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# Psychic News

EST. 1932

*Developing your mind, body and spirit*

## THE TANTALISING TAPESTRY OF TIME SLIPS

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COLLEGE KILLED IN  
PLANE CRASH**

**THE HEALING POWER  
OF BIRDSONG**

**SITCOM STAR IS  
SERIOUS ABOUT HIS  
BELIEF IN THE AFTERLIFE**

**HISTORIAN SAYS SCIENCE  
STIFLES STORIES OF PSYCHIC  
PHENOMENA**

**BBC SEEKS SUPERNORMAL  
SERIES FOR YOUNGER  
AUDIENCE**

**FILM STARS' HIT ROLES WERE  
PREDICTED BY CLAIRVOYANTS**

**LEARN HOW TO LINK WITH  
THE SPIRIT WORLD**

**PEOPLE SHARE STORIES  
OF MIRACULOUS  
ENCOUNTERS**

**TYLER HENRY  
UNDERGOES BRAIN  
SURGERY**

**ANTICIPATING WHAT  
OCCURS IN  
THE AFTERLIFE**

**MEDIUM WHO ADOPTED  
HUNDREDS OF CHILDREN  
PASSES ON**

**WHAT YOUR AURA COLOUR  
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**SURVEY SHOWS STRONG  
BELIEF IN NATURE SPIRITS**



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# Contents

- 04 Two worlds are one**  
Items making news include wellbeing dogs for firefighters, folklore associated with bluebells and the language of flowers

- 08 Medium who adopted hundreds of children passes on**  
Brazilian medium Divaldo Franco has been promoted to the Higher Life aged 98

- 09 Couple linked to college killed in plane crash**  
A couple closely associated to London's College of Psychic Studies were amongst those who passed on after the Air India plane crash

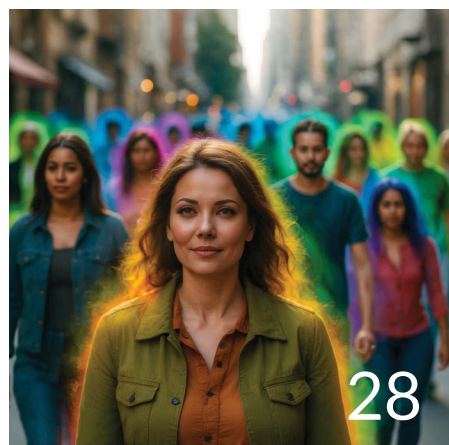
- 11 Celebrity medium undergoes brain surgery**  
Hollywood psychic Tyler Henry updates followers on his recent successful brain surgery

- 12 Paranormal video hits top twenty on Amazon charts**  
A video series hits the top twenty of best-sellers on Amazon Prime, "sitting up there with some of the biggest movies in the world"

- 13 Film stars' hit roles were predicted by clairvoyants**  
Two actors share their stories of success, which was foreseen by clairvoyants

- 14 Getting down to business with workplace meditation**  
The business world is seeking ways to bring meditation and mindfulness into workspaces

- 15 Survey shows strong belief in nature spirits**  
A report finds a widespread belief that animals and the natural world have a spiritual component



- 16 Agencies use psychics to help crack cases**  
A newspaper delves into cases where American justice and intelligence agencies used psychics to help solve crimes

- 17 Historian says science stifles stories of psychic phenomena**  
Historian and broadcaster Neil Oliver believes that science has deterred people from talking about their supernatural experiences

- 18 Paranormal expert visits endangered cinema**  
An iconic London cinema which is battling closure calls in a top psychic researcher

- 20 Sitcom star is serious about his belief in afterlife**  
Actor Kelsey Grammer speaks about his faith and spirituality which sustained him through tragedy



- 21 BBC seeks supernatural series for younger audience**  
BBC Scotland and BBC Religion and Ethics are on the lookout for potential paranormal series which will appeal to younger viewers

- 22 Surprising sources of spiritual connection**  
A health charity has completed a survey of how well people's spiritual needs are being met

- 23 Pet hen's spirit return is cracking evidence**  
A quick-fire interview with medium Maxine Temple, who describes an unusual case about an "eccentric aunt"

- 25 Learn to link with the spirit world**  
Ceryn Rowntree gives some top tips on developing mediumistic abilities



- 28 What your aura colour reveals about you**  
Writing from the USA, Helen Ye Plehn takes an in-depth look at the aura

- 31 COVER STORY**  
**The tantalising tapestry of time slips**  
This fascinating feature examines time slips in which people describe how they were suddenly transported to different eras

- 34 People share stories of miraculous encounters**  
A new book details examples of individuals being assisted by real-life angels

- 37 Sudoku competition**  
Five lucky readers will receive a copy of Julie Brett's book *Belonging to the Earth*

- 38 Anticipating what occurs in the afterlife**  
Publisher Nigel Peace explores the Other Side from various angles

- 42 Medium helps police after theft of famous painting**  
Graham Jennings answers readers' questions on three very different topics

- 46 Ghosts of old still stalk York**  
John West chronicles haunting happenings in one of the UK's most historic cities

- 50 Get chirpy with healing power of birdsong**  
A former President of the International Spiritualist Federation, Lionel Owen investigates the benefits of avian inspiration

- 52 A good read**  
Details of five new books on mind, body, spirit subjects and two oracle decks

- 54 Classified advertising**

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

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# TWO WORLDS ARE ONE

NEWS AND VIEWS FROM  
THE EDITOR'S DESK

BY TONY ORTZEN

## Fire brigade has barking good idea

MOST nights I watch the national news on BBC One, which during the week is followed by London news.

