Hippolyte Léon Denizard Rivail, who is known by his pen name of Allan Kardec.

It involves "low or coloured lights, meditative silence and 'elevation of thought.' Mediums are seated in a circle accompanied by outside observers.

"Pure spirits are invoked to protect each medium; messages and communications from the spirits are given and the séance is then formally closed."

Melisa told the psychologist that she discovered her abilities to hear, see and converse with spirit beings as a child and took part in séances from the age of eighteen.

Once, after the passing of a member of the colony, Melisa "was in the Parque de

La Paz, a cemetery in the capital Santiago, when I saw a man with a beard leaning over his grave.

"He looked at me in fear and said, 'I see a lot of light.' He told me that his name was Rodolfo."

Melisa realised that this was the recently departed man. Back home, the medium felt that his spirit had accompanied her.

The community helped Rodolfo to "find the light with love and compassion for his situation to prevent him from continuing to harm it.

"Since I was a child, my father explained to me that being afraid of spirits is like being afraid of water before enjoying the swimming pool. You have to gather your courage and jump in."

Melisa has also been practising healing, relieving pain by the laying on of hands. She commented that burns and insect bites are a common problem in their agricultural community.

She sweeps her hands gently over the affected area causing "blistered wounds, rashes or other injuries heal quickly."

Alejandro Parra has a special interest in mediumship. He is President of the Instituto de Psicología Paranormal at Buenos Aires and former President of the Parapsychological Association.

Alejandro recently authored *Mediums: An introduction to the diversity of spiritual experiences*, where he narrates a number of interviews with mediums in Argentina.

Grab yourself some of *Psychic News*' unique history

AS PREVIOUSLY reported, at the beginning of June we have to leave the office in Coggeshall that was purchased for our use. This means we will have to downsize considerably and sell or auction most of what has been accumulated over the past 93 years.

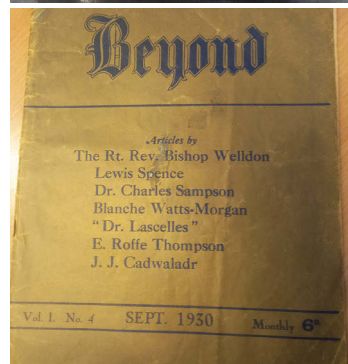
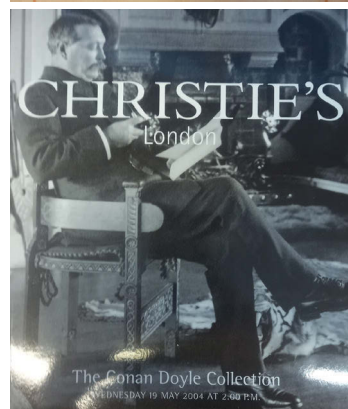
Some items have already been sold to ensure they are kept within the Spiritualist community.

All other items will be going up for auction on Wednesday 11th June 2025 at Chelmsford Auction Room in Essex.

Along with our office equipment and furniture, you will have the chance to own some unique pieces of *PN*'s history and help our appeal to secure the future for *Psychic News*.

See the boxed section (below) for details of how you can bid. We will keep you updated on the items up for auction on our new website address – www.psychicnews.uk – Facebook, X (formerly Twitter), and other social media pages.

Happy bidding, and remember it's all for a good cause!



AUCTION DATE: Wednesday 11th June 2025 TIME: From 10am

VIEWING DATE: Tuesday 10th June 2025 from 9.30am to 4.30pm

AT: Chelmsford Auction Rooms, 42 Mildmay Road, Chelmsford, Essex CM2 0DZ

CATALOGUE: A full catalogue of items will be available from Friday 6th June on their website. Details will also be posted on their Facebook page.

Auction house telephone: 01245 354 251 Out of Hours: 07768 344 132

Email: info@chelmsfordauctionrooms.co.uk Web: www.chelmsfordauctionrooms.co.uk

There are three ways to bid at the auction: in person, by telephone or a commission bid.

A buyers' premium is applicable: the rates will be announced at the time of sale.

IN PERSON: Register with the registrar at the rostrum on the day to be able to make bids. Raise your hand on the item you want to bid for and the auctioneer will acknowledge your bid.

BY PHONE: If you cannot make the auction you can ask to be called by the auction house when your lot number comes up. They will then keep you informed of the current bid and ask if you want to continue bidding. They will bid on your behalf until you either have the winning bid or no longer wish to bid.

BY COMMISSION: If you cannot make it to the auction or be contactable whilst the auction is in progress, you can leave a commission bid. The commission bid will be the highest you want to bid on an item. The auctioneer will continue bidding on your behalf until you either win the auction or your maximum commission amount is met.

The payment options available are cash, banker's draft or bank transfer.

Payments must be made on the day and before any lots are removed from the auction room.

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Spiritual healer channels beings in clay

A SPIRITUAL healer based in Penzance, Cornwall, is creating otherworldly clay models and infusing soft toys with energy to help people of all ages cope with illness and the stresses of life.

Barbara Peart, known as Bea, said she has always been aware we are not “alone” and that spirit beings are guiding us in “so many gentle and subtle ways.”

Early out-of-body experiences seemed to take Bea to an unknown place in outer space, where she believes there are many beings wishing to communicate with us.

Clarity came in 2016 when Bea joined a clay modelling class. When she held a lump of clay intending to make a pot, “a form, then a shape developed.

“I turned it over and a face was created. ‘Hello friend,’ I said. I felt as if I was lit up with electricity through my body. Here was a being; it had an energy.”

As more of the human-like figures came to life in her hands, Bea received information through a trance medium that these represented non-physical beings that she now calls The Souls.

“I don’t make them myself,” Bea explained. “They are channelled. The first ones came through as very simple forms like angels. I gave most of them away.”

Via the same medium, the beings announced: “Collectively we are the cosmic healers, a serenity of souls, born into form to bring hope, love and healing to your planet.”

The beings said each recipient of a clay figure has been “chosen by us to receive one of us. Singly we are as strong as the whole. We are here with you now to shine our light of hope out into the world.”

Over time, the clay forms have evolved, each one created while Bea is in a meditative state. Buyers pick whichever figure appeals to them either in person or via her website.

In the meantime, Bea was inspired to rescue unwanted teddy bears and other soft toys, cleaning them and



HERE are some of the intriguing clay models, which are created whilst healer is in a meditative state.

charging healing energy in each one. They go on to uplift and comfort all those who are drawn to them.

A nurse manager wrote the following testimonial: “Bea donated a number of teddies to the home that she had prepared and talked me through the process of cleansing and charging them when needed.

“I took them in and spread them around to a few patients whom I thought would benefit from them and left the rest in a communal lounge to see how they would be received. They were all picked up by residents within a couple of hours.”

The nursing home owner continued: “Within a short time there was a notable improvement in the symptoms of each

individual that had picked up a teddy. “A number of residents have recognised the benefit of the natural healing they offer, asking our practitioners for them on days when they feel the need for the extra comfort.”

One resident, whose prognosis was bleak, saw an improvement in her condition. She felt the energy coming from her teddy and refused to be parted from it.

Spirit contact comes to Bea as a “knowing” rather than hearing voices. She has seen forms of energy and even a brief glimpse of a large being that she took to be an angel. While giving hands-on healing she works with her guides and the angelic realms.

Bea has a daily ritual to impart energy to all of her clay creations and stuffed toys to “fill them up with love and healing.”

Every morning after rising she plays music by sound medicine composer Tim Wheater, placing teddies on her bed while offering her gratitude for nature, angelic beings and her guides.

Bea uses crystals and a Tibetan bowl to bless her work and joins in with an online healing group every evening.

She will soon be running workshops for those who wish to create their own spirit-infused models.

A psychic friend told Bea that the cosmic beings said: “These are workshops where you connect with one of us and to your highest vibration, hold clay and bring into form a companion for your chosen soul, channel information as to why you have connected and much more.

“We are especially looking forward to the workshops with children. What fun and how exciting to discover who they bring through as their companion.”

To see examples of Bea’s work and make contact, visit cosmic-healing.co.uk/



BARBARA PEART also channels healing energy into soft toys.

How to honour the spirit of friendship

By Ceryn Rowntree

THERE is much to celebrate in the month of June, but one I hope we can take a special moment for is the spirit of friendship.

National Best Friends Day, an event when we're encouraged to connect or spend time with our favourite platonic connections, takes place on June 8 and is the perfect day to do just that.

Founded in 1935, it is technically an American event, but serves as a beautiful opportunity to recognise and honour soul-deep connections that both root and uplift our lives on this side of the Atlantic too.

In a modern world which puts so much emphasis on family ties and romantic bonds, it can be easy for us to dismiss friendship as a purely social connection that relates only to schoolyards, offices and similar settings.

However, as anyone with a close friend will tell you, nothing could be further from the truth.

When it comes to soul connections, it's an important opportunity to remember all those who walk with and beside us through the toughest of times.

I don't know about you, but many of the names on my list will be people I've been lucky enough to call friends.

So this Best Friends Day, why not pause for a moment to consider the spiritual side of friendships and honour those who've held a piece of our own hearts on the way?

Returning friendships

I've always believed that before we incarnate on Earth, we make agreements with those who will play an important role during our forthcoming life.

Amongst souls who sit down with us and agree the ways we can both support and challenge one another are those who will become friends.

This makes sense. After all, friends are so often people who walk with and support us throughout difficult times, and those at the front of the crowd to leap up and cheer our



CONSIDER "how a forest of trees and other plants support one another. Their intertwining roots create a firm base to hold the others up in even the most vicious of storms."

successes.

Not only that, but they can also offer a brilliant mirror for our growth and healing on both a human and a spiritual level.

With this in mind, it is hard to see how our friendships could ever be seen as anything else than deep and soulful.

I saw a social media post recently which featured two people running hand in hand alongside the line "Me and my bestie hurrying to stand next to one another in the reincarnation line." It's a sentiment I felt deeply.

In my experience of working with other lifetimes, I've seen many examples of the ways that family members and romantic partners have incarnated with me time and time again.

So often the people I've had the most potent shared experiences with are those I've called friends in this lifetime

It shows that far from being just a simple connection with someone I once sat next to in an office or met whilst celebrating with a mutual acquaintance, many of our friendships are based upon ancient bonds that cross lifetimes and timescales.

The different paths of friendship

It's easy to think that soulmate friendships are only those we have throughout our lives. Of course, there's a beauty to those relationships.

Amongst the small handful of friends I've carried forward from my schooldays – and will probably still be laughing with when I'm 90 – are people who have seen

and accepted my deepest truth.

They are the ones who will challenge me if I'm accepting any less in life than I'm worthy of and will turn up on the doorstep with flowers and chocolates whenever something awful happens.

Though many don't have the same spiritual beliefs or practices as myself, they also respect what I do and who I am.

One of my closest friends recently travelled to Paris with me and stood by in lookout position as I carried out a ritual, only to acknowledge a very similar flashback to my own past life memory in the following hours.

Other friendships came later, including those that are specifically based upon combined spiritual beliefs and practices, which is a blessing.

I recently watched an episode of the TV show *Ghosts* in which the main character was thrilled to meet someone else who could see Spirit and I entirely empathised.

As a medium I can't tell you how wonderful it feels to have friends who not only share in those experiences, but also have their own stories and insights to share that can both validate and help me to build my own practice.

In a world which can feel so dismissive of or rude about beliefs and experiences like ours, there is such a beauty in finding friendships where we are truly safe to discuss what is most sacred to us.

It never fails to amaze me just how many of those friendships can be traced back to other lifetimes or combined lineages.

By resurrecting deep bonds with those

like-minded people in this lifetime, we can bring our old wisdoms back to the fore in a time and a space where they can be practised and discussed openly and without fear of persecution. This is a healing experience for our souls.

However, not all soul friendships last for a long time. Some of my deepest and most potent connections were those that lasted for only a handful of years – friends who came into my life and immediately felt like family only for the bond to sever almost as instantly as it had grown.

Such relationships were something I struggled with, especially those that I felt were rooted in deep soul connections. To see them drift away felt as though I had somehow failed or that we had done something wrong this time around.

Through much reflection, I came to recognise that these are often friendships that catalyse the deepest growth, support particular experiences or teach me very specific lessons.

Though sometimes those friendships, as with so many relationships, don't turn out in the ways we might like them to, I've always found it a great blessing to remember that our bonds, just like our spirits, are eternal.

It's important to remember that the ties of friendship continue to exist long after a person has left this physical plane of existence.

In all my years of connecting to the spirit world, some of the most wonderful messages I've ever shared have been those between friends.

Each one has not only been beautifully shared and received, but offered clear proof to me that our friendships are as deep, loving and anchored in Spirit as any other relationships in our lives.

At their core, no matter how long they last and what purpose they bring in this lifetime, all authentic friendships can be seen as spiritual. Why? Because they align with some of our most potent spiritual truths – those of love, compassion, support and reflection.

Nature and friendship

If you need further clarity over the sheer depth and potency that friendships can offer, just look to the ways that they are so magically mirrored within the natural world.

Consider how a forest of trees and other plants support one another. Their intertwining roots create a firm base to hold the others up in even the most vicious of storms.

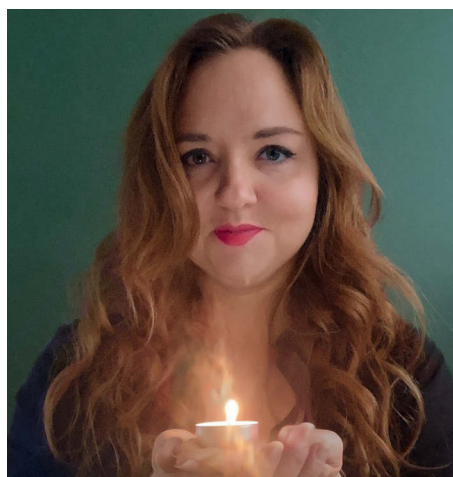
Additionally, there's a constant sharing of resources and communication beneath the soil.

Also consider how the social bonds of animals show loyalty, playfulness and acceptance to others like them.

I defy anyone not to smile when they watch a pod of dolphins playing together, and always shed a tear when seeing footage of elephants and crows mourning their dead.

Also take into account the ways the overall cycles of nature model so many of the qualities our friendships can benefit from such as:

- The ebb and the flow of tides reminds us of how much everything in life can benefit from releasing our grip and allowing things to flow naturally.



CERYN ROWNTREE: "Friendships can be both a balm to our tough times and the joy that brightens our best days."



AN act of friendship can be as simple as inviting good friends over to discuss dreams and visions over a cup of cacao.

- How just like the fresh perspective of a good friend, a gentle breeze can stir us to look at things from a completely new angle.
- The way a meadow of wildflowers is beautiful and healthy because of its diversity and its freedom for every plant to be exactly what it is.
- How a fire will ignite a spark of warmth into even the darkest and coldest of spaces, one to which we often can't fail to be drawn near to.
- Sending messages, e-mails or handwritten letters to friends you want to honour.

Use these messages as a way to share your gratitude, perhaps a happy memory or two, and a few words on what you love about your friend or friends.

- Gifting friends something which is both a token for them and a particularly symbolic item.

My favourites include rose quartz or moss agate crystals for love and heart connection and nurturing connections, anything to do with lavender for peaceful and calming support, or tinctures and teas made from hawthorn, the plant of friendship.

All these practices can be carried to honour Best Friends Day or become potent rituals carried out within a sacred space.

To do so, simply create a space in the way you are most comfortable with and then light a candle with the intention of honouring your relationships and the people you call friends.

When you've finished, remember to close your sacred space. Send the highest of intentions to anyone and everyone you've thought of, knowing as you do so that this is a powerful way to show reverence for those who mean the most to you.

In a world which so often feels disconnected and lonely, friendships can be both a balm to our tough times and the joy that brightens our best days.