Both programmes are often deeply depressing, featuring misery, murders and mayhem along with war, want and dire warnings about climate change.

To this, one can add various politicians and dictators who threaten the freedom and liberal values we enjoy in the UK.

In the West we are blessed to have an enormous amount of liberty. Thus, we can practise as Spiritualists and spread glad tidings about what the much-loved trance guide Silver Birch called "the vision glorious."

Some news lifts one's spirits, such as an item last month about the London Fire Brigade.

Like others, such as the police and ambulance workers, they rush towards disasters to help those in peril, who are sometimes fighting or fleeing for their earthly lives.

Members of the fire service frequently face appalling scenes and grave danger, so it was heartening to see on London's local news that its members can now gain comfort from wellbeing dogs.

The BBC's Deedee Kyeremateng began an online report: "London Fire Brigade now has six newly qualified wellbeing dogs to help

firefighters recover from traumatic incidents.

"The scheme works by members of staff volunteering to be trained with their pet dogs to give emotional support to crews.

"Working on a request basis, they can now visit any of the 102 fire stations across London to offer teams a morale boost."

Borough commander for Hammersmith and Fulham, Lucy MacLeod, who volunteers with her dog Blue, said, "He is happy to be stroked, adores being made a fuss of and is very calm around people."

Lucy added that Blue, a miniature Australian Shepherd, "generally loves being around humans.

"Evidence shows that animals like Blue can have a calming influence on people and provide a positive distraction; there's no judgement from a dog."

To qualify to support colleagues, the duo had to complete twenty modules in the Oscar Kilo 9 Dog Trust's handler's course and a behavioural assessment.

Owners of wellbeing dogs also have to pass a two-day mental health first aiders course and a peer support course.

Once everyone has completed training, the team will have ten dogs and their handlers, but the fire service hopes to recruit more in the future.

Natalie Elliott, head of health and wellbeing at London Fire Brigade, commented: "Our fire crews are called to all manner of incidents, not just burning buildings.

## *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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**FIREFIGHTER** Lucy MacLeod with her wellbeing dog Blue, who “adores being made a fuss of and is very calm around people.” (Photo: London Fire Brigade)

“Some of these incidents may have a significant impact on a person’s mental health... It’s impossible to know who and how someone is going to be affected from the outset, but we do know that some incidents will stay with our staff long after they’ve left the scene.

“The wellbeing dogs help provide support and are key to bridging the gap between early interventions such as peer-based post-incident support and more structured support such as trauma therapy, which the brigade provides.”

Wellbeing and therapy dogs also give assistance in other situations, such as hospitals, schools, old people’s homes and other venues. Not for nothing are canines often termed “Man’s best friend.”

The empathy between animals and humans should never, ever be underestimated. To see a truly wonderful example, Google *Shy lion recognises man who saved him 15 years ago*.

However, have tissues at the ready, for this astonishing account of the link of love between a lion and a man with a terminal disease will move you to tears of joy and sadness.

Equally as moving is *Girl reunites with gorilla after 20 years*. Both clips – and there are many, many more – prove that animals possess a full range of human-like emotions such as intelligence, memory and affection.

Isn’t it truly wonderful that unlike other religions, Spiritualism teaches that animals also survive physical death and, as the Bible states, “The lion shall lie down with the lamb.”

## Coins cause causeway problem

WE now need to nip over to Northern Ireland and the Giant’s Causeway. Its iconic rocks were formed by volcanic

eruptions and the subsequent cooling and solidification of lava around 60 million years ago.

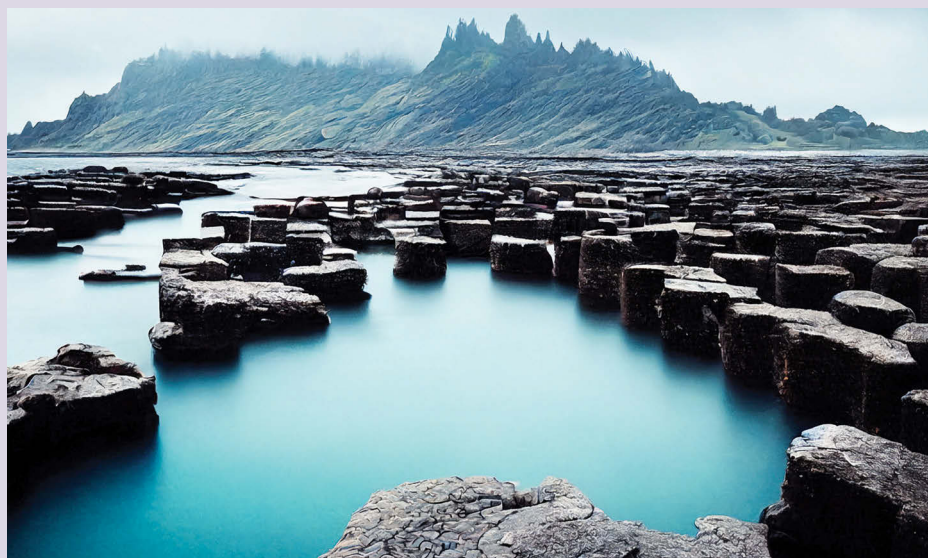
The BBC’s Catherine Morrison said that the causeway “has faced many threats to its survival from mythical fights between giants to coastal erosion and rising sea levels.