With this in mind, it has never been so important for us to recognise friends and the sacred bond they represent in our lives.

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

Honouring friendship

We can all mark Best Friends Day throughout the whole of the month ahead in the simplest of ways by reaching out to those we class as friends and thank them for the part they play in our life. Some of my favourite ways to honour the depth of my friendships include:

- Sitting in meditation with photographs of my closest friends as I send gratitude, love and positive energy to them throughout time and space.
- Creating a small friendship altar featuring two or more natural items representing each element, such as stones, feathers or shells together with photographs of my friends.
- Inviting good friends over to discuss our dreams and visions for ourselves and one another over a cup of cacao or a bonfire.
- Lighting a candle in honour of a particular friend or group of friends as I offer a prayer or blessing and our relationship with one another.

‘Find the yin and yang in life’ says medium

By Jacqui Rogers

It took Jacqui Rogers a while to overcome a childhood fear of “the spookies” and her lack of self-confidence. However, the spirit world had a plan and her first visit to a Spiritualist church set Jacqui on the path to becoming a highly experienced and respected medium.

In these extracts from her debut book “Simply Spiritual,” Jacqui describes some of the challenges of her work. The book was a finalist in the national Wishing Shelf Awards.

Jacqui, who lives in Leamington Spa, Warks, says she wrote it “so that all can see there is hope in their lives and they can achieve whatever they need to.”

TO walk the path of working for Spirit is difficult. Our physical lives are affected by the changes needed, and some of these can be painful.

On this path, some are sure-footed whilst others are not; then there are gaps in between. That’s where the love is: it’s the glue that holds it all together and binds us all together.

It needs to be discovered, so we have to let down our guard and trust in the new shoots that appear in our lives.

Sometimes we can’t see them due to the stressful situations we find ourselves in. We may

resist them, so need to detach a little and see what transpires, and what we need to do.

Sometimes it’s hard to find “a healthy medium.” We sometimes give too much. I have known of working mediums, both novice and experienced, who fall ill or become unbalanced due to the work that they do.

Indeed, to work for the spirit world you have to have complete focus, trust, the best intention and be completely dedicated to what you do.

It is common sense that our energy fields can be affected, so we have to make sure we receive



JACQUI ROGERS: *"There has to be balance in all life."*

back energy into our lives and balance the work we do, as too much giving can devalue it.

A vast amount of any medium's time is spent travelling around the country to various services or appointments.

True spirit workers love to help people find their solutions to problems by giving hope. They know without doubt that the spirit world exists, that we all need that love connection, physically and spiritually, and we should never give up trying for this.

However, it can get very tiring physically. Indeed, I have often been reprimanded by people for working relentlessly for Spirit seven days a week sometimes. I just can't turn people away.

I am very lucky to have an understanding family who, despite the fact that they don't all believe what I do, still

support me regardless. I have seen many relationships affected by this work, but it's our own choice how we cope with it.

We do need to be firmly grounded and to eat properly. The hours can be unsocial and we have to fit things in alongside a day job, the one that pays the mortgage.

This can be very difficult for some, but how much do you want it? In fact, how much effort is anything you really want worth?

There has to be balance in all life – yin and yang, black and white, right and wrong, cause and effect. It is the spiritual law.

I don't have readings myself, or rarely do, and do not like to go to services or demonstrations of mediumship because I become irritated.

I know I'm not alone in this. In such situations, I find I'm receiving information messages too and can't give them to people, so keep away.

However, I do like to read old spiritual books and those about spiritual philosophy. There have been some great authors.

Arthur Findlay's books, such as *On the Edge of the Etheric*, and Sir Arthur Conan Doyle's writings are important.

I hold many of the mediums of the past in great esteem, such as Bertha Harris, whose book once fell on my head from a shelf above me as I walked past!

We will never know everything, but it's fun to search and look at the stories of life and of Spirit, and try to understand what it's all about.

Many years ago, spiritual philosophy was widely taught and read in

development circles. It helped us gain that deeper understanding of what we all are.

It does seem that this is diminishing now, as the attention to this in spiritual meetings is not of the quality it once was. Most people would rather just have messages from their families and loved ones, which I suppose is understandable.

The people who need more will search for more. When the time is right, it will come and shall be given.

Indeed we are all philosophers in some way. We can all tell a life story which had a consequence, but how many of us actually learn from it?

How many move on from it and make it part of our armoury? Instead, many seem to carry it around like a burden.

I didn't used to like talking about philosophy at all and found it difficult to talk about my past and feelings, but now consider myself very lucky to have someone who has helped me to overcome those blockages which I set for myself.

Spirit continues to work with me for the philosophy, but they want me to keep it earthy and simple.

I am aware of people who have sat in development circles for six months and then insist they can work as mediums in Spiritualist churches and give private readings.

But there is no quick fix. Some people do it: they get ill, then they stop and wonder, "Why has Spirit done this to me?"

They don't realise that they have tried to run before they can walk. They don't see that it is their own responsibility.



TO "work for the spirit world you have to have complete focus, trust, the best intention and be completely dedicated to what you do."



WE “can all be part of a beautiful spiritual army, linking together, helping others to progress in their lives and be the best they can be.”

Such people have done this to themselves through desire, impatience or greed.

We make our own choices. So we must make peace in and with our own lives, and then hopefully we can have a positive effect on others’ lives. Even if the intention is good, it still takes time.

The quality of spiritual communication and connection is paramount to me. Anyone is only as good as his or her last message.

The trouble is that some people are just too accepting, and some believe without prejudice that what they are being given is gospel. They want the communication from their loved ones so much.

There are practising mediums who give no mention of the communicator who is bringing the message, yet we are supposed to prove the existence of the spirit world.

I think that sort of detail is pretty necessary, but you’d be amazed how many don’t. Everyone should question the message they’re receiving. If it doesn’t feel right, say so.

That is how we mediums learn to move forward. No one is infallible, but the spirit world does want your message to be correct for you.

All of us earthly mediums work for the same boss – we are a spiritual army. All of us around the world work tirelessly to bring that love to you: all it takes is for you to embrace it.

The medium is just the middle person. The important facts are you and your loved ones. It should be all about the love.

Throughout our lives, we can ask Spirit for guidance and it will be given without fail. Angels, helpers or guides – whatever we want to label them – are only too happy to help us. We just need to ask.

Did you know that every thought we think is a real entity, and every thought is heard?

I explain it like this: we all have an invisible team who sit around... so tell them what help you need. They can help us to

manifest miracles in our lives if we only give them the chance.

Spirit knows when we need help and when we need to overcome difficult obstacles and challenges ourselves, but we still have to make the choices and voice it. It makes it final then, doesn’t it? Try to say it out loud.

Spirit cannot, and will not, tell us what to do because it’s our life, our journey, our choices. They will not tell us what our future will be, as life is shifting and changing every day.

We change it by the decisions we make. Tomorrow we will change our minds, so the direction changes again.

The destination is written but the journey is not, and the pathway is just what we make it. It is very challenging sometimes and very beautiful at other times.

We create and choose our own Heaven or Hell here on Earth. It’s like the choice between taking the motorway or the back roads, the escalator or the stairs.

You choose how you get to your destination and can make it as fun or gloomy as you like. So be happy, for goodness sake!

My friendly spirit workers know me very well. They know how to push my buttons and put me in situations that spur me on to greater heights.

They have done so many times. I try hard to do this for others, here and now, and bring them what they need. I always meet everyone with the same warm hug, as I know that everyone needs that connection.

Whether you know it or not, your spirit connection is ever-changing and evolving into something wonderful for this world right here, right now. All is just as it is meant to be. This is spiritual alchemy.

I feel completely different to how I did when I was a child because I have no more fear. I have faced and overcome it.

It’s true that my fear took years to

eradicate, but experience by experience it waned and my understanding grew. Occasionally I wobble and feel that I am inadequate for my pathway.

Fear and doubt are awful: they can consume you if you take too much notice of them and I don’t want to be scared of life or death anymore. Most of the time it’s only the idea of fear that causes the problem.

You don’t have to be a medium to work for Spirit. Many people on Earth work for the spiritual realms daily and have no idea that they are doing so.

It is not just about giving messages or spiritual communication. The key is healing, loving, caring, supporting and giving of your time, love and energy for others.

How about a helping hand here? Make a cup of tea there? Many need that love, care and guidance in this world. Many are very alone, scared and frightened of living.

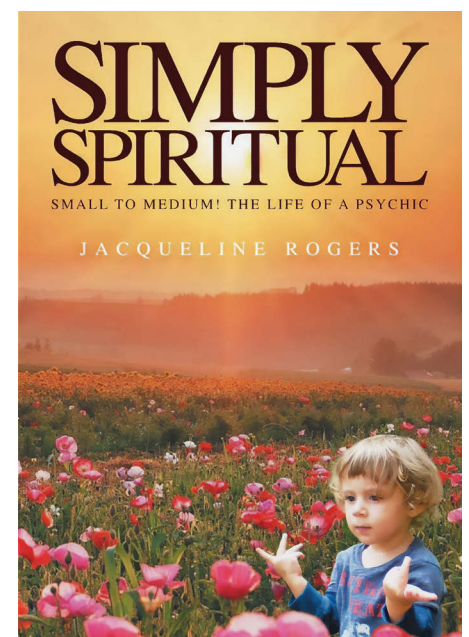
In this day of miracles there should be no one alone: there should be no one suffering, yet there may be someone in need closer than we think.

We can all be part of a beautiful spiritual army, linking together, helping others to progress in their lives and be the best they can be. There will be a knock-on effect of moving us forward in ours too.

We are all here for a reason and born to shine in our own respective lives. Consciously or unconsciously we can help people around us do the same throughout our lives, including our children, our families and even people we don’t know very well. There’s no time like the present is there?

“Simply Spiritual” is published worldwide by Local Legend for £9.50.

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





Learn to master the art of intuitive manifestation

By Gary Quinn

Based in the USA, last month bestselling author, life strategist and life coach Gary Quinn spoke at London's College of Psychic Studies.

Gary holds motivational and business seminars in various countries from the United States to Italy and many places in between. Among his clients are Emmy and Grammy award-winners, Olympic gold medallists, business executives, fashion designers and a host of others.

Additionally, Gary has been featured in dozens of publications throughout the world, appeared on numerous TV stations and spoken on over 150 radio programmes across the globe including the BBC.

In this specially written feature for "Psychic News," Gary explores intuitive manifestation and the power of saying "Yes."

THERE comes a moment in each of our lives when we feel the whisper of something greater calling us.

You may have been setting goals, repeating affirmations and visualising your dreams – doing all the "right" things – and still sense that something essential is missing. That's because true

manifestation doesn't begin in the mind. It begins in the spirit.

It begins when you allow. When you surrender. When you say "Yes" to the divine flow of your life.

This is the sacred essence of intuitive manifestation – a way of being that invites you to co-create your reality by

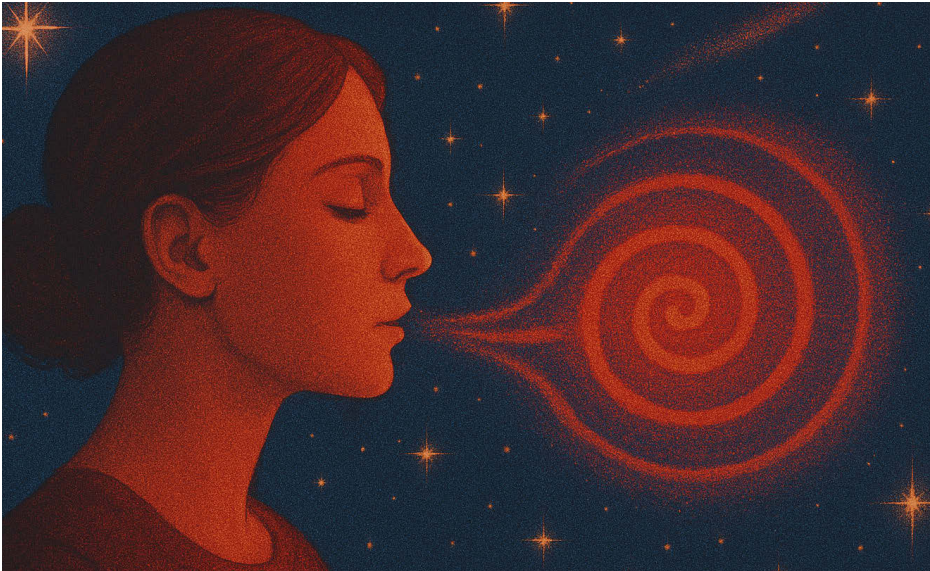
aligning your energy with the boundless intelligence of the Universe.

It is not about controlling life, but becoming receptive to it. It's about remembering who you are: a spiritual being having a human experience capable of manifesting miracles when you live from the heart.

The gentle power of 'Yes'

One of the most transformational practices you can adopt is the conscious use of the word "Yes."

Each time you say "Yes" to love, to growth, to stillness and to possibility you affirm your trust in the Universe's infinite wisdom. It's a declaration that you are open and willing to receive – that you're not fighting the flow, but becoming part of it.



BEGIN "each day with mindful breathing or a silent prayer of gratitude."

Try saying "Yes" when you wake up in the morning. "Yes" to the breath in your lungs. "Yes" to the unknown opportunities awaiting you. "Yes" to healing. "Yes" to being guided.

This simple, sacred word begins to rewire your consciousness from resistance to receptivity. Your vibration shifts when your first response to life becomes "Yes."

Spiritually, "Yes" is not just a word, but a vibrational signature. It opens portals. It's the spiritual green light that tells your angels and guides, "I am ready." And in that readiness, grace can enter.

Intention: A sacred whisper to the Universe

Intention is not just a wish: it is Spirit in motion. When you set an intention rooted in your authentic self, it becomes a sacred agreement between you and the Divine.

It's not about forcing a specific outcome, but aligning with your highest vibration and allowing the Universe to meet you there. To begin:

- Sit quietly and ask, "What would you have me know Spirit?"
- Let your inner voice rise gently. Don't analyse – feel.
- Write down your intention in the present moment. For example, "I am living in harmony with my divine purpose."

Remember that you do not attract what you want: you attract what you are. Intention is about becoming the energy of your desire.

From a soul level, your intention acts as a beacon to higher realms. When it is pure and aligned, the Universe conspires to support it. Your guides, unseen allies and ancestral wisdom all begin to organise around this inner truth.

You may even begin to notice synchronicities – those divine winks that reassure you you're exactly where you need to be.

Centring: returning home to stillness

In a noisy world, the most powerful place you can be is centred. Manifestation doesn't arise from frantic doing, but comes through being. When you are centred, you're not chasing life. You are allowing it to unfold.

Simple centring practices:

- Begin each day with mindful breathing or a silent prayer of gratitude. Visualise light moving through your body, grounding you to the Earth and connecting you to Source.

- Throughout the day, pause and ask, "Am I present?" Bring your awareness back to now.

The act of centring is like coming home to yourself. It realigns your frequency with the Divine.

When you are centred, your energy is less scattered and more magnetic. You become a sacred container for divine intelligence.

The spirit world often communicates in subtle nudges, feelings and energy shifts. When you are centred, you become more perceptive to these divine cues. You're no longer missing the signs: they become your compass.

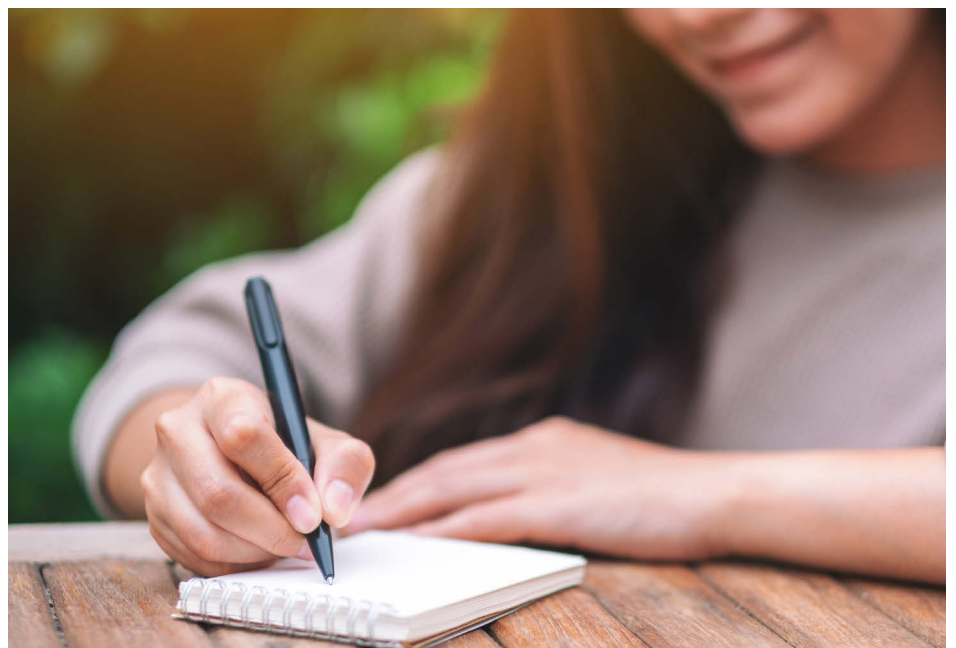
Intuition: your soul's sacred compass

There is a still, small voice within each of us. It doesn't shout – it whispers. And yet, it always speaks the truth. Your intuition is your soul's compass, forever guiding you toward your highest path.

Too often, we're conditioned to silence that voice. But intuitive manifestation asks you to listen deeply and to trust, especially when the guidance defies logic. To awaken this inner knowing:

- Spend time in solitude. Ask for signs. Ask for clarity.
- Use sacred tools – oracle cards, crystals, dreams and journalling – to deepen your inner dialogue.
- Practise saying "No" to what doesn't feel aligned, so you can say "Yes" to what does.

Each time you follow your intuition, you strengthen your spiritual muscle. You



USE oracle cards, crystals, dreams and journalling "to deepen your inner dialogue."

begin to recognise the language of your soul through sensations, inner visuals or sudden clarity.

Let it become a dance between you and the Divine. Let your intuitive impulses guide your steps, even when the path ahead isn't fully visible. Spirit rarely reveals the entire plan, but always reveals the next right step.

Releasing: Letting go of what no longer serves you

You cannot fill a cup that's already full. And you cannot receive new blessings if your energy is tangled in the past. True manifestation begins not by adding, but by releasing.

Let go of the belief that you are unworthy. Let go of the fear that you will be abandoned. Let go of the old stories that keep you small. Try this:

- Write a letter to your past self. Forgive anyone from your past toward whom you might still be holding on to anger, resentment or any kind of lower-frequency energy.
- Breathe into the places that feel tight with resistance and say, "I release you."
- Use mantras like: "I am open to healing. I am free from fear. I am worthy of love."

Energetically, release creates space. And space is sacred. The Universe fills that space with light, wisdom and new opportunities.

In spiritual terms, releasing is a holy act. It tells your higher self, "I am ready to evolve."

Alignment: Living as your true self

Manifestation is not a one-time ritual, but a sacred lifestyle. Living in alignment means that your outer world reflects your inner truth.

You're not pretending. You're not performing. You're choosing love over fear moment by moment. Ask yourself daily:

- Am I speaking and acting from love?
- Does this relationship honour my spirit?
- Am I being true to the light within me?

When you're in alignment, life doesn't feel like an uphill battle. Instead, you're carried by the current of divine timing.

Things fall into place. The right people show up. The opportunities you once chased begin to find you. This is the energetic signature of a soul in alignment.

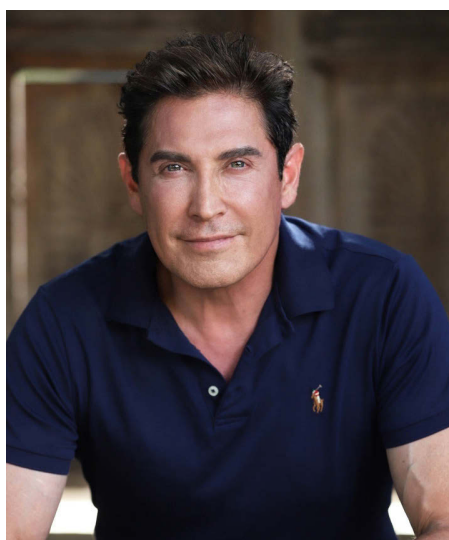
Alignment activates your auric field. It amplifies your presence. You become a living prayer walking the Earth as a vessel of healing, purpose and divine truth.

Developing trust in your psychic intuition

Everyone has psychic gifts. They may arrive as flashes of knowing, physical sensations, prophetic dreams or sudden emotional shifts.

Your psychic intuition is a natural part of your spiritual intelligence. The key is to acknowledge it, nurture it and trust it. Here's how to start using your psychic sensitivity in daily life:

- **Start with awareness:** Begin by noticing when you "just know" something whether it's sensing someone's mood before they speak or feeling a strong pull toward a specific path.
- **Body as oracle:** Pay attention to your physical body. Intuitive signals often show up as sensations such as tightness in the stomach, tingling in the hands



GARY QUINN: "You came here to expand, to shine and to be a vessel of love."

and warmth in the heart. These are energetic messages.

- **Ask, receive and confirm:** Begin your day with a quiet request: "Spirit, guide me today. Let me hear clearly and trust fully." Then observe. What signs appear? What nudges come? What confirmations follow?
- **Psychic journaling:** Keep a journal of intuitive hits, dreams, gut feelings and validations. This trains your mind to work with your soul.

Remember that intuition is like a spiritual muscle: the more you use it, the stronger it becomes. When you stop questioning and start honouring it, life becomes more magical, fluid and aligned.

Over time, this trust becomes unshakable. You stop outsourcing your power and start consulting your inner guidance system. You become a spiritual sovereign – anchored, awake and attuned

to divine frequencies.

Receiving: Embracing the gifts with grace

As you align, centre and release, you open your arms to the next step in intuitive manifestation: receiving.

Many of us unconsciously block the very things we ask for. We feel guilty, unworthy or doubtful. But to receive is to honour the divine cycle of give and take.

- Practise receiving with joy, even in small ways – a compliment, a gift or a moment of beauty.
- Say "Thank you" often. Feel your gratitude as a frequency, not just a word.
- Know that your receiving is not selfish: it is sacred.

Spirit is always trying to bless you. The question is this: will you let it?

Sacred practice: Daily 'Yes' ritual

Here's a powerful yet simple ritual you can incorporate each morning:

1. Sit quietly with your hand over your heart.
2. Close your eyes and say: "Today, I say 'Yes' to the Divine flow. 'Yes' to guidance. 'Yes' to joy. 'Yes' to unknown blessings headed my way."
3. Feel the energy of "Yes" expand through your chest and ripple into your aura.
4. Ask your spirit team to align your path with grace.
5. End with three deep breaths and a gentle smile.

This three-minute ritual can shift your entire day into alignment with the miraculous.

Say 'Yes' and the Universe responds

You were never meant to struggle, to shrink or to dim your light. You came here to expand, to shine and to be a vessel of love. And it all begins with a simple decision to say "Yes."

Say "Yes" to your soul. Say "Yes" to healing. Say "Yes" to grace. Say "Yes" to the life that is calling you.

When you say "Yes" to your divine self, the Universe responds in kind with open arms, infinite abundance and miraculous timing. Now is the time. Are you ready to say "Yes"?

You can read more about Gary at garyquinn.tv



THIS unusual photo of a hand came via the process of Kirlian photography.

Kirlian photography captures coronas

Below, we take a look at the fascinating topic of Kirlian photography, which includes the views of both sceptics and supporters.

At its core, Kirlian photography is based on the principle of high-voltage electrical discharge. The technique involves placing an object on a photographic plate connected to a high-voltage, high-frequency power source.

When an electrical current is applied, an electric coronal discharge occurs around an object's edges, resulting in vivid photographic images with distinct glowing outlines.

The underlying scientific explanation involves ionisation of gases surrounding the object, usually the moisture and gases naturally present.

This creates a luminous corona or halo effect captured on the photographic plate.

Thus, say some, Kirlian photographs essentially document the interaction between electrical fields and ambient environmental conditions rather than definitively capturing auras.

The accidental discovery that sparked intrigue

Kirlian photography was discovered by accident



A BLUE hue appeared around a key. (Photo: Ostry)

in 1939 by Soviet researcher Semyon Kirlian and his wife Valentina.

Semyon Kirlian, an electrician, was repairing equipment in a hospital when he noticed an unusual glow emanating from objects placed near a high-voltage source.

Fascinated by the phenomenon, the Kirlians dedicated their lives to refining and investigating this photographic process.

Initially termed “electrography,” the technique was later popularly known as Kirlian photography in honour of its discoverers.

The Kirlians believed that these images revealed a life force or energy field, suggesting that the technique could offer profound insights into the vitality and health of living beings.

Do only living things emit energy?

One remarkable aspect of Kirlian photography is that it captures coronal discharges around both living and inanimate objects.

Living organisms, such as plants, human fingers or leaves, typically produce more pronounced and dynamically changing patterns while inanimate objects yield relatively static images.

The difference arises primarily from moisture content, electrical conductivity and chemical composition.

Living organisms naturally contain fluids, electrolytes and varying biological compounds, enhancing electrical

conductivity and resulting in vibrant and complex images.

Non-living objects, while still producing visible discharges, tend to display simpler, less intricate coronas.

The mystery behind the colours

The varying colours captured in Kirlian photographs are caused by several factors, including an object’s composition, the voltage level applied and environmental conditions like humidity and atmospheric gases.

Different chemicals and elements present within or on an item’s surface react distinctly when ionised, which creates specific colours.

For instance, moisture or sweat on a human finger, rich in electrolytes, can produce brighter and more varied colours. Different gases ionise at various wavelengths, contributing distinct shades such as blues, reds, purples, yellows and greens.

Colour variations reflect both the physical and chemical properties of the subject and the environmental context during a Kirlian photographic session.

Bridging spirituality and science

Many proponents of holistic health and spirituality draw connections between Kirlian photography and the concept of the human aura. This is often described as an

electromagnetic energy field surrounding living beings.

Some practitioners suggest that these photographic images capture and visualise the aura, providing tangible evidence of spiritual or energetic states.

This interpretation remains controversial. Sceptics and mainstream scientists argue that Kirlian photography merely visualises physical and environmental interactions involving electricity, moisture and gases rather than subtle metaphysical energies.

While intriguing and valuable in certain holistic practices, the correlation between Kirlian images and spiritual auras remains largely anecdotal and subjectively interpreted.

Proponents claim that Kirlian photography can serve as a diagnostic tool for assessing an individual’s physical, mental, emotional and spiritual health.

They argue that the variations in coronal discharge patterns, brightness and colours can indicate changes in energy flow, potential illnesses, emotional disturbances or psychological states.

For example, disruptions or gaps in the coronal discharge pattern are sometimes interpreted as indicators of physical injury, emotional trauma or spiritual imbalance.

Holistic practitioners may use these images to support diagnoses or guide treatments such as acupuncture, reiki or other energy-based therapies.

Nevertheless, mainstream medicine remains sceptical about such claims due to limited scientific validation and reproducibility issues.

While intriguing as a complementary diagnostic approach, Kirlian photography is not accepted as a reliable medical diagnostic tool by conventional medical authorities.



HERE is the emanation produced by a tomato. (Photo: David Wolfie)



THIS striking photograph of a leaf was taken in 1970. (Photo: Richard Sharp)

What do the colours say about us?

In holistic circles, specific colours captured in Kirlian photographs are often linked to emotional, spiritual or psychological states. Commonly cited interpretations include:

- **Red:** Typically associated with heightened emotions, passion, anger or agitation.
- **Blue:** Interpreted as reflecting calmness, tranquillity or balanced emotional states.
- **Yellow/orange:** Often seen as indicating intellectual activity, creativity or dynamic energy.
- **Green:** Frequently associated with healing, balance and harmonious emotional states.
- **Purple/violet:** Sometimes interpreted as indicating spiritual awareness, intuition, or elevated consciousness.

These interpretations, while widely circulated within metaphysical and holistic health communities, are not yet scientifically validated.

Sceptics maintain that colours captured in Kirlian photographs primarily reflect

physical conditions, electrical conductivity and environmental variables rather than verifiable emotional or spiritual states.

Science versus speculation

Mainstream science generally approaches Kirlian photography with scepticism. Most scientists argue that while Kirlian images visually represent genuine electrical phenomena, they do not reliably indicate mystical auras or health conditions.

The lack of rigorous scientific reproducibility and peer-reviewed validation limits its acceptance within mainstream research.

Applications and technological innovations

Despite scepticism, Kirlian photography has inspired advancements in technology and innovative applications.

Modern adaptations, such as gas discharge visualisation, developed by Russian scientist Dr Konstantin Korotkov, utilise digital imaging to enhance accuracy and reproducibility.

These technologies have broadened applications into stress management, athletic performance and holistic wellness monitoring.

Future research

Ongoing research aims to demystify the precise mechanisms underlying Kirlian photography, exploring its potential contributions to holistic wellness and bioenergetics.

The growing intersection of complementary health practices and scientific inquiry continues to stimulate debate and discovery.

Ethical implications

Exploring the ethical implications of Kirlian photography, particularly its use in complementary medicine, prompts critical questions about responsibility and accuracy in health diagnostics.

The societal impact of such technologies on healthcare decisions and personal wellness choices further adds complexity to its role in contemporary practice.

The enduring appeal of Kirlian photography

Kirlian photography remains a captivating blend of science and spirituality. Its compelling imagery fosters continued exploration into the subtle interactions between life forms and their environments, ensuring its enduring relevance and fascination.



INANIMATE objects such as coins can also provide an impressive corona. (Photo: Thomas.Wedekind)

SUDOKU COMPETITION

This month we have copies of Yamile Yemoonyah’s book *The Seven Types of Spirit Guide: How to Connect and Communicate with Your Cosmic Helpers* as prizes for five lucky winners.

The publisher writes: “Connect with your personal team of spirit guides, and draw on their ancient wisdom and healing to overcome challenges, unlock success and achieve your dreams.

“*The Seven Types of Spirit Guide* is the first-ever exploration of the cosmic helpers who have communicated with everyday people across cultures and throughout human history. Spirit guides take many forms.

“In this book spirit guide medium Yamile Yemoonyah will introduce you to each of the seven types: angels, ancestors, nature spirits, star beings, animal spirits, ascended masters and deities.

“Each has specific characteristics, gifts and challenges, and you’ll learn the unique reasons your spirit guides are here to support you on your personal path.