“Now there’s a new problem. At first, you don’t notice them, but as soon as you see one, you start to see them everywhere – hundreds of them in every fissure and crevice.

“They are coins inserted into the tiny gaps between one of Northern Ireland’s most famous and photographed natural resources, the basalt columns of the Giant’s Causeway.

“Like the padlocks left on the Pont des Arts bridge in Paris, people often leave the coins behind for love or luck.

“Like that tradition, the coins are causing problems, and now visitors are being asked to keep their spare change in their pockets.”



**VISITORS** who place coins within crevices at the Giant’s Causeway to attract love and good luck are causing damage to one of Northern Ireland’s main tourist attractions. (Photo: Hansuan\_Fabregas)



In Paris, it is now illegal to attach a padlock after part of the Pont des Arts collapsed in 2014.

At the causeway, the practice of inserting coins started years ago, but the caretakers for the site, the National Trust, believe it has increased significantly in the last decade or so.

“Hundreds of thousands of tourists and locals visit each year and only a fraction leave behind this unwanted memento,” Catherine continued.

“The coins are having a direct impact on the rocks. The worst affected are the basalt columns that make up The Loom – ten feet high leaning towers of rock.

“They are a slightly lighter colour than the iconic hexagonal black basalt at the point of the causeway.

“It is easy to see at first glance the discolouration caused by the coins – a reddish-brown wash over the surface.”

Dr Cliff Henry, nature engagement officer with the National Trust, said: “People see others put coins in, so copycat...

“Once the coin is in there it starts to rust. Due to the atmosphere here it rusts at an accelerated level.

“The coin then expands. That’s putting pressure on the joint near the edge, so we





ACCORDING to folklore, picking a bluebell can cause problems.

have seen on a number of places here that the corners have popped off.

"The rusting metal in there is starting to leach. The iron and nickel and copper is leaching out over the rocks and looks unsightly."

Coins have been associated with superstitions about luck and good fortune for centuries. Tossing them into a fountain to make a wish and carrying a lucky penny are common practices.

Some believe that certain coins, particularly those with holes or specific markings, can ward off evil or bring good luck whereas placing a penny in one's shoe is said to attract good fortune.

In Roman and Celtic times, coins were offered to water deities for protection, good health and other favours.

Placing coins under the foundations of a new building is a superstition which has been around for millennia and is sometimes referred to as "builders' rites."

In feng shui, coins are said to have a positive impact on the flow of chi (life force) and are used to attract wealth and prosperity.

If you want to cash in, there's lots more about superstitions connected to coins on the internet.

## Folklore helps to protect bluebells

WE'LL stay in Northern Ireland for a while longer and turn to flowers. Although it's not quite so common these days, mediums sometimes demonstrate flower clairsentience.

A neat online summary states:

"Clairsentience in relation to flowers, particularly flower essences, suggests using a flower's energy to enhance intuitive or psychic abilities and improve emotional well-being.

"Some flower essences are believed to activate intuition, clairvoyance and the ability to receive messages from spirits while others are thought to support

emotional, mental and spiritual balance."

BBC reporter Julie McCullough said that bluebells "are protected by law. You shouldn't pick them, damage them or transplant the bulbs.

"If that wasn't enough to put you off, perhaps the idea of being visited by a bad fairy might do the trick."

Bronagh Gallagher, from the Woodland Trust, is a Community Development Officer at Mourne Park in Kilkeel, which has the aptly named "Bluebell trail" for people to visit.

She cited a couple of cautionary tales from folklore. One says, "If you hear the bluebell ring, you might be visited by a bad fairy and things don't go too well for you after that."

Another warns that if you pick a bluebell, "the fairies being mischievous may come along and lead you astray. You might end up wandering around that woodland for a very long time very, very lost."

Ms Gallagher added that the native bluebell is "found in places of great significance," and are "an indicator of an ancient woodland," which is why they are often associated with being "magical..."

"It's funny that the cultural stories and the folklore around it are all based around the protection of them as well."

On a different site, Catherine Boeckmann wrote: "The language of flowers has been recognised for centuries in many countries throughout Europe and Asia. They even play a large role in William Shakespeare's works.

"Mythologies, folklore, sonnets and plays of the ancient Greeks, Romans, Egyptians and Chinese are peppered with flower and plant symbolism – and for good reason..."

"Nearly every sentiment imaginable can be expressed with flowers. The orange blossom, for instance, means chastity, purity and loveliness, while the red chrysanthemum means 'I love you'."

Learning the "special symbolism of flowers became a popular pastime during

the 1800s.

"Nearly all Victorian homes had, alongside the Bible, guidebooks for deciphering the 'language,' although definitions shifted depending on the source.

"Following the protocol of Victorian-era etiquette, flowers were primarily used to deliver messages that couldn't be spoken aloud.

"In a sort of silent dialogue, flowers could be used to answer 'Yes' or 'No' questions. A 'Yes' answer came in the form of flowers handed over with the right hand; if the left hand was used, the answer was 'No'."

Plants also expressed "aversive feelings, such as the 'conceit' of pomegranate or the 'bitterness' of aloe.