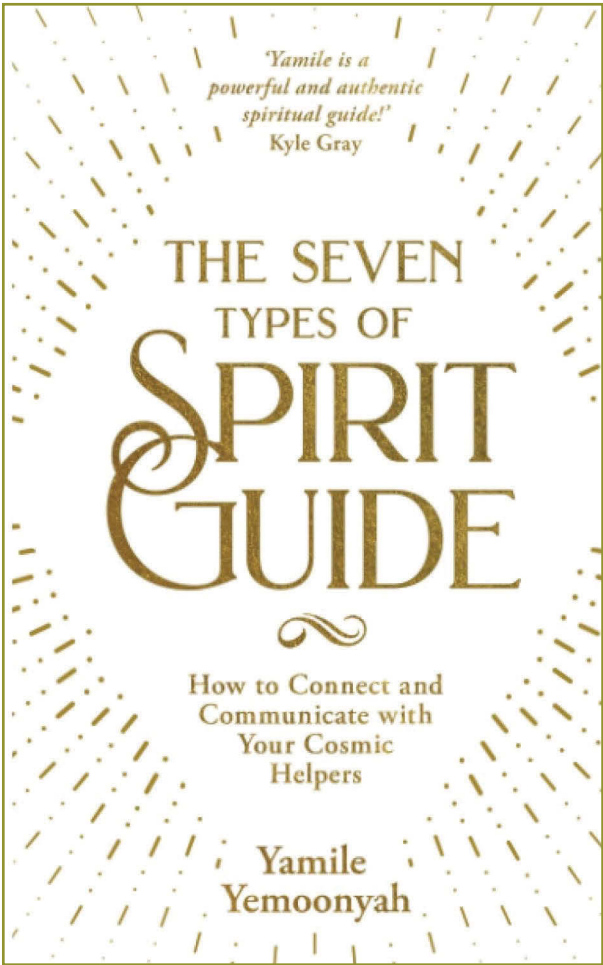
“Featuring an extensive quiz to help you discover which types of spirit guide, or guides, you have, and practical advice on identifying and communicating with them, this refreshing and inclusive companion will help you to further your spiritual development, manifest your dreams and live your purpose.”

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 our new postal address:

Psychic Press Ltd, (Competition),
124 City Road,
London, EC1V 2NX

Or enter by email: pntemp12@gmail.com

The closing date for entries is 8th August 2025



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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 MARCH 2025 sudoku competition are:

Susan Warne from Cornwall

Mr Michael Tinsley from Essex

Mr K.A. Hubbard from South Staffordshire

Kath Ettenfield from Greater Manchester

David Hudleston from Isle of Wight

The winning numbers are: 934 716 528

Each winner receives the *Daily Crystal Inspiration* oracle deck by Heather Askinsosie.

For details of Heather’s work, visit: <https://energymuse.com>

For other Hay House titles, visit: www.hayhouse.co.uk





Regression sessions are ‘a powerful form of therapy’

By Steve Burgess

Steve Burgess didn't set out to become one of the world's most experienced hypnotherapists and past life regression specialists.

Little did he know when entering the profession by accident that it would be the start of a fascinating odyssey, which changed his life beyond recognition.

In his new book "The Adventures of a Hypnotherapist," Steve details the power of hypnotherapy and regression therapy based on his most memorable and jaw-dropping cases from over 15,000 therapy sessions.

These include a client who underwent major surgery without any anaesthetic and spending time in jail with Britain's most violent prisoner.

In these abridged extracts, Steve explores hypnotherapy and other areas such as Emotional Freedom Techniques.

MY mind-world when it comes to sickness and physical problems (based not on a whim but on my experience of over 30 years as a therapist working with the power of the mind) is that the vast majority of illness is caused by underlying negative emotions and energies which are locked inside a person.

There are five negative emotions: anger, sadness, fear, anxiety and guilt. These arise as a result of traumas and significant emotional events that have taken place in the past in this present lifetime, in previous lives and in the lives of ancestors in our bloodline (parents, grandparents, great-grandparents, etc).

We all have an emotional “pressure cooker” in our minds. Whenever we are traumatised by something it’s as if we take the lid off the pressure cooker and put the negative emotions from the trauma into it.

As we go through life and more traumas occur in our lives, we continue to take the lid off and fill up the pressure cooker. The pressure in it then builds up and we react by suffering from anxiety, depression, phobias, illness, etc.

I realise that this goes against the standard medical model, which believes that an illness is something that a person catches for no apparent reason or because of lifestyle choices (poor diet, smoking, etc), but the modern medical model seems to be all about putting medicines inside people in order to make money for pharmaceutical companies.

The aim of regression therapy is to travel back in time to the emotional root causes of the illness wherever traumas have taken place in order to re-experience the traumas and to let go of the emotions and energies that got locked inside the subconscious mind.

Usually we see a lot of tears in a regression session, but it is the most powerful form of therapy that I know.

...

The path to my long career as a hypnotherapist was an unlikely one as I only fell into the job by accident.

I was the director of a publishing company in the early 1990s which went bust and I had to do something quickly to earn money.

My dad had stopped smoking by using hypnosis. As a scientist, he couldn’t make sense of how it had worked for him.

He’d tried to stop smoking many times before with no success, but how was it that some bearded bloke got him to lay down in a chair, relaxed him by talking softly and he hadn’t wanted a cigarette ever since?

This didn’t compute with his left-brain, analytical view of the world, so he started to read about hypnosis.

Dad became so fascinated with the subject that he eventually trained in it and began practising privately from home working on friends and family.

Did I “fancy having a go at it?” he asked me one day when I was considering my options.

“Why not?” I thought. I then went on a couple of training courses and set up my own private practice in East Yorkshire.

Thus began a strange odyssey which has changed my life (and, I like to think, the lives of some of my clients too) beyond recognition.

My work has taken me into the far-flung corners of the mind. In my time, I’ve used

hypnosis to help people do simple things like lose weight, overcome phobias and stop smoking, as well as more exciting and unusual things like surgery without anaesthesia and past life regression.

I’ve spent time in prison with murderers and appeared many times in the press as well as on TV and radio.

I have given therapy to fellow trekkers on the Great Wall of China and on the Inca Trail in Peru on the way to Machu Picchu.

I’ve also presented a conference paper about past life regression to Native American health workers on the Navajo reservation in Arizona.

It’s certainly been an interesting job, quite different to what I expected all those years ago when I first started to see clients.



HERE a client is seen undergoing a hypnotherapy session.

Yet the most important aspect of it all is that many people who have come to me for treatment have got better, sometimes when they’ve tried everything else and I’ve been their last resort.

I always feel very moved when a client says: “Thank you. You’ve changed my life.” Getting a result for people still excites me every working day.

But there are down sides to a career in hypnotherapy. I have become sick and tired of people shouting out “Don’t look him in the eyes” whenever they find out what I do for a living (as you can imagine, parties can be hell when I hear this for the hundredth time).

I also feel uncomfortable with people who think I can control them merely by looking at them or that as a hypnotherapist

I can walk on water.

Of course, there is still a perception in the minds of many people that hypnosis is something paranormal. I’m sure some people believe that I can bring the dead back to life.

OK, we can heal the sick by using hypnotherapy, but we don’t use the laying-on of hands or have angelic choirs singing in the background during a therapy session.

Hypnotherapy is not some form of New Age belief system, but a totally natural form of healing which uses the deep, inner mind to help people to get better. It has a substantial body of scientific research to support its benefits.

...

One of the most irritating things we often hear as hypnotherapists when a client comes out of trance is “Was I under?”

I spend a lot of time emphasising that hypnosis is totally natural. We all go into hypnosis at least 24 times a day – when we daydream, for example, or are focusing on the TV, reading a book or watching a movie.

Meditation is a form of trance. Drifting into and out of sleep is trance. Doing a visualisation at the end of a yoga session is trance.

All of these experiences are perfectly natural and are all trances; in not one of them are we “under.”

Almost everyone can be hypnotised. If you ever hear some smart-Alec telling you that their mind is too powerful and they cannot be hypnotised, they are talking nonsense.

Hypnosis is simply a way of tuning into our inner world without letting go of our outer world.

By letting go in this way and going inside ourselves, tuning out the outside world and tuning into our inner world, we tap into the subconscious (also known as the unconscious) mind.

You may be wondering what the difference is between the conscious and the subconscious minds.

I usually explain this by saying that the mind is like an iceberg: the tip of the iceberg above the waves is the conscious mind; the bulk of the iceberg below the waves is the subconscious mind.

We access the subconscious in most cases by relaxing and going beneath the surface of the waves.

Our conscious, thinking mind is about .001 per cent of the mind; our subconscious is around 99.999 per cent of the mind.

This is why hypnosis is so powerful because when we are in trance, we’re using the powerhouse of the mind.



THE “subconscious also stores memories from our previous lives and our ancestors’ lives.”

Recent research suggests that the conscious mind takes on board 50 bits of information per second whilst the subconscious takes on board eleven million bits of information per second!

Our conscious mind contains many memories, but it’s said that our subconscious contains memories of everything we have ever done. This is why hypnosis is such a great way to regress back into them.

I believe that the subconscious also stores memories from our previous lives and our ancestors’ lives too.

It is also the seat of our imagination and our emotions, which is why when we are in hypnosis it is easier to access our emotional pain than it is when we are in a more conscious state.

In spite of the countless people who have gained real benefit through seeing a hypnotherapist or whose lives have been transformed as a result, there still exists in the minds of some people the misapprehension that hypnosis is something unnatural or belongs to the world of the paranormal.

It beggars belief that the BBC’s guidelines to its producers places hypnotism in the same category as exorcism, the occult and the paranormal!

•••

Emotional Freedom Technique (EFT) is a process that involves tapping with the fingertips on various points on the body whilst the client tunes into their problem.

They repeat various phrases to help them stay focused on the issue and the

emotional and physical feelings which it engenders.

The aim is to neutralise or soften the negative feelings or thoughts which the presenting problem has been causing. Often this happens in a single session.

It can work on a wide range of issues including phobias, anxieties and panic attacks, addictive cravings (food, cigarettes, alcohol, chocolate, drugs), physical issues and pain, post-traumatic stress disorder and irritable bowel syndrome to name just a few.

Therapists who learn EFT usually use it on anything and everything. It is often referred to as “psychological acupuncture” (except that it doesn’t use needles).

EFT is one of a group of therapies known as Energy Therapies because they work on the sub-molecular energy pathways (known as meridians) throughout the body.

Whereas acupuncture uses these same meridians but has limited success with problems of a psychological nature, EFT works highly effectively on such issues.

It appears that tapping on the various points around the body (the head, face, chest, under arm and fingers) realigns the subtle energies and allows them to flow freely, thus releasing the blocked or locked-in feelings which have been causing the problem.

EFT has an extremely high rate of success (usually 50-80 per cent). It also empowers the client as many EFT practitioners teach their clients the tapping system so that they can use it

whenever the need arises.

•••

I am proud to be part of a profession which is dedicated to helping people to heal from their emotional, physical and spiritual wounds.

It is not an easy job being a therapist, but it’s an immensely rewarding one. The older I get the more I appreciate how important it is to help people heal from their emotional wounds in order to help the world become a better place for us all.

The concept that everything is interconnected is not new. Buddha spoke of it two-and-a-half-thousand years ago, but it is now becoming accepted by more and more people to be a reality, especially as quantum physics influences modern thinking in so many ways.

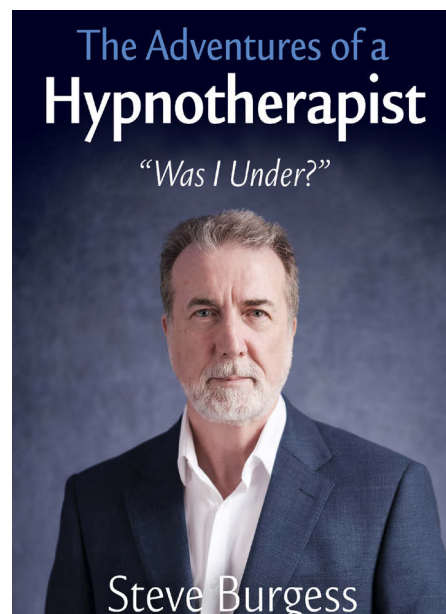
Therapy is a way of helping human beings become more balanced. Looking at things from the perspective of interconnectedness and the idea that none of us are truly separate from one another, as individual people become more balanced the fact that we are all connected energetically means that the world becomes more balanced.

This rebalancing of human beings is an important part of helping humankind to survive the challenges that we face as a species on Mother Earth.

When we are more balanced as a result of therapy, we become less reactive and more open to give and to receive love.

Every client that a therapist helps to heal is one more tiny drop of love into the energy field of the collective.

“The Adventures of a Hypnotherapist” is subtitled “Was I Under?” Published by O-Books at £15.99, it available from the internet or can be ordered from bookshops. An e-book version costs £7.99.



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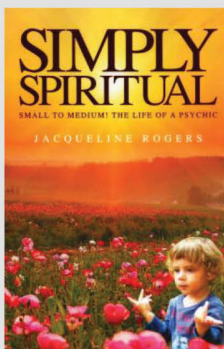
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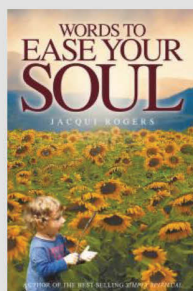
SPIRITUAL BOOKS

The life of a medium is not easy!



This book is about finding our true paths in life. Too often we feel very small, insignificant - do we mean anything at all, and is there any purpose? But in Jaquie Rogers' uplifting and often astonishing debut book, we learn that being human is a very special thing and our spirits are far from small.

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Your paranormal and spiritual questions answered

BY GRAHAM JENNINGS

Warnings from mediums saved film star's life

What were the extraordinary psychic experiences, some perhaps forgotten, of film star Elke Sommer? – Jane Shaw.

She was born Elke Baronin von Schletz on November 5, 1940 in Spandau, now one of Berlin's largest boroughs.

Elke appeared in several German and Italian films in the 1950s and early 1960s before starring in *The Prize* (1963) with Paul Newman and Edward G. Robinson.

There followed *A Shot in the Dark* (1964), *The Art of Love* (1965), *Deadly Sweet* (1967), *The Wrecking Crew* (1968) and *The Great Bank Robbery* (1969). She appeared in "Spaghetti Westerns," and cinema and TV films up until recent times.

With her pouty lips, high cheekbones and sky-high, bouffant 1960's hairdos, Elke was glamour personified. She appeared in almost 100 films between the 1950s and 2005.

She hosted her own TV show in Germany in the 1970s and 1980s, and released a number of albums as a singer. She also took up writing and exhibited art at the McKenzie Galleries in Beverly Hills.

As you mention, Elke also had extraordinary psychic experiences. Her life was probably saved twice by warnings given through mediums.

In 1966 while Elke was in America, Rosa Bratter, a German medium from Hamburg, saw Elke's face superimposed over an artist's impression of a notorious killer, Klaus Grossman, a psychopath who murdered in broad daylight.

Rosa sensed that Elke would be in danger if she visited her mother in Nuremberg as planned. The medium wrote to the actor in America begging her not to make the trip. Elke followed the advice and changed her arrangements.

In Germany in January 1967, the killer snatched a purse in a department store. A shopper who tried to stop him was shot dead.

Seconds later he was overpowered. He was Klaus Grossman, the sought-after killer. Police read his diary and later learned he had read about Elke's intention



ELKE SOMMER is convinced she was once a warrior who fought in the Crusades.
(Photo: A.k.zehnullzwo)

to visit her mother in Nuremberg.

On the last page appeared the words, "Elke Sommer – kidnap her." On the butt of his Luger automatic he had carved the words, "X for Elke."

Warned by another medium, Elke had a second brush with death at the haunted home in Beverly Hills she shared with her then husband Joe Hyams.

It was so haunted that a male figure was often seen about the house. It was investigated by 36 mediums and psychical investigators, including Brenda Crenshaw and Douglas Johnson.

"How do you explain it," asked Elke, "when 30 independent people feel a presence in the same corner?"

"There was a corner in the house where you simply could not take a picture. The camera would always become blocked."

Indeed, when a cameraman took pictures where the spirit presence was first felt, he discovered progressively fogged photos in the centre of a roll of film, which he could not account for.

In March 1967 a medium warned Elke, "I see your dining room in flames next year." The couple decided to sell up and move, but the very next morning, they were awakened by unexplained knocking on the bedroom door.

No one was there. A chandelier fell in the dining room and they found the room ablaze.

The pair fought the flames wearing pyjamas and rescued their two dogs before escaping by leaping from a second-floor window. The Los Angeles Fire Department could not discover how the fire began and filed it as "A fire of mysterious origin."

An account of it was published in the *Journal of the American Society for Psychical Research*.

These were not Elke's only psychic experiences. In 1978 while living in Los Angeles, she had one of the clearest sightings ever of a UFO.

The actor said it resembled an orange ball of light, and "just came out of the sky and seemed about 20 to 25 five feet in diameter, glowing and moving like a bit of the moon."

Elke felt it was coming straight at her and went into the house. When she came out for a second look, it had disappeared completely.

She also believes in reincarnation and was convinced she had been a tough fearless warrior who fought in the Crusades. She said she had a "great affinity" for that era.

Elke added: "It's more than a passing interest. I don't really know what it is. It's just an uncanny feeling I get about it."

"I think it is possible for people to recognise a strange place because they actually have been there before in some previous life."

Countess 'saw' assassination which sparked war

Who was the Austrian psychic who predicted the assassination of the Archduke Ferdinand, the rise of Hitler and the prolific use of the swastika? – Raymond Dawson.

One afternoon in 1912 the Archduchess Isabella of Austria had guests for tea at her palace in Vienna.

They included Archduke Eugen of Austria, Princess Elie de Bourbon and other nobles including Countess Bianca Sylvia von Beck-Rzikowsky.

Born Bianca von Lazarini in Wien, Austria in 1882, she became the daughter-in-law of Count Beck-Rzikowsky. He was the last adjutant-general of the aged Emperor Franz Josef, and was commonly referred to as "the vice-emperor."

Countess Bianca enjoyed a reputation as a clairvoyant whose predictions proved accurate. She had been psychic from childhood.

While visiting an antique dealer in Venice with her family, Countess Bianca felt compelled to ask that they be taken to a back room.

There, she noticed a rolled-up portrait of an elderly man with a flowing, Titian-like beard and persuaded her father to buy it. Thereafter, whenever the family suffered a sad event, the portrait showed a milky cloudiness.

Invited by Archduchess Isabella to make a prediction, Countess Bianca placed herself in a light trance and addressed her hostess.

"Your Imperial Highness, I beseech you to soften your antipathy toward Archduke Franz Ferdinand and his wife," she said. "We must be kind to them."

The Archduke was heir to the Austro-Hungarian Empire, bordered by Poland, Ukraine and the Balkans.

The Archduchess had wanted him to marry one of her daughters, but he chose love before duty and married, beneath his rank, her lady-in-waiting, Countess Sophie Chotek.

Countess Bianca knew that the Archduchess's dislike of Sophie was as strong as ever. She cautioned, "In two years, they are fated to die from the same bullet."

On June 28, 1914 the Archduke and his wife were assassinated in Sarajevo, Serbia. The assassin Gavrilo Princip fired twice, one bullet killing Sophie and the other fatally wounding Ferdinand.

The emperor's retaliatory measures



In June 1914, Archduke Franz Ferdinand and his wife were assassinated in Sarajevo. (File photo)

against the Serbs sparked the outbreak of the First World War in August. That very month while walking in the street, Countess Bianca was seized by a strange fear.

She entered a church, knelt in prayer, felt a heavy blow to the chest and fainted. Later, she learnt that at that moment her brother had been fatally shot in the chest at the Battle of Galicia. Sure enough, the portrait she brought back from Venice had turned cloudy.

Unfortunately, while she foresaw events for others, she received no warning of her own fate. With the war's end, the empire and the world she knew vanished forever.

Countess Bianca moved to the Wilmsdorf section of Berlin where rampant inflation left her destitute. Forced to earn a living, she became a professional psychic calling herself Madame Sylvia.

As early as 1922, Madame Sylvia foresaw the terrifying persecution of Jews throughout Germany (still over a decade away).

She had become friends with Edith Rathenau, the sister of Walther Rathenau, the Foreign Minister of Germany's Weimar Republic.

He was assassinated on June 24, 1922 by fanatics who identified him as one of the "Elders of Zion," an imaginary organisation of Jews supposedly plotting to take over Germany and the world. Immediately afterwards, Madame Sylvia heard a voice cry, "This is meant for Edith!"

At the close of each year, Madame Sylvia invited friends to her apartment and made predictions for the coming year.

At a séance held on December 26, 1929 she said, "In Germany a man who has

worn the sword will play a big part."

This was probably Field Marshal Paul von Hindenburg, the second President of Weimar Germany, who both supported the aspiring Hitler and despised him.

Madame Sylvia added: "A very great man appears on the horizon. I see a Z around him. He will be a remarkable phenomenon. Like Napoleon, he will be a man destined to transform the entire history of Europe."

Two Zs crossed form a swastika. The Freikorps, who maintained order on the streets, had kept it as a good luck token from the war years, but it was not yet a national symbol.

At the close of 1931 Madame Sylvia made this prediction, which went far beyond 1932: "It will be an unprecedented year; later it will be called the big year of decision. It will be the most turbulent year since the beginning of World War I.

"All countries will be affected, shaken to their foundations. I can sense no peace here on Earth...

"As for the war in the Far East, it is not only a question of Manchuria (invaded by the Japanese). There I see barbed wire extending in an arc as far as Mongolia and even inside Siberia.

"From the Far East a wave presses forward and sweeps over the peoples until it reaches the lofty mountains where it is forced to halt.

"I see a man appear out of the East, with a face as if hewn out of stone, and a sword in both hands. He is the man with the Z about whom I spoke two years ago.

"I see the Z over the map of Asia and as far as Russia, constantly reappearing in a new form."

This prediction was unclear and exaggerated. Hitler came from Austria, not the East, and he would invade the Soviet Union. It was the Japanese who would threaten East Asia.

The year 1932 did indeed see Hitler's rise to power, when even he began to despair of attaining it. He came second to Hindenburg in the presidential elections and was appointed Chancellor by him in January 1933.

Madame Sylvia made numerous predictions, most of which proved accurate, although not necessarily within the time span indicated. She passed in Lazio, a province of Rome in 1949, aged 66 years.

Pianist greeted famed comic into Larger Life

American comedian Jack Benny had a morbid, lifelong fear of death. Then, just days before his passing from cancer, he suddenly looked forward to "a beautiful life beyond the grave." What changed him? – Sammy Peters.

One of the best-loved American entertainers of last century was Jack Benny. From early success in vaudeville, he enjoyed a stellar career in radio, films and then television. Only one thing marred his success and enjoyment of life – an irrational fear of death.

For instance, Norman Abbott, for years the producer and director of Benny's TV shows, said: "Whenever anyone complimented him about the picture he was most proud of, *To Be or Not To Be* (1942), he would immediately get moody and remark that he and Robert Stack were the only stars who played in the movie who were still alive."

Born Benjamin Kubelsky on February 14, 1894, Benny studied the violin as a child. In 1913, he met pianist Lyman Woods and the two formed a successful vaudeville act for four years, playing everything "From Grand Opera to Ragtime."

In 1917, America entered the First World War and Benny enlisted in the Navy. While entertaining sometimes bored servicemen, he discovered a natural talent for comedy.

Two years later, he returned to vaudeville and was soon billed as "Jack Benny: Aristocrat of Humor."

His contemporaries and early friends were the young Marx Brothers, and husband-and-wife comedy duo George Burns and Gracie Allen. He later met and married Sadie Marks.

Benny starred in radio. In 1932, radio

editors voted him "Most popular comedian on the air." He likewise starred in films.

With the coming of TV, he had his own show, *The Jack Benny Program*, which ran from 1950 to 1965. Sadie appeared with him in the cast as Mary Livingstone.

He was still working in TV in his seventies and in 1974 aged 80 appeared

laughs and no audiences: just a great big black void.

"He would become melancholy and deeply depressed whenever he heard of friends dying or even being ill."

Now under heavy sedation to ease the terrible pain, Villery noticed that Benny kept repeating a name from the past –

pianist Lyman Woods, who worked with Benny for five years.

Villery did not recognise the name, which was not surprising because he had passed nearly 45 years previously.

Villery recalled of Benny: "There was such a strange tone to his voice. Jack whispered, 'Didn't you see him?' There was a momentary silence. Suddenly Jack's voice took on a look of pleasure.

"He opened his eyes and softly told me he'd just seen Lyman and spoken to him. Jack said Lyman was going to help him through into a beautiful hereafter."

Just before Benny passed on December 26, he whispered the name again. Villery added:

"At first his voice was indistinct. Then he began to speak more clearly. 'I was with Lyman,' Jack said. 'He told me it was beautiful – and it was... it was.'"

"The significance of what Jack was saying dawned on me. As Jack was nearing death, his old and good friend Lyman Woods was helping him make the transition from life to death.

"He was guiding him home, helping dispel Jack's lifelong fear of the 'instant end' he talked about."

Because of his deathbed vision, "Jack at the very end discovered that it was not a still, silent void of blackness he was entering, but a beautiful place to which he was being led by his old and dear friend of long ago."



AFTER a deathbed vision, Jack Benny discovered that passing on did not herald a "still, silent void of blackness," but entry to "a beautiful place." (File photo)

in *Jack Benny's Second Farewell Special*. On December 20 that year he was diagnosed with terminal pancreatic cancer.

His friend, chauffeur and valet for the last years of his life was Eddie Villery. He told how Benny believed there was nothing after death – "no family, no friends, no

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>



WEARING a red gown, Lady Dering is said to haunt a churchyard looking for her stillborn baby's resting place.

Sorting fact from fiction in Britain's most haunted village

By John West

PLUCKLEY in Kent claims to be the most haunted village in Britain and was even once mentioned in an edition of the *Guinness Book of World Records*.

With over a dozen ghosts, it is a popular destination for those hoping to witness paranormal activity. However, the residents of Pluckley hold differing opinions regarding the village's haunted reputation.

Some dismiss the idea that it is haunted and blame local writer and paranormal investigator Frederick William Thomas Sanders for inventing the stories in the

1950s for his memoir *Pluckley Was My Playground*.

In a further twist, actor and later BBC Radio 2 presenter Desmond Carrington claimed that he was responsible for fabricating all but one of the stories after commenting:

"I lived in Pluckley during the 1950s. While I was in the ITV series *Emergency Ward 10*, a freelance journalist named Bill



TWO centuries ago, a highwayman was ambushed by some of his victims and left to bleed to death.

Evans came to my home to do a feature on me for the *TV Times*.

"He wanted 'an angle' on the village and asked if there was a ghost. I said I'd heard of one – a 'White Lady' – and we ended up concocting a whole string of them just for the article."

However, others claim to have seen the village's apparitions or know someone who has happily accept Pluckley's haunted fame.

So is it Britain's most haunted village? Some of the tales may indeed be true, but others have become so garbled in the retelling that it is now almost impossible to tell fact from fiction.

I'll leave it to the readers of *Psychic News* to decide if Pluckley deserves its most haunted fame.

The highwayman

Frith Corner – also known as Fright Corner – is a grassy area at the junction of a road by Frith Wood.

Some two centuries ago, a highwayman was ambushed at this spot by some of his victims, though other accounts claim that his attackers were local lawmen.

The highwayman fell from his horse and backed himself against a large, hollow tree. Ironically, the tree had often been used by the highwayman as a hideout.

He held off his attackers with his pistols,

but one man finally pinned him to the tree with his sword. Satisfied, the mob left him to bleed to death.

The following morning, his corpse was taken down and carried away for burial.

The highwayman's last moments are said to be re-enacted on moonlit nights. The long-vanished tree, the scene of his death, is also said to appear as the highwayman is killed.

ITV's *Strange But True?* series interviewed resident Bob Godden about his sighting of the highwayman.

Bob was walking along a road in the village when he saw a figure dressed in a long, black coat and riding boots. The form crossed the road and vanished through a hedge.

The white and red ladies

Lady Dering, a member of the local gentry, haunts St Nicholas Church. Though her ghost dates back "several hundred years," no specific date is given.

After she died young, her grief-stricken husband buried her in a white gown, placing a red rose in her hands.

To preserve her beauty, he had her corpse placed inside seven lead coffins, one inside the other. These were enclosed by an oak casket.

Lady Dering's ghost has been witnessed kneeling in the Dering Chapel as if in

prayer.

Strange lights, described by one witness as "splashes of flaming yellow-green," have been seen shining through the stained glass windows of the Dering Chapel at night and knocking sounds heard coming from inside the deserted church.

Another Lady Dering, this one wearing a red gown, haunts the churchyard. This phantom lady dates from the 17th century. She died in childbirth, as did her baby.

Her child was not buried with her, and her ghost is now said to haunt the churchyard looking for her baby's last resting place. At night, one can hear Lady Dering's voice calling out from across the churchyard.

According to Frederick Sanders, the churchyard ghost was exorcised by a ghost-hunting group.

In his account published in the *Kentish Express*, the ghost "escaped through a woman member of the party, who gave this release at grave danger to herself."

Some claim that the stories of the two ghosts have become corrupted and confused over time, the suggestion being that the Red Lady and the White Lady are different names for the same ghost.

A white dog also haunts the church. Several students camping out in the churchyard one Hallowe'en night claimed to have witnessed it running past them.

Another form, a woman wearing 1970's clothes, has been seen entering the church

whereupon she vanishes into thin air.

The schoolteacher

In the 19th century or the 1920s, depending on the source you consult, a schoolteacher hanged himself from a laurel tree that stood next to a path known as Dicky Buss's Lane.

A group of children discovered his body on their way to school. Another source says Dicky Buss, a miller, found him when the swaying corpse "kicked" him in the head as he walked along the lane.

On certain nights, the schoolteacher's ghost is said to appear hanging from the tree where he took his life.

Frederick Sanders asserts that Henry Turff, his former headmaster, informed him about the suicide. However, one version of the story claims that the victim was Henry Turff himself.

He hanged himself after learning that his friend, a headmaster from Smarden, had also committed suicide by hanging himself from a tree.

Later, someone claimed to have seen Turff's ghost in the lane, dressed in a green blazer and striped trousers.

To confuse matters even more, yet another version of the tale claims that Turff was the headmaster of Smarden.

A check of local records confirms the existence of Henry Turff. However, he died in 1940, and there is no evidence that he committed suicide.



A LARGE Victorian house, Greystones is haunted by a priest known as "The Monk." (Photo: N Chadwick)

It appears that this particular story has become garbled over the years, as the suicide victim was neither a schoolteacher nor headmaster.

A man did commit suicide in the lane, but his name was Henry Edgar Martin, a papermaker. On August 15, 1919, Martin, who lived nearby, was found "hanging by a halter from a tree."

The screaming man

Richard Bridgland, a workman who died in January 1899, haunts the old clay pit and brickworks. He was digging clay when part

of the pit wall fell on him.

Bridgland was quickly dug out, but it was too late and he was found dead with a broken neck.

His screams of terror have been heard echoing across the area. Another suggested source for the origin of the screaming is the tale of a young man who had his arm ripped off by machinery at the works.

The man managed to survive, but his agonising screams still reverberate throughout the countryside at night.

Septics suggest that the cries are of a fox. However, one witness who heard the screams in 1991 said that they were familiar with fox sounds, and the cries were nothing like that animal.

In 2021, two people driving past the site of the old brickworks were left "spooked" after suddenly passing through a patch of mist which contained strange pocket-like holes.

The monk of Greystones and the lady of Rose Court

Greystones, a large Victorian house, is haunted by a Tudor priest known as "The Monk." He is connected with the ghost of a lady who lived in a nearby house called Rose Court.

She was the mistress of a Dering family member (or a family member herself, according to another version) and was said to be the friend or lover of the monk, who died of a broken heart because he had to share her with another man.