"Similarly, if given a rose declaring 'devotion' or an apple blossom showing 'preference,' one might return to the suitor a yellow carnation to express 'disdain'."

How flowers were presented and their condition was also important. If blooms were given upside down, "the conveyed idea was the opposite of what was traditionally meant.

"How the ribbon was tied said something. Tied to the left, the flowers' symbolism applied to the giver, whereas tied to the right, the sentiment was in reference to the recipient. And, of course, a wilted bouquet delivered an obvious message!"

## Robin Hood replaces religion

ACCORDING to a lead story in the *Daily Star*, "Myths like King Arthur and Robin Hood are taking the place of religion for Brits."

Journalist Nadeem Badshah quoted historian Francis Young, who "reckons the revival is due to the decline of religion, meaning many folk are searching for new ways to carve out their identity."

Mr Young, who is author, editor or co-author of over twenty books, told the *History Extra* podcast: "I think there's a revival going on at the moment... There's a renewed awareness of the importance of folklore.

"I think one reason for a big surge of interest in folklore is that people are looking for a connection with the places where they live..."

"People want a connection with England, but one which is not a sort of jingoistic connection, not so much a nationalism, but a form of regional pride and identity."

Mr Young, who specialises in the study



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of religion and belief, said the trend has coincided with the "decline of other dominant modes of identity, particularly religion."

Due to this, "folklore has to some extent slipped into the breach. I'm not saying that it is a new religion or anything like that..."

"That's not to say that everyone who is interested in folklore actually believes this stuff is true: it's more of a connection with your ancestors and what mattered to them and the stories that they told.

"It does have that deeply human element that we could call spiritual if we want to."

Another reason why Orthodox religion has declined is that it is based on faith, promises and prayer whereas Spiritualism provides demonstrable evidence that a Larger Life awaits all.



**AUTHOR Terry Pratchett once commented, "In ancient times cats were worshipped as gods; they have not forgotten this."**

## In praise of the animal kingdom

LET'S end where we began with animals and what some of the world's greatest thinkers wrote about them.

- Animals are such agreeable friends – they ask no questions; they pass no criticisms – George Eliot.
- There is no psychiatrist in the world like a puppy licking your face – Bernard Williams.
- The greatness of a nation and its moral progress can be judged by the way its animals are treated – Mahatma Gandhi.
- I have studied many philosophers and many cats. The wisdom of cats is infinitely superior – Albert Camus.
- If we could establish a deep abiding relationship with nature, we would never kill an animal for our appetite; we would never harm or vivisect a monkey, a dog or a guinea pig for our benefit. We would find other ways to heal our wounds and heal our bodies – Krishnamurti.
- Compassion for animals is intimately associated with goodness of character. It may be confidently asserted that he who is cruel to animals cannot be a good man – Arthur Schopenhauer.
- Until one has loved an animal, a part of one's soul remains unawakened – Anatole France.

# Medium who adopted hundreds of children passes on

**BRAZILIAN** medium Divaldo Franco has been promoted to the Higher Life aged 98. He passed peacefully at home in the Pau da Lima neighbourhood of Salvador, where he co-founded the *Mansão do Caminho* (Mansion of the Way) Spiritist and educational centre.

Divaldo was described as “a true apostle of Spiritism.” Most of his life was devoted to the Spiritist cause and to destitute children from the outskirts of Salvador.

He had no biological offspring of his own, but adopted 650 children and more than 200 grandchildren and great-grandchildren. The organisation serves around 3,000 young people from low-income families in semi-boardings and day schools.

An online tribute states: “Divaldo was responsible for over 20,000 conferences held in more than 2,500 cities and 71 countries around the world.

“With more than 260 published works and over 20 million copies sold, he left a legacy of Spiritualist literature that includes in excess of 200 spiritual authors on the most diverse themes.

“His works, translated into seventeen languages, continue to illuminate the path of millions of people with comfort, hope and spirituality.

“A missionary and multifaceted medium, Divaldo was one of the greatest Spiritualist mediums and speakers of our time.”

Divaldo was born on May 5, 1927, in the city of Feira de Santana in the northeastern state of Bahia.

He was the youngest of thirteen; his mother was 44 when expecting him and was told by a doctor she should abort the baby or it would be born “abnormal.” She refused.

Five of her children had already passed before Divaldo was born and he lost two more siblings at a young age.

Divaldo was in communication with the spirit world from childhood, but suffered criticism and beatings from his parents, who did not understand and considered his visions “demonic.”

In 1931, at the age of four, he saw a spirit form who approached him and asked him to give his mother a message, saying, “Tell Anna that I am Maria Senhorinha.” He did as she asked.

However, his mother insisted he was wrong because Maria was his grandmother, who passed while giving birth to Anna. She took him round to describe the vision to his aunt, who confirmed it was his grandmother.

Divaldo learned to keep quiet about his visions. Later he suffered a paralysis that left him bedridden for months. After seeing several doctors to no avail, his parents finally agreed to have a respected medium visit him.



**DIVALDO FRANCO'S 260 published works sold over 20 million copies.**  
(Photo: *Mansion of the Way*)

She reported that he was being oppressed by an angry spirit entity and also identified his mediumship.

Divaldo was introduced to the work of Allan Kardec, the renowned French educator who set out the new doctrine of Spiritism after studying a series of seemingly unexplained phenomena taking place in Paris during the 1850s.