Upon learning of the monk's death, the woman gathered some poisoned berries from local fields and drank the juice from them as she gazed at the monk's former home.

Her ghost is only seen between 4.00



FOUR years ago, two people were left "spooked" after suddenly passing through a patch of mist.



THERE have been several independent sightings of a phantom coach and horses on a stretch of road.

pm and 5.00 pm, the time of her death. She haunts the house and the gardens, and walks between the two homes calling for her pet dogs.

Andrew Jupp witnessed the monk's phantom in 1989 and recounted his experience to Peter Underwood, a renowned author and paranormal investigator.

Jupp glimpsed a figure wearing a brown robe walking through the trees at Greystones. The figure then vanished.

It is claimed that both Victorian houses stand on the site of earlier Tudor buildings. However, there are no historical records to confirm this.

It should be noted that Rose Court was the scene of a suicide in 1861. Mary Ann Bennett, who was 31 years of age, took her own life after taking opium.

It has been suggested by some researchers that the tale of the Tudor lady is a corrupted memory of this suicide. I am inclined to agree.

The colonel of Park Wood

It is said that a colonel committed suicide in Park Wood. However, there is no record of his name, and we do not even know the year of his death.

Despite this, people claimed to have seen his form dressed in a military uniform, strolling through the trees on dark and windy nights.

Frederick Sanders said that when he was young villagers would avoid a path through the woods at night as they feared meeting the phantom soldier. The wood was cleared in the 1960s and is now grazing land.

The watercress woman

Sarah Sharp, a 76-year-old watercress seller, died on August 10, 1911, after a clay pipe accidentally set her clothes on fire as she sat by Pinnock's Bridge.

Since then, on the anniversary of her death, illuminated by a blazing yellow light and screaming for help, Sarah is said to appear on the bridge.

The miller

Now demolished, a windmill was once haunted by the black shape of a miller, who hanged himself from a beam in the windmill after a failed love affair.

It was claimed that he would appear, hanging from a beam, either before a thunderstorm or a tragedy in the village.

The figure was last seen by Dickie Buss, whom we met earlier, some time before the mill closed in 1916. However, one source claims that the phantom miller was Dickie Buss.

The windmill soon fell into disrepair and was a ruin by the 1930s. It was struck by lightning in 1939. What was left of it was

burnt to the ground.

The screaming woods

Dering Woods is said to be haunted by the screams of people who went missing or died there.

Out of all the ghosts linked to Pluckley, this is the one that we can most easily dismiss.

It is claimed that in 1948, five local families were found murdered in the woods. The perpetrators of their deaths remain unidentified.

In 1998, four students vanished after entering the woods. No one ever saw them again. Strange lights appeared to hover above the woods on both occasions.

Online reports detailing these events have even reproduced front-page headlines from local newspapers.

However, neither story is true and the newspaper headlines used to illustrate these reports are complete fabrications. One supposedly dating from 1948 even mentions a link to a Facebook page.

The phantom coach

The road from Pluckley to Maltman's Hill is the haunt of a phantom coach and horses. This haunting is more impressive, as there have been several independent sightings which suggest something does indeed haunt the road.

In November 1997, around 7.00 pm a

motorist was driving through the village when their car was filled with the sound of horses' hooves riding on cobbles.

On another occasion, Peggy Theobald was driving home with her husband after midnight when they saw a coach and horses riding across Pinnocks Crossroads. The carriage emitted a blazing light.

Another strange sighting that may be connected to the phantom coach occurred in 1979.

A local man was driving home from a pre-Christmas party near Ashford. He had three passengers with him – his two brothers and a friend named Sue.

As the car approached Pluckley's church, they all saw a ribbon of shimmering blue light in the middle of the road.

It was roughly two or three inches in diameter and arched across the width of the road. It measured some six feet in width and was roughly ten or twelve feet at its highest point.

The car drove through the "ribbon," which entered the car and passed by the driver's left shoulder. The driver wanted to turn the car around to see what it was, but his terrified passengers urged him to drive on, so they left the area.

The White Lady again

Surrenden Dering was the 17th century family home of the Dering family. In 1952, a fire destroyed most of the house. There were rumours that the White Lady from St Nicholas Church occasionally haunted the property.

After the First World War, Walter Winans, a horse breeder, painter and Olympic champion shooter, leased the house.

In 1920, Winans decided to hold a vigil on Christmas Eve in the hope of witnessing the phantom lady. When the apparition finally appeared in the library, he rather ungallantly fired a revolver at her.

The form swiftly disappeared through a panelled wall believed to conceal the entrance to a tunnel connecting the house to the church.

Several guests were so shocked by the phantom's appearance that they left the house the next day.

In 1904, a visitor to the house claimed to have seen a burning woman holding a baby running along the driveway. The witness fainted with shock.

Around the same time, there were reports of another ghost attempting to strangle a woman in bed.

The poltergeist

The Black Horse public house is home to a poltergeist that likes to move furniture and hide items. Once, a vase was seen to fly across the saloon bar.

The poltergeist also has a fondness for removing coats from chairs and hanging them on a door.

It is claimed that the haunting is linked to the murder of a woman, Jean Spicer, which took place there in the 18th century. She was killed with a bowling pin.

However, this story is untrue. The victim

was a man, Jesse Spicer, who died because of an accident.

On May 23, 1772, the *Kentish Gazette* published an account of the incident, stating, "A melancholy accident happened in the nine-pin-yard at the Black-horse at Pluckley, where two men were going to the bowl for a wager, when one of them had the misfortune to hit a bye-stander (one Mr Spicer) a violent blow on the head."

Peter Underwood was told by Margaret Williamson, who lived next door to the pub, that her home was haunted by a "translucent apparition with dark curly hair." She saw the phantom on two separate occasions.

Witnesses have reported seeing a ghostly woman in Victorian attire in the bar of the Dering Arms public house.

The passenger

Taxi driver Raymond Breakspear was once driving through the village between 2.45 am and 3.00 am when he saw a man standing by the road. The man flagged him down and got into the taxi.

When Breakspear looked back at his fare and asked where he wanted to go, he found the cab empty. ITV's *Strange But True?* later interviewed him about his unusual experience.



THE Black Horse pub in Pluckley is home to a poltergeist who moves furniture and hides items. (Photo: Marathon)



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.



Using power of prayer to shape earthly events

By Lionel Owen

WHEREVER we look these days there is conflict. From wars in Palestine and Ukraine to economic warfare instituted by the United States much of it seems insoluble.

What, as Spiritualists, should our response be? Bury our heads in the sand, say it's not really a matter for us, issue proclamations warning of impending doom, become politically active or try to isolate Spiritualism from all this materialistic skulduggery?

I am strongly reminded of my childhood during the Second World War. Especially in 1940, it was a time when Britain stood alone in opposing

the forces of fascism in Europe.

With nightly bombing raids in my home city of Liverpool and my elder brothers away as members of the armed services, my sister and I had to go to school each morning seeing the ravages caused by the previous night's bombing, picking up pieces of shrapnel as we walked.

Viewed in that light, today's problems can seem less problematic,

though I have no wish to minimise them.

I was brought up as a Spiritualist and attended Daulby Street Lyceum from an early age until it was destroyed by bombs. Within a very short time, alternative premises were found in Village Street, Everton, where the Lyceum started up once more.

Though I was considered too young to attend church services, I remember my parents talking about the large congregations present at all of those wartime services.

This was true of every Spiritualist church in the country as people sought evidence of the survival of loved ones who had been killed or were missing.

Dedicated mediums like Tekla Kahn and Ivy Northage continued to travel to serve churches despite the difficulties and dangers of wartime travel.

Indeed, these two ladies arranged to conduct an interesting experiment to seek a way to avoid the strongly predicted Nazi invasion of Britain.

Tekla and Ivy met at least once a week to link with the spirit world and seek help, but did not ask for widespread general assistance, like stopping the fighting. Instead, they asked that Britain should not be invaded.

Sceptics poke fun at such attempts to use the power of spirit to change events in the physical world. Notwithstanding this, the fact remains that despite all the predictions an invasion of the UK by Nazi Germany did not materialise.

As mediums, Tekla and Ivy had total trust in spirit power and never doubted for one moment that their appeal would be answered. I sometimes wonder if modern Spiritualists possess the same trust.

It is important to emphasise what the mediums asked for: they focused upon a specific area, resisting the temptation to generalise their appeal.

I am frequently disappointed when I hear prayers from Spiritualist platforms which are far too wide-ranging in their calls for help from God and the spirit world.

We currently have two large wars raging: four different countries are the principal antagonists. Is there perhaps a case for some guidance to mediums on prayer?

Clearly, no medium would want anyone to dictate the contents of a prayer, especially as all prayer should be inspirational. However, I see no harm in suggesting specific topics to be included in prayers on a particular Sunday.

One week it could be Ukraine, another Russia, Palestine and Israel or even specific political leaders.

The important aspect is such unanimity could make prayers more effective and

would be using the light of the spirit intelligently.

I believe it is time for Spiritualism to take the lead in persuading more people that with help from the spirit world nothing is impossible.

Most individuals outside our religion never even think they have a spirit unaffected by physical death. Because western society has become so materialistic, the majority of human beings have only vague thoughts on religion in general.

Survival of death seldom occurs to them. This is tragic, for we choose to live earthly lives in order to strengthen our spiritual selves through subjugating our spirit to the dominance of the physical world with all its diversions and challenges.

Conducting our earthly lives in the



LIONEL OWEN: *"We need to convince younger people of the truth about survival."*

conscious knowledge that we are beings of spirit must surely be far more effective and constructive than living in total ignorance.

How we go about this is of vital importance. Proving survival of physical death via demonstrations of mediumship is vitally important, but perhaps less so than we have assumed.

We need to convince younger people of the truth about survival and the role of physical life in the process of eternal existence.

Older people have a more natural tendency to investigate claims to the eternal nature of life because they already feel the presence of "time's winged chariot."

To the young, most of whom are excitedly engaged in discovering the world around them, proof that a relative they never knew still survives in the spirit world features low on their list of priorities.

A Spiritualist church service consists of

three main parts: a prayer, an address and a demonstration. Each is as important as the other.

A service is not merely a demonstration of mediumship, no matter how accomplished the medium.

A prayer, an address and a demonstration deserve to be allocated the same importance. All three need to be carefully thought about well before a service.

There is no excuse for a medium thinking about the subject of the address or asking for the help of their spirit friends only a few minutes before a service.

As spirit people go to a great deal of trouble to help us, the least we can do is to play our part conscientiously.

It is not that we are failing to attract young people to our services, but more what we are saying to them when they attend. Too often, an address presented from the platform is too short and lacks any real depth.

Spiritualist philosophy has a vital message for all and should be explained properly. The *Lyceum Manual* can be a useful source.

Don't misunderstand me, for I am not suggesting long, boring lectures which drive the congregation to sleep.

What I do think is that platform speakers should be more widely read in spiritual subjects. They ought to be able to place matters making headlines in a spiritual context and should spend more time learning how to speak effectively in public.

This does not mean that speakers need to become academics. On the contrary, I recall hearing some really powerful and persuasive addresses from little old ladies who allowed spirit people to use them during an address.

The secret of giving an interesting even challenging address rests on how close mediums can draw to their inspirers in Spirit.

However, in this day of wider educational opportunity, it is also true that mediums are able to access the philosophical thoughts of a wide circle of thinkers.

Spirit inspirers use the contents of a medium's mind to build an address, so the more demonstrators can give them to work with the better.

All speakers from our platforms have a great responsibility to Spiritualism and Spiritualists.

They should put at least as much effort into improving their abilities as speakers as they do into developing clairvoyance. If you are a medium, are you willing to take up this challenge?



A Good Read

All titles available from [Amazon.co.uk](https://www.amazon.co.uk) or [Amazon.com](https://www.amazon.com) unless otherwise stated

THE OCCULT ELVIS

The mystical and magical life of the King

By Miguel Conner

RRP UK £16.95 US \$19.99

288 pages

The publisher writes: "Elvis Presley, the most successful solo artist in history and an emblematic cultural figure of the Western world, has been widely perceived as a conservative Southerner. However, the truth about the man has been missed.

"Writer and researcher Miguel Conner reveals how Elvis was a profound mystic, occultist and shaman.

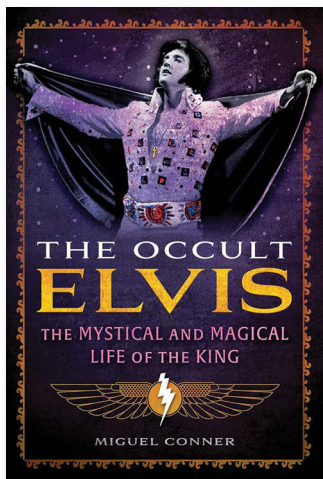
"Beginning with the unusual circumstances of his birth — including his stillborn twin brother Jesse — Miguel traces the diverse thread of mysticism that runs through Elvis Presley's life, drawing on firsthand accounts from the people closest to him, including his wife, Priscilla, friends and family, the Memphis Mafia and his spiritual advisors.

"He reveals how Elvis was a student of seminal nineteenth- and twentieth-century occultists, including H. P. Blavatsky, Manly P. Hall, G. I. Gurdjieff and P. D. Ouspensky, as well as a devotee of Indian yogi Paramahansa Yogananda.

"He argues that Elvis was well-versed in esoteric practices including meditation, astrology and numerology, and had a deep familiarity with Kabbalah, Gnosticism, Theosophy and Eastern traditions.

"Miguel also reveals how Elvis was a natural healer, telekinetic, psychic and astral traveller who had significant mystical experiences and UFO encounters.

"As Miguel convincingly argues, Elvis was not just a one-of-a-kind rock-and-roller. He was the greatest magician America ever produced and a key player in transforming Western culture forever."



"These words are from their guide Sister Theresa, who prefers to be called Christina, her birth name. She tended the sick in the convent infirmary in the Middle Ages:

"We are all worshipping the same god. We all need to tune into our own spirituality. If this means that you are following another religion, it doesn't matter because you are working on your own spirituality."

"Spirit does not question any existing religious or faith beliefs you may already hold. It does not matter who you are or where you come from. We are all the same. We are all spirits on an earthly journey.

"You are exceptional. Shine your light. Share your love.

"This book is the third in the Being Spirit Trilogy. *Being Spirit*, the first book in the trilogy, won an award in the 2019 Soul & Spirit Book Awards."

THE ART OF HEALING

How to heal spiritually and mindfully, volume 1

By Anthony Charles

RRP UK £10.89 US \$13.99

169 pages

The publisher writes: "Imagine embarking on a journey where every step leads you deeper into a world of peace, self-awareness and profound healing.

"*The Art of Healing* is your guide to this transformative path, a stunning exploration of timeless practices designed to awaken your spirit and expand your consciousness.

"This book delves into the core principles of meditation, mindfulness and spiritual healing, providing you with an easy-to-understand foundation that's as enriching as it is practical.

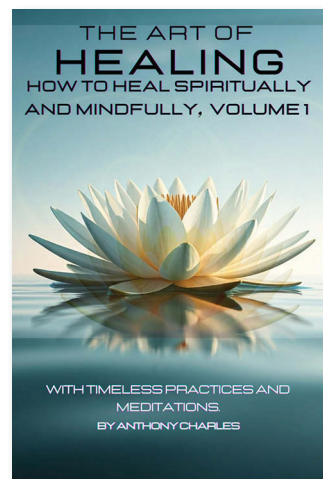
"Learn to go beyond the surface and reach within, connecting with your spirit, tapping into your inner child and uncovering the vast potential that lies dormant within you.

"With meditations ranging from calming the mind to exploring your inner child, and practices like mindful walking, eating, chakras, reiki and sound healing, this book is your ultimate guide to personal transformation.

"Feel the infectious passion for growth as you visualise through the author's imaginative scenes of ancient practitioners.

"This isn't just learning; it's living the legacy of healing.

"Whether you're just starting out or ready to deepen your practice, this book is crafted to meet you where you are, offering both the basics and advanced techniques to suit your spiritual voyage."



IMMORTAL SPIRIT

You are Spirit in human form

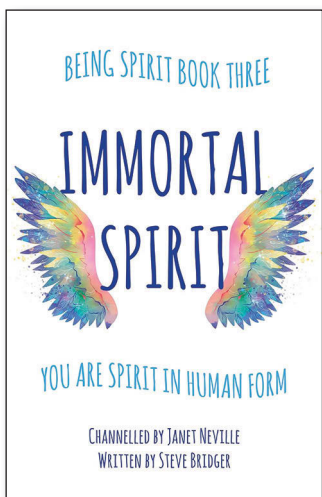
By Janet Neville & Steve Bridger

RRP UK £11.99 US \$16.95

240 pages

The publisher writes: "You are a human being and a spiritual being. One mortal. One immortal. This book is about your innermost spirituality. The words from Spirit have been sent to you with undying love.

"Janet and Steve are the messengers. Janet raises her consciousness to act as the channel of learning. Steve takes the hours of recorded voices and places them into the manuscript.



For details of Spiritualist Churches and Centres in the USA, please visit our new website address at:

www.psychicnews.uk



SPIRIT, CAN YOU HEAR ME?

By Gareth Lewis

RRP UK £8.99 US \$10.99

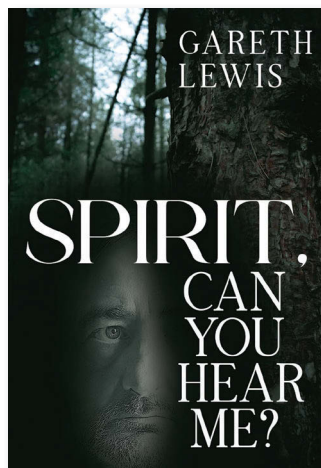
140 pages

The author told *Psychic News*: "As a professional medium and spiritual teacher I've spent 30 years helping others develop their connection to the spirit world as well as demonstrating not only in the UK but also Europe.

"This deeply personal memoir shares my journey as a medium, from overcoming the pain of being bullied and battling depression to finding my true calling in connecting with the spirit world.

"Through heartfelt storytelling, I open up about the challenges, triumphs and profound moments that have shaped my path, offering readers an authentic glimpse into the world of spirit communication.

"Whether someone is curious about mediumship or seeking inspiration through adversity, this book speaks to resilience, self-discovery and the power of the unseen."



ECHOES WITHIN WALLS

Yes, they do talk!

By Sam Ritchie

RRP UK £10.00 US \$12.00

174 pages

The publisher writes: "While working as an estate agent, Sam was also always able to see and communicate with alternative worlds, enabling her to know some of the history and character of the buildings she entered.

"When she discovered that it was possible to clear away the negative energies of a property that were distressing their owners or preventing their sale, Sam realised that she could use her gifts to help others in life-changing ways.

"Even better, Sam then found that she was able to space clear remotely using just a floor plan and an address, cleansing properties hundreds or even thousands of miles away.

"This extraordinary book, beautifully written and down-to-earth, is full of exciting and eye-opening accounts of her very successful work. It is a hugely important contribution to our understanding of energy and of the human mind.

"Sam Ritchie is originally from the south of England and has always been fascinated by the stories that buildings have to tell.

"Her spiritual career developed when she realised that she was able to sense the negative energies within a property and then clear them.

"She is also a certified angel guide and offers oracle card readings, past life regression and day retreats.

"Sam now lives in Spain with her family."



Have you recently published a non-fiction spiritual book or oracle deck?

If you have, please tell us about it.

We may be able to feature it in *Psychic News*.

Please email details to: pnadverts@gmail.com



Oracle Decks

ORACLE OF THE PHOENIX

44-card deck and book

By Christine Arana Fader

Illustrator: Elena Dudina

RRP UK £15.99 US \$19.99

The publisher writes: "Oracle of the Phoenix is a spiritual tool to connect with the phoenix energies of rebirth, transformation and healing.

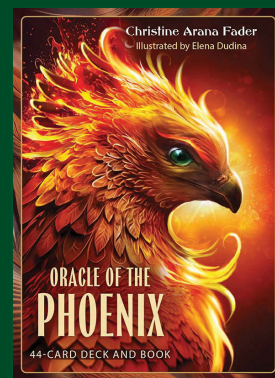
"The guidebook shares deeper meanings for each card as well as exercises and meditations to give you the courage and strength to free yourself from old patterns, find your inner healer and join forces with the powerful phoenix.

"The mythical phoenix burns at the end of its life cycle and rises from its own ashes to be reborn again and again. Carrying the highest light of transformation, the phoenix is a symbol of resurrection, immortality, regeneration, renewal, rebirth, and the eternal cycle of life and death.

"Imbued with the radiant energies of the phoenix, this 44-card deck and book set offers wisdom, inspiration, healing, love and peace to support you as you endure the fires of purification, find the courage to grow and face your inner demons and rise again strengthened by the ashes of your old patterns.

"The deck features 39 phoenixes, each reflecting gentleness, healing, fierceness and power. The deck also includes four elemental pegasus cards, who uplift you on their wings of wisdom, along with the card of the four priestesses – a master card to help you on your journey of transformation and rebirth.

"This deck allows you to connect with the phoenix as your personal spirit animal and soul companion, and provides a way to ignite the power of the divine firebird within."



SENSORY HERBAL ORACLE

Connect with the energy and healing power of plants

By The Seed Sistas

Illustrated by Belle Benfield

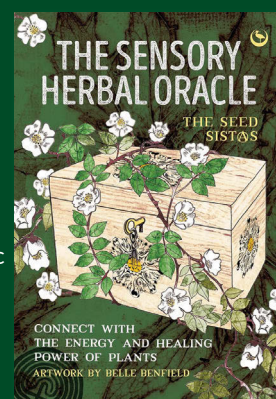
RRP UK £22.95 US \$26.95

The publisher writes: "The charismatic Seed Sistas – authors of *The Sensory Herbal Handbook* – distil over 20 years of clinical and teaching experience into these 40 plant-themed oracle cards.

"This deck will link users to much-loved plants, empower them to take charge of their own healthcare and inspire reconnection with the land, the elements and the seasons. The 176-page book included in the deck covers:

- Unique card spreads created for this deck
- Herbal healing tools that work. They've been tried and tested in the clinic, the classroom and in the field
- Powerful visuals for intuitive access to plants. Each card's illustration teaches plant medicine through the visual imagery, easy to learn and understand but offering complex meaning and guidance
- Detailed plant profiles: the level of information is uniquely detailed for a plant oracle deck

"Aimed at all those interested in plant medicine, paganism, witchcraft and connecting with nature, this is a guide to opening yourself to the healing power of plants and to the support the natural world offers as you face life's challenges. It will enable you to interact with the herbs in many different creative ways."



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violetmoonpsychic@outlook.com
Website:
www.violetmoonpsychic.com

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To book a reading email:
jenrenpsychic@gmail.com

LOUISE

Mediumship and Flower Readings
On Zoom or by phone
Telephone:
01983 211964
or visit website:

www.gypsyrosedivination.com

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THE BRITISH PSYCHIC AND MEDIUM ASSOCIATION

www.britishpma.co.uk

Listing Directory of Psychics,
Mediums and Church Services

New members welcome

BOOKS

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This Channelled Autobiography
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life and mission.

To order the book or
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All under £10 from Amazon UK

VICKY AND THE WISDOM OF ANTON

How a long dead monk turned a
disadvantaged woman into a
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A journey from Catholicism to
Spiritualism and beyond

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Common sense interpretations

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MICHAEL CHAPMAN

Healer practitioner

By appointment only

Telephone:

(0044) 01970 832696

Email:

chapmanhealing@gmail.com

Website:

www.michael-chapman.co.uk

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hev.welch@yahoo.co.uk

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college.administrator@burrowslea.org.uk

Telephone: 0770 602 7141
or 01483 202054



**Harry Edwards Healing Sanctuary,
Burrows Lea, Hook Lane,
Shere, Guildford, Surrey GU5 9QQ**
www.harryedwardshealingcollege.com

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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.

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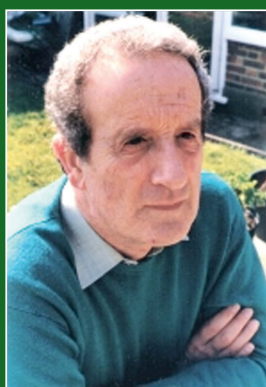
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www.angelicreikiuk.com	www.tomjohnston spiritualistmedium.com
www.joanfrew.co.uk	www.healingangels.co.uk
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RONALD HEARN

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

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

Please 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

and names of mediums

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
JUNE 2025

Sunday Service at 10.45am

1st SANDY HAGGER

8th TONI GOSWELL

15th JEANETTE FOOTE

22nd MICKY HAVELOCK

29th VANESSA SMALLWOOD

Thursday Service at 7.30pm

5th DEB CLARK

12th JO GORDON

19th TONI GOSWELL

26th BEVERLEY ALLEN

Healing In person

Tuesdays 10.00am - 11.30am

Special Events

Saturday 14th June

10am - 12 noon

1-1 Private Readings

Saturday 21st June

Workshop 10am - 4pm

with DAVID POWELL

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
Open Circles
JUNE 2025

Sundays
Divine Service at 6pm
Please see our Facebook
page for details of mediums
serving in June, dates for our
Open Circle and and Special
Events coming up
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
JULY 2025
issue is
8th June 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

CHELTENHAM
NATIONAL
SPIRITUALIST
CHURCH
Bennington Street,
Cheltenham,
Gloucestershire GL50 4ED
Telephone: 01242 703 288
Registered for Funerals,
Weddings, Blessings,
Naming Ceremonies,
Commitment of Union
www.snu.org.uk/cheltenham-spiritualist-church
Facebook: Cheltenham
Spiritualist Church
Sundays at 11am
DIVINE SERVICE
Thursday 7.30pm
Open Awareness and

Development Group
Friday 1.30pm - 2.30pm
Healing
Saturday 7pm
Evening of Mediumship
Specials and Workshops
Every six weeks
All Are Welcome

HAMPSHIRE

BITTERNE
SPIRITUALIST
CHURCH
(Top of Lances Hill),
390 Bitterne Road,
Bitterne, Southampton,
Hampshire SO13 1DR
Telephone: 07731 938587
Email: info@bitterne-spiritualistchurch.co.uk
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
JUNE 2025

Sunday 1st 6.30pm
Divine Service with
ELAINE BEVAN
Sunday 8th 6.30pm
Divine Service with
LINDSAY PERCIVAL
Sunday 15th 6.30pm
Divine Service with
AL & GEOFF POTTS
Sunday 22nd 6.30pm
Divine Service with
DR ADRIAN COBB
Sunday 29th 6.30pm
Divine Service with
CARIANNE ROBINS
**Crossroads Development
Group**
Every Tuesday 7.30pm - 9pm
with ALISON POWELL
Healing Service Offered:
Every Tuesday
2pm - 4pm & 5pm - 7pm
Last booking at 6.30pm
Special Events
Friday 13th June 7pm - 8pm
An Evening of Mediumship
with CARIANNE ROBINS
Friday 27th 7.30pm - 9pm
Philosophy Evening
Saturday 28th 10am - 1pm
Coffee Morning
Private Readings with
LESLEY KNIGHT & 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:

<https://bexleyheathchurch.wixsite.com/website>

Email:

Bexleyheath.church@gmail.com

Or see us on Facebook

JUNE 2025

Sunday

Divine Service at 6.30pm

1st DIANE REID

8th JAN MAWSON

15th TINA STEWART

22nd SHERRIE HARDAKER

29th JILL BALL

(Seafarers' Service)

Tuesday Service at 2pm

3rd TINA STEWART

10th REV. NICOLA HARWOOD

17th LIZA PEGG

24th EMMA CROSSLEY

Spiritual Healing

Tuesdays 7.30pm - 8.30pm

Free (Donations accepted)

Open Circles

Mondays 7.30pm - 9.30pm

(Excluding Bank Holidays) £5

Wednesdays 4th, 18th & 25th

12noon - 2pm £5

Open Platform

Wednesday 18th June

7.30pm - 9pm £5

with

SHERRIE HARDAKER

Special Events

Saturday 14th June

7.30pm - 9pm £10

(Please arrive by 7.15pm)

Special Evening of

Mediumship with

SHELIA SMITH

Wednesday 25th June

7.30pm - 9pm £5

(Please arrive by 7.15pm)

Evening of Mediumship

with KAREN HAMBLETON

OWEN

Saturday 28th June

10am - 12.35pm

Private Readings

35 mins for £20

See website for details

All Welcome

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**THE SANCTUARY
OF HEALING
CHRISTIAN
SPIRITUALIST
CHURCH**

Mills Terrace, Chatham,
Kent ME4 5NZ

Telephone: 01634 880039

Email: george.mcqueen@yahoo.co.uk

@yahoo.co.uk

Website: www.sanctuaryofhealing.co.uk

JUNE 2025

Sundays 6.30pm - 8pm

Divine Service (Donations)

1st PAULA STEVENS

8th STEVE GRAVES

15th PAULINE WING

22nd KEVIN SANSOM

29th CRAIG O'MALLEY

Friday Evenings of

Clairvoyance 7.30pm - 9pm

£4 (Members £3)

6th INGRID KELLY

13th No evening of

clairvoyance

20th MARGARET SMITH

27th SAM BAXTER

Special Event

Saturday 14th June

12pm - 5.30pm

PSYCHIC FAYRE

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@btinternet.com

Mediums' Secretary:

Sharon Harris

Telephone:

07731 815220

JUNE 2025

Sunday Services at 6.30pm

(doors open 5.50pm)

1st VICKY KNIGHT

8th STUART COOPER

15th ALAN MITCHELL-SLEIGHT

22nd MARY WARD

29th STEPHEN GRAVE

Evenings of Mediumship

Wednesdays 8pm

£5 (£2.50 members)

4th CLAIRE SMITH

18th STEPHEN ROWLANDS

Special Events

Saturday 28th June

2pm - 4pm £20 in advance

Psychic Afternoon Tea

Open Circles in person

Tuesdays 3rd, 10th & 17th

7pm - 8.30pm £5

Thursdays 5th, 12th & 19th

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

24th June 2025

7pm - 8.30pm £5

Call Callum: 0790 210 9639

Website:

www.westwickhamspiritualistchurch.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.leicesterprogressive.com

Website: www.leicesterprogressive.com

spiritchurch@outlook.com

Telephone:

0116 2536098

We Welcome Everyone

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CLASSIFIED
ADVERTISING RATES
for CHURCHES
and CENTRES:
40p per word
Email for a quote:
pntemp12@gmail.com**

LONDON

**BARNES
HEALING CHURCH**
Between
77-79 White Hart Lane,
London SW13 0PW
Five-minute walk from
Barnes Bridge
Railway Station
Enquiries: 07581 534028

Facebook:
[www.facebook.com/
barneshealingchurch](http://www.facebook.com/barneshealingchurch)
Website: www.barneshealingchurch.co.uk
Email: barneshealingchurch@hotmail.co.uk
JUNE 2025

Sunday Service of
Mediumship at 6.30pm
1st CLAIRE SMITH
8th PHIL SHAW
15th ANGELA WATKINS
22nd DAVID BURKE
29th PAMELA POLLINGTON
Healing