Spiritism asserts that alongside physical reality, a spirit world exists which can be accessed through mediums.

It teaches that spirit beings undergo repeated reincarnation into the physical world in a progression toward intellectual

and moral perfection.

The young Divaldo now knew where his path would take him; he moved to Salvador in 1945.

Along with a friend, Nilson Pereira, he founded the *Caminho de Redencao* (Pathway to Redemption) Spiritist Centre in 1947 and five years later created a number of foster homes at *Mansão do Caminho*.

Around that time, Divaldo had a vision and “saw a huge number of children and an old man.

“I went up to the elderly man. He turned around and I realised it was me in old age. A voice said to me, ‘This is what you will do with your life.’”

In 2014 *The Guardian* highlighted the dangers of the gang-ridden area, stating: “Where once stood a giant rubbish dump, the *Mansão* is a vast, ultra-modern community complex.

“The building is regarded as untouchable by the drug traffickers as many of them, or their families, use its services.”

Divaldo travelled the world to “open doors for those who will come in the future. My message is of love, of hope, of caring. To say to people that our lives have a meaning and that we are not on Earth to suffer.”

When Divaldo was in London in 2017, *Psychic News* former editor Roy Stemman interviewed him.

Divaldo's lecture was titled “Be Happy Now.” Roy commented that the medium left his audience in no doubt “that he had not only discovered that secret long ago, but had also been exuding happiness every day ever since.”

Roy asked how Divaldo discovered his mediumistic ability which enabled him to create work by automatic writing, also called psychography.

“On February 12, 1949, I was in the city of Bahir,” he said through an interpreter. “I felt a rheumatic-like pain in my right arm, so had a massage, but it didn't get better.

“A friend told me to take a pencil and paper, which I did, and my arm went off on its own. I thought this was very interesting because I could see myself writing without thinking.

“From there, I then set aside a time for writing. In the beginning it was just pages, and then books.”



Soon, the medium's principal guide Joanne de Ângelis began to manifest in his writing. She is said to have lived at the time of Jesus and collaborated with him as Joan of Cusa.

Joanne had later incarnations, the most recent of which was as a nun who passed defending a convent in Bahia against Portuguese soldiers.

"She has since collaborated on many of Divaldo's books, notably a series that offers a bridge between the Spiritist doctrine and modern psychological thought," Roy wrote.

Asked when and where he received these spirit writings, Divaldo explained: "For 35 years I was a civil servant, but dedicated every evening to the Mansion of the Way. When I retired in 1985, I then dedicated myself 100 per cent to the mansion."

Divaldo revealed that he was currently working on a further four books, adding: "I start writing when I get home at midnight or 1.00 am in the morning.

"I continue until 3.00 am, then sleep until 7.00 am. Then I have a normal day.

"We have mediumship meetings at the mansion. At each I write a message, which we collect and transform into a book."

Explaining how he worked on four books at once, Divaldo added: "On each day, a different spirit comes and continues with the book they are writing. I know who it is because I see the spirit arrive."

The income from Divaldo's numerous spirit-inspired books, as well as the help and support of volunteers, funded his life-changing work in Brazil. Divaldo was receiving treatment for cancer when he passed on.



**MEDIUM'S organisation serves around 3,000 young people from low-income families in semi-boarding and day schools.**

(Photo: Mansion of the Way)



**FIONGAL GREENLAW-MEEK and his husband Jamie were returning to the UK from a ten-day retreat in India and were aboard a stricken plane which crashed less than a minute after taking off.**  
(Photo: The Wellness Foundry/You Tube)

## Couple linked to college killed in plane crash

**A COUPLE** closely linked to London's College of Psychic Studies were amongst those who passed on after the Air India plane crash last month.

Fiongal Greenlaw-Meek and his partner Jamie Greenlaw-Meek, who were returning to the UK from a ten-day retreat, were connected to the college for several years.

The couple married in 2022. Photos shared on their Instagram page show a colourful countryside ceremony and another service in Las Vegas. Fiongal established a Wellness Foundry in 2018.

Two hundred and forty-two passengers and crew were on board the Boeing 787-8 Dreamliner, which crashed after taking off from Sardar Vallabhbhai Patel International Airport in Ahmedabad.

According to a flight-tracking website, the aircraft reached a height of 625 feet before crashing. The last signal from the plane was received less than a minute after take-off.

Only one passenger survived. Thirty-nine local people, including four medical students living in a residential area of Ahmedabad where the plane came down, also passed on.

At the time of writing, allowing for those affected on the ground 270 bodies have been recovered.

A video circulating online shows the aircraft flying over the area before crashing, creating a huge fireball followed by large plumes of black smoke.

Announcing Fiongal and Jamie's

passing with "profound sadness," the College of Psychic Studies said that Fiongal started studying there in 2018, with Jamie joining a year later.

They trained to "professional level" with senior tutor Gary Wright, "and attended many workshops here over the years, becoming treasured and beloved members of our community.

"Our heartfelt thoughts and love are with Fiongal and Jamie's family, friends and fellow students at this devastating time."

The statement added: "Their Wellness Foundry was renowned for its nurturing approach and positive impact on so many.

"They inspired all of us with their loving dedication to sharing their spiritual gifts and wisdom.

"Their legacy will continue to be deeply felt in our community. Rest in peace, dear Fin & Jamie. You will be forever missed by all of us."

Gary Wright said: "It's with great sadness I am writing this, but also with joy that these two beautiful souls were a part of my life and my classes for so many years.

"They both fulfilled their dreams in turning professional, inspiring and supporting many others to do the same.

"It's now that they continue to inspire us to live every day to the full. With my



**FLASHBACK** to happier times as Jamie Greenlaw-Meek (centre) and his husband Fiongal (right) celebrate one of their wedding ceremonies in Las Vegas. (Photo: Instagram/The Wellness Foundry)

gratitude to you both. Much love always, Gary."

In *The Independent*, Holly Evans wrote that Fiongal and Jamie "posted a video from the airport about their 'magical experience' in India as they waited to board the doomed Air India flight."

In the video shared on The Wellness Foundry's Instagram account, Fiongal, a former fashion designer, said: "We are at the airport, just boarding. Goodbye India." His husband then joked about the lengthy ten-hour flight.

In another clip shared on social media, they promised to share a vlog with their followers of "mind blowing things."

Jamie said: "We really have been on quite a journey and then just spending the last night here in this most amazing hotel, we've just had the most delicious Thali food. It was the perfect way to round up the trip."

Jamie's brother Nick said: "We were expecting him home tonight. He should have landed at 6.30 pm and then driven up for about 11.00 pm to get his dog, who is staying with our mum."

"She is not in a good way. It is all very raw for her at the moment. It's a lot to take in and we only heard this news a couple of hours ago."

Located in London's Vauxhall, The Wellness Foundry offers reiki, sittings, and tarot card and aura readings. It has partnered with major brands such as Netflix, Google and Dior.

*The Independent* added: "On its webpage, it details that Fiongal founded the company in 2018 after experiencing a spiritual awakening following a mysterious illness."

"His husband joined the team in 2023 as co-director and head of events. He also offered psychic readings and life coaching."

In January, Fiongal appeared on ITV's *This Morning* to talk about people's auras and what they mean.

In a clip on social media, he can be seen joking and laughing with presenters Cat Deeley and Ben Shephard before giving a reading.

The couple's Wellness Foundry described it on Instagram as their "biggest gig so far," adding it was "very nerve-wracking," but that Fiongal was "honoured to chat about one of his favourite topics to such a big audience."

Their centre was named in *Time Out* magazine as one of the best places in London for tarot readings and has been featured in *The Times* and the *Daily Mail*.

On *KentLive*, Mary Harris wrote in that in February, Fiongal and Jamie "excitedly opened their tarot studio in Ramsgate, saying they looked forward to 'new beginnings'."

Mary added: "The couple had spent months 'manifesting and planning' their new studio in Grange Road in Ramsgate."

"A joint post on Instagram shows Fiongal wafting what looked like sticks of smouldering sage, a well-known method of cleansing spaces, in the welcoming-looking room."

Fiongal and Jamie said: "This space has been a true labour of love. What started as an idea has slowly transformed into a sanctuary for deep insight, reflection and connection."

"Every corner has been created with intention. Before welcoming our first client, we took a moment to cleanse and set the energy for all the magic to come."

"We can't wait to share this space with you for readings, workshops and so much more. Here's to fresh energy and new beginnings!"

On The Wellness Foundry's website,

Fiongal writes: "Our mission is to equip people with the practical tools and practices, expert guidance and community they need to live their best and grow."

"We are aiming at our Higher Selves. Rooting in ourselves. Supporting each other. With you on this journey."

Elsewhere, the site states: "We are here to provide a nurturing, safe and supportive environment where individuals can explore their spiritual paths free from judgement or preconceived notions."

"We believe that everyone has the right to access spiritual guidance and healing, and are dedicated to making these practices approachable, grounded and respected in the modern world."

"Our commitment to excellence is evident in the trust our community places in us, as reflected in our over 150 five-star Google reviews and the recognition we've received from prestigious publications."

Another section reads, "Our mantra, 'Modern Mysticism for Modern Times,' encapsulates our mission to modernise ancient divination arts, stripping away outdated stereotypes and presenting them as powerful tools for personal growth and self-discovery."

On Saturday, June 14, a minute's silence was held as a tribute to the couple at Ramsgate Pride, where they were due to host a wellbeing workshop.

On the BBC News website, Lucy Taylor, assistant manager for the event, said Fiongal and Jamie "brought a lot of peace and healing in their spiritual practice to Ramsgate."

"They were really vibrant people. I will be performing a song dedicated to them."

Lucy added that the Pride event organisers aimed to make it a "beautiful event dedicated" to the couple.



# Celebrity medium undergoes brain surgery

**HOLLYWOOD** psychic Tyler Henry has updated fans on his recent brain surgery, which has been deemed successful.

The 29-year-old celebrity medium took to Instagram writing, "Brain surgery was a success!" alongside a photo of himself smiling in a hospital bed with a bandage on his head.

"Great prognosis, incredible staff," he added. "I feel so thankful to be surrounded by my family."

Tyler has been on bed rest for a month and will continue offering psychic sittings once fully recovered.

"For those who are curious," he wrote to his 1.2 million followers, "I had a colloid tumour near the centre of my brain and thankfully most of it has been removed! (The tumour, not my brain... that is)."

A colloid cyst or tumour is a benign, non-cancerous fluid-filled sac, usually located in the third ventricle, an area in the middle of the brain.

Referring to previous health scares, Tyler shared: "This isn't my first rodeo with this and I have so much to be thankful for."

"I'll see ya'll very soon with lots of thought-provoking subjects and, of course, readings. Thank you all so much for your support."

Born on January 13, 1996, Tyler Henry Koelewyn grew up in Hanford, California, a small agricultural town in the San Joaquin Valley. From an early age, he showed signs of heightened intuition and spiritual sensitivity.

Tyler's first memorable psychic experience came at the age of ten when he had a vivid premonition about his grandmother's passing.

As a teenager, Tyler continued exploring spirituality and gave sittings to close friends. He often describes his gift as something which feels as natural to him as breathing.

His big break came in 2016 when he made his television debut with the reality series *Hollywood Medium with Tyler Henry*, which aired on E! Entertainment.

The hit programme featured Tyler conducting sittings for celebrities, helping



*"I'm here for a good time, not necessarily for a long time," said Tyler Henry (seen right), who is pictured with his partner Clint Godwin. (Photo: Facebook)*

them reconnect with loved ones who had passed on.

His trademark method is to scribble on a notepad while channelling messages, a process he says helps him tune into the energy of those wishing to communicate.

In 2022, Tyler went on the road with the Netflix series *Life After Death with Tyler Henry*. He travelled across the United States giving sittings to everyday people.

A year later, Tyler revealed that he had undergone emergency surgery in 2014 "a month after my 18th birthday."

Sharing a photo of himself surrounded by a film crew he explained: "I was doing readings on camera in my small town of Hanford."

"Only a week later an MRI revealed a congenital brain cyst that led to emergency surgery after weeks of headaches."

"A mass I was born with was only now causing a life-threatening situation as my adult life was just beginning."

Tyler added that this experience "taught me early on the importance of timing and trust. Without the inevitable brain surgery that ensued, I don't think I would have had such a firsthand awareness of the fragility of life."

"It was an intimate reminder for me of the fine line dividing this realm and the next."

The latest health update came just one week after Tyler married his partner, Clint

Godwin, in Beverly Hills.

"I knew when we met nearly a decade ago that you would be the one, and that conviction only grew stronger with every day," he said of the musician. "Best premonition ever!"

In an interview with *The Cut* magazine last year, Tyler talked candidly about his health issues, confirming that around the time he started working on his first show, he began experiencing debilitating headaches.

The MRI scan revealed the benign cyst in his brain that has to be drained periodically when it grows too large, but its position makes it dangerous to remove completely. "I have wondered if it relates to my ability at all," he commented.

Tyler also suffered from a collapsed lung in 2019 and has congenital blebs – small air-filled sacs – on his lungs, which are closely monitored.

In his Netflix series *Life After Death with Tyler Henry*, the medium said: "I hope I live a really long lifetime..."

"I feel old, though, that's the thing – like on the inside. Readings make me feel older, and because of that, I can't envision myself as a 70-year-old because I'm already so tired."

"It's the biggest question I have, 'Why, if this is something of a gift, does it come at a cost?'" he asked, later adding, "I'm here for a good time, not necessarily for a long time."

# Paranormal video hits top twenty on Amazon charts

A PARANORMAL video series has hit the top twenty of best-sellers on Amazon Prime, “sitting up there with some of the biggest movies in the world,” say the film makers.

Under the umbrella name *My Haunted Project*, a small team produces footage taken at a centuries-old Cheshire inn, a manor house in America and a secret location at Pendle Hill, Lancashire, infamous for its connection to the Pendle witch trials of 1612.

The producers said: “*My Haunted Project* is the game-changing show in paranormal television.

“It has just hit the top twenty best-sellers in all genres on Amazon Prime in 24 hours. This is the story of *My Haunted Hotel*, a 400-year-old inn at the heart of one of the UK’s oldest cities.

“The inn holds many secrets. With the aid of 24/7 surveillance and opening the doors to the general public, we have documented some of the most mind-blowing evidence ever caught on camera.”

The haunted inn is Ye Olde Kings Head, a Tudor style property built in 1622, which was erected on the foundations of a 13th century building.

Records show that the original house was constructed for Peter the Clerk, administrator of Chester castle. The current heavily timbered listed building has been trading as an inn since 1714.

Events throughout the years include the presence of a four-year-old child, a “man in black” and poltergeist activity which moves guests’ possessions and draws on a mirror. The venue claims that over a dozen otherworldly entities may reside there.

Local online news channel *Chester Nub News* carried an account of how when the hotel was closed for standard use in 2019, “the entire place was rigged with cameras, including night vision and thermal imagery to capture footage of hauntings.”

Guests could book to take part in overnight investigations, with cameras recording their experience.

Landlord Harry Achilleos, alongside

Danny Moss and Brett Jones, saw the potential in the format and launched *My Haunted Project* on YouTube. The channel has now attracted well over 1.5 million views.

Sarah Gibbs, project manager at *My Haunted Hotel*, said: “We’ve had guests sitting there and a lit candle moved about

The new series introduces the team as they each come on board. Danny Moss first witnessed a paranormal event ten years ago at the age of seventeen, which sparked his interest in investigating the subject.

Brett Jones is a former theatre director with skills in special effects makeup and acting. He has been a presenter and designer at *My Haunted Hotel* for over three years. Filming for Amazon took the team into new territory.

“Filming is very different because we’re not used to behaving ourselves,” Sarah added. “There are certain criteria with filming for Amazon Prime that you have to follow, like no swearing.

“I’m known for using a certain phrase when I ask for something paranormal to happen and it actually does. It’s a lot of work, but we’re really excited for it.”

Publicity for the show says that *My Haunted Project* “is the world’s most documented multi-venue paranormal investigation.

“The *My Haunted* identity is based on long-running paranormal investigations, the use of 24/7 surveillance and opening the doors to the public in order to document their eyewitness accounts.”

The format “gives viewers the chance to not only watch these ongoing investigations, but also allows them to visit in person as part of the show.

“It’s real people having real experiences whilst under the guidance of the *My Haunted* team.”

As well as hosting events at Ye Olde Kings Head, the team also take guests to Pendle Hill in east Lancashire. The secret location is not accessible by public roads, so guests are asked to park at the nearby Pendle Inn and transported to the destination.

You can follow the team on Amazon Prime, YouTube and Facebook or visit [www.myhauntedproject.org](http://www.myhauntedproject.org)



PICTURED above are Dan Callaghan, Harry Achilleos and Danny Moss. Their “*My Haunted Project*” channel has attracted over 1.5 million views.

three inches in front of them across the table. We can’t explain that.

“In the pub, glasses move or fly off the shelf. We had a blackboard which flung itself off the shelf just this week.”

Commenting on why the video format has taken off so well, Sarah said: “I think that’s why people like it. They can have their experience validated, which is a big deal. It hasn’t been done before for the general public.”



# Film stars' hit roles were predicted by clairvoyants

TWO stars of the silver screen have shared their stories of success which was predicted by psychics.

In *Hello!* magazine, Demi Moore, once the world's highest paid female actor, revealed that her stellar success in the 2024 horror film *The Substance* was foreseen by Hollywood's most influential psychic Laura Day.

Among Demi's hit films are *St Elmo's Fire* (1985), *Ghost* (1990) and *Indecent Proposal* (1993).

As she basked in the spotlight again this year, receiving a Golden Globe Award for Best Actress, her first Academy Award nomination and a standing ovation at Cannes Film Festival, she reacted with surprise.

"I'm in shock," the 62-year-old said during her Golden Globes acceptance speech in January.

"I've been doing this over 45 years. This is the first time I've ever won anything as an actor. I'm so humbled and so grateful."

It was her closest friend Laura Day who encouraged Demi to revitalise her career after a lengthy lull.

"I've met many who have gifts of this nature, but there are none who have the precision that Laura has," Demi told *Hello!* in an exclusive interview.

The magazine added that Laura has been teaching Demi the power of her intuition while also offering psychic

guidance.

"My greatest gift is the closeness of our friendship and the second is the encouragement she gives me in trusting myself," the actor commented.

"If I'm uncertain but have an instinct, I have someone who helps me clarify. And most often, it is accurate to me."

Laura has just released a new book titled *The Prism: Seven Steps to Heal Your Past and Transform Your Future*. Spiritual author Deepak Chopra described it as "a masterpiece for anyone ready to awaken their highest potential."

Laura described Demi's acceptance of her role in *The Substance* as a "miracle moment" – the type of catalyst that can change everything.

"A miracle does take a moment; it's an encounter, it's a tiny change, it's a little bit of help, and you will find your entire life changes," she said.

Meanwhile, American actor Brittany Snow recalled how she knew that despite her poor audition for the 2007 film adaptation of the hit musical *Hairspray*, she would secure the part of spoiled rich girl Amber Von Tussle. A clairvoyant had told her so.

In a recent podcast, Brittany explained that she and a friend went to see a psychic. The actor was delighted when told that in two years, "you are going to get a big break that kind of starts your career and you're going to play the daughter of a very famous iconic blonde woman."

Brittany wrote down the exact words and tucked the paper away. About a year later, she was invited to audition for *Hairspray* by director Adam Shankman, whom she had worked with before.

Nerves overcame her and Brittany had a negative voice in her head, telling her she would fail.

As a result, Brittany recalled how she "unbelievably bombed" the audition by forgetting the words, having her voice crack and asking to start over.

Back home, the dejected actor was looking through her journal when she was reminded of the psychic.



DEMI MOORE'S stellar success was foreseen by a Hollywood psychic. This scene is taken from *"The Substance."* (Photo: MUBI)

Brittany added: "I saw this entry and called up Adam Shankman... I'm like, 'I know this sounds insane, but I went to a psychic a year ago and she told me that I'm going to be in a movie with a famous, blonde, iconic woman'"

The director replied that iconic blonde actor Michelle Pfeiffer had just signed up to play Velma Von Tussle, mother of Amber.

Brittany begged the director to let her audition again, as it couldn't be a coincidence. Adam Shankman agreed on the strength of her "crazy-ass story."

Brittany was given the part and starred alongside Michelle Pfeiffer and a host of other Hollywood greats.

These included *High School Musical* heart-throb Zac Efron, multi-award winner Christopher Walken and John Travolta, icon of the 1970's dance films *Saturday Night Fever* and *Grease*, plus a long list of top-rated movies.

*Hairspray* was released to critical acclaim and financial success, breaking the record for the highest-grossing opening weekend for a musical film at the time.

Brittany commented, "I don't even know if the psychic is real as much as that gave me the confidence to call and get another chance."

She added: "You know what was interesting; I had the wind beneath my wings that there was a psychic telling