Tuesdays 7pm - 8pm
Thursdays 11am - 1pm
Please see our website
or Facebook page for
details about Healing,
Private Readings,
Open Platforms and more,
and for any changes to
the advertised times and
mediums above
**REGISTERED FOR
MARRIAGES, CEREMONIES
& SACRED SERVICES**
All Welcome

**THE LONDON
SPIRITUAL MISSION**
13 Pembridge Place,
London W2 4XB
Email: [secretary@
spiritualmission.co.uk](mailto:secretary@spiritualmission.co.uk)
Website:

www.spiritualmission.co.uk
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
JUNE 2025
4th BRENDA HODGSON
11th SUSAN GRIFFITHS
18th KEITH THOMSON
25th MARCIA JOLLY
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:
[fulhamspiritualist
church@yahoo.co.uk](mailto:fulhamspiritualistchurch@yahoo.co.uk)
JUNE 2025
*Sunday Divine Services in
Church at 6.30pm*
1st Medium
8th Medium
15th Medium
22nd Medium
29th Medium
*Thursday Online Zoom
at 7.30pm*
5th Medium
12th Medium
19th Medium
26th Medium
ONLINE ZOOM SERVICES
ID: 689 400 7125
Passcode:
FULHAM (capitals)
Special Event in Church
For more information
regarding our events,
services and making freewill
donations please contact
us via email
Free Parking
All Welcome

MERSEYSIDE

**BIRKENHEAD
SPIRITUALIST
CHURCH**
2 Mount Grove, Oxton,
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
Web: [www.lightonthehill
harrow.co.uk](http://www.lightonthehillharrow.co.uk)
Email:
lightonthehill@live.co.uk
Tel: 07528 348432
JUNE 2025
In-Church Services
Wednesdays at 7.30pm
4th BOUABTI FRAHKARA
(Douglas Harvey)
11th SUSAN ROBERTS
18th LORRAINE GILBERT
GRAY & ERNIE GRAY
25th RICHARD BALDWIN
& BRENDA TREADGOLD
(Spirit Art)

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
Thursday 5th June 7.30pm
Healing service
Last patient at 8.45pm
Saturday 21st June
12 noon - 4pm
£10 (members £8)
Summer Solstice Meditation
Workshop with
LOUISE HANDLEY &
CHARNJIT BAINS
Facebook Group:
'Harrow Spiritualist Church'
for up-to-date news, events
and serving Mediums
All Welcome

NORFOLK

**HARBOUR LIGHTS
SPIRITUAL
GROUP**
Council Hall,
1 Yarmouth Road,
Caister on Sea,
Norfolk
NR30 5DL
Telephone:
07746 516181
Every Sunday at 7pm
Mediumship Demonstration
For further details see our
Facebook page:
[www.facebook.com/
caistercouncilhall](http://www.facebook.com/caistercouncilhall)
All Welcome

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

WESTON-SUPER-MARE NATIONAL SPIRITUALIST CHURCH

2 Stafford Road,
Weston-Super-Mare,
North Somerset

BS23 3BW

Facebook:

www.facebook.com/wsmspiritualistchurch

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

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

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

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

MORE NEWS COMPETITIONS OFFERS

FOLLOW PSYCHIC NEWS ON



SURREY

CAMBERLEY SPIRITUALIST CHURCH

112 Gordon Road,

Camberley,

Surrey GU15 2JQ

Website: www.camberleyspiritualistchurch.org

Telephone: 01276 409004

JUNE 2025

Sunday Divine Service 6.30pm

1st KARIM

15th LES & DENISE PILGRIM

Evenings of Mediumship

Tuesdays at 7.30pm £5

3rd MARC IMPEY

10th GILL THOMAS

17th JUDITH FORD

24th TANIA COOPER &

LYN ST CLAIR

Special Events

Saturday 7th June 7.30pm

Evening of Mediumship with

IVAN LEE &

ASHLEY ROBINSON

Thursday 26th June 7.30pm

Evening of Mediumship with

SARAH NORRIS

Open Circle Every Monday

7.15pm for 7.30pm start

Platform Mediumship

Fourth Thursday in month

with SARAH NORRIS

Open Platform

First Wednesday in month

Wednesday 4th June

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

JUNE 2025

Sunday 11am Service

1st JENEFER PARKE-BLAIR

8th ANNETTE CARTY

15th LAURA WOOD

22nd VICKY KNIGHT

29th JANET GLASGOW

Wednesday Evenings
of Mediumship at 7.45pm

Members: £2.50

Non-Members £5

4th SHERRIE HARDAKER

11th MICHAEL LENNON

18th ELAIN STANTON

25th BRIAN OXLEY

Special Event

Saturday 14th June

12 noon - 5pm

Doors close at 11.50am

£20 (£15 members)

Angel Workshop with

SHERRIE HARDAKER

Please book in advance

Community Coffee Morning

Tuesday 3rd June 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

JUNE 2025

Sundays at 6.30pm

1st GILL THOMAS &

ALISON KEEN

8th JAMES CLARK &

JENA SCOTT

15th SHAUN RUSHTON &

MARION SAUNDERS

A free will offering will

be collected

Tea/coffee and home-made

cake after the service

Healing available

Open Platform

Friday 20th June 7.30pm

Practise your mediumship

All levels welcome £4

Sympathetic audience £2

All Welcome

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

JUNE 2025

Sunday Service at 11am

Plate Collection

1st LESLEY HAMILTON

8th IRIS BRIDGEWATER

RAM/ISM

15th MICHAEL LENNON

22nd PAMELA POLLINGTON

DSNU

29th CORAL THOMPSON

Mondays at 7.30pm

Evening of Mediumship

£4 (members £3.50)

followed by Healing

2nd PAULINE WALSH

9th ROSA PLAZA

16th OWEN WILLIAMS

23rd LYNN ROSE &

STEVE CORBETT

30th ELAIN STANTON

Spiritual Healing

By donation

Mondays 8.45pm – 9.15pm

Wednesdays – Pets allowed

2pm – 4pm

Open Platform

Medium Training 18+

with LESLEY HAMILTON

1st Saturday of month

Saturday 7th June

2pm – 4pm £6 (£5 members)

£3 Audience

Open Awareness Circle

For beginners 18+

on 1st & 3rd Friday of month

6th & 20th June 7.30pm – 9pm
(Doors shut promptly at 7.30pm)

£6 (members £5)

with LESLEY HAMILTON

**Light-hearted Spiritual Talk &
Associated Guided Meditation**

On 3rd Wednesday of month

with CHERRY SRINAGANAND

Wednesday 18th June 7.30pm

£6 (£5 members)

Spirit Art Workshop

Saturday 28th June

11am – 4.30pm

£30 (members £25)

with TESSA ARTIST

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.suttonspiritualistchurch.co.uk

Sunday 6.45pm

Divine Service

Thursday 7.45pm

Service with Demonstration

of Mediumship

For Special Events and

mediums serving the church,

see our Facebook page:

Sutton Spiritualist Church

All Welcome

EAST SUSSEX

SEAFORDSPIRIT

Seaford Independent

Spiritualist Church,

3 Warwick Road, Seaford,

East Sussex 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

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.spiritualtruthfoundation.org

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

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.redditchspiritualistcentre.co.uk)
Email:
[redditchspiritualist
centre@gmail.com](mailto:redditchspiritualistcentre@gmail.com)
Telephone:
07907 378448
Sunday 11am
Divine Service
Tuesday 7.30pm - 9pm
Healing
Wednesday 7.30pm - 9pm
Mediumship Demonstration
For details of Special Events
and mediums serving the
centre, please visit our
Facebook page
All Welcome

SCOTLAND

**ANNICK
SPIRITUALIST
CHURCH**
Fullarton Community Hub,
1 School Lane, Irvine,
Ayrshire KA128DF
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](https://www.facebook.com/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.warrenstarlingpsychicmedium.com)

GUERNSEY

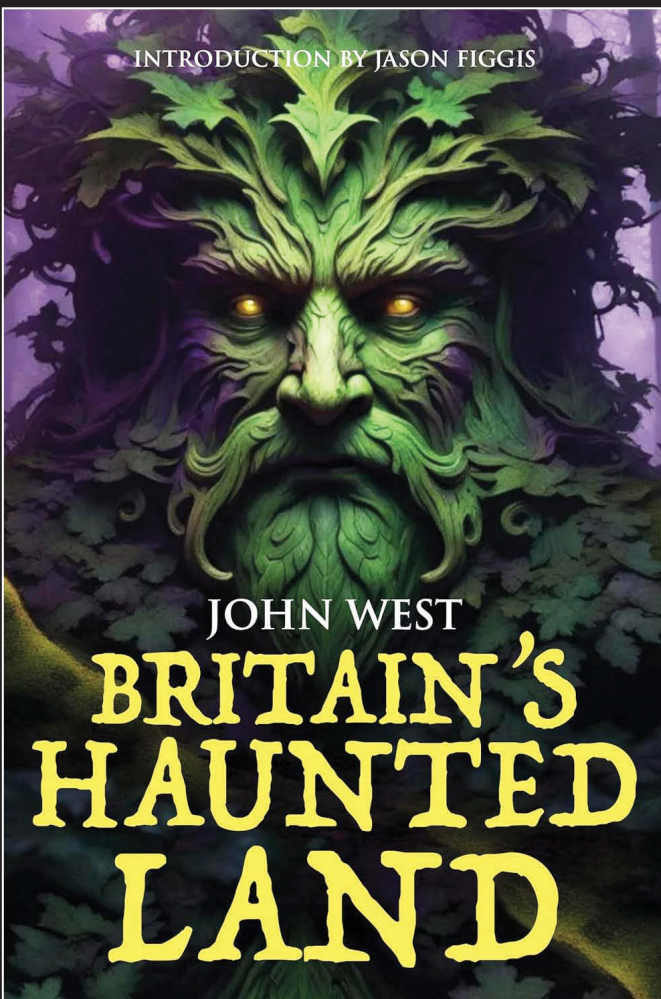
**THE
GREETING PLACE
FOUNDATION
SPIRITUALIST
CENTRE**
Douzaine Room,
St Peters, Guernsey,
Channel Islands
Enquiries to: Ann Jennings
Telephone:
01481 247185
Mobile:
0778 141 3218
See our Facebook page for
further details:
**The Greeting Place
Foundation (link below)**
[https://www.facebook.com/
TheGreetingPlace
Foundation/](https://www.facebook.com/TheGreetingPlaceFoundation/)
Our regular services are:
Sunday 11am
Address and Communication
Other services as announced
Everyone Welcome

GREECE



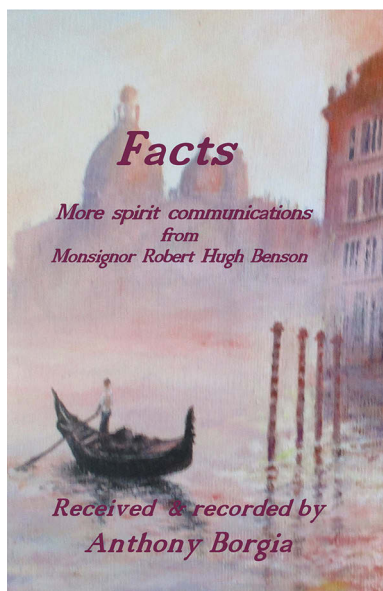
**SPIRITUALIST
SOCIETY
OF ATHENS**
"The Divine Light"
Channelled Teachings
from the highest authority of
the Heavenly Kingdom.
Various spiritual leaders,
from Socrates and
St. John the Baptist
to Goethe and Newton
teach invaluable lessons
to humanity.
Website:
www.divinelight.org.gr
Email:
info@divinelight.org.gr
Address:
**12 Niovis Str.,
Athens,
Greece, 11252**

INTRODUCTION BY JASON FIGGIS



JOHN WEST
**BRITAIN'S
HAUNTED
LAND**

Available from
**www.amazon.co.uk
& www.amazon.com**

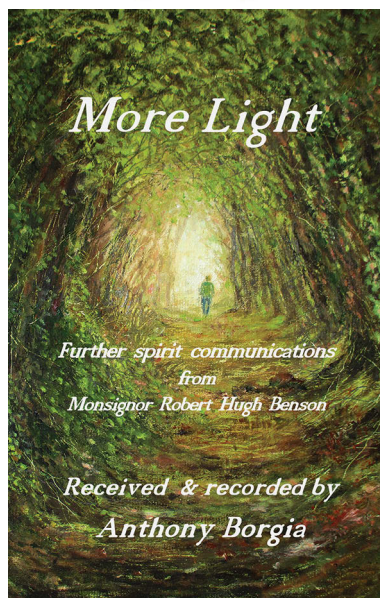


FACTS: More spirit communications from Monsignor Robert Hugh Benson

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

Print: UK £9.50 US \$12.00

Digital: UK £4.99 US \$6.99

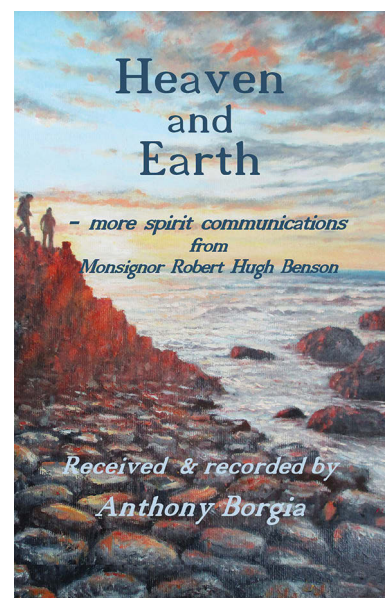


MORE LIGHT

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

Print: UK £9.50 US \$12.00

Digital: UK £4.99 US \$6.99

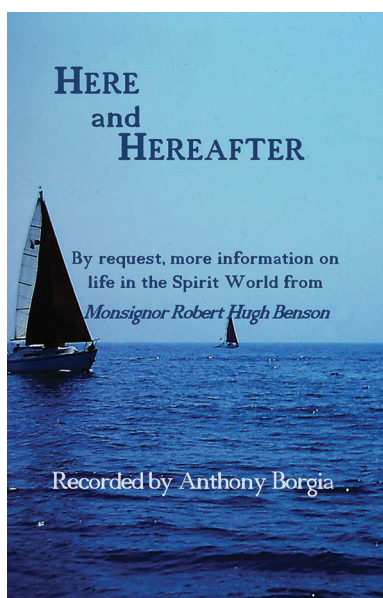


HEAVEN AND EARTH: More spirit communications from Monsignor Robert Hugh Benson

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

Print: UK £9.50 US \$12.00

Digital: UK £4.99 US \$6.99

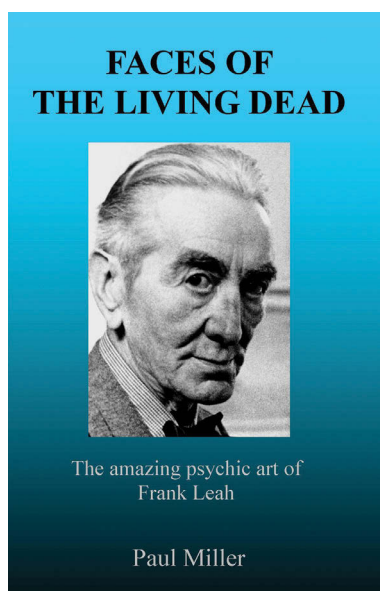


HERE AND HEREAFTER

Following the success of his first books, Anthony Borgia received a deluge of letters requesting more information on various aspects of Spirit and the afterlife. In response, Monsignor Robert Hugh Benson was able to furnish information which answered many of the questions.

Print: UK £9.50 US \$12.00

Digital: UK £4.99 US \$6.99



FACES OF THE LIVING DEAD

By Paul Miller

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

Print: UK £8.50 US \$12.00

Digital: UK £4.99 US \$6.99

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Amazon.com
or
direct from:
www.snppbooks.com**

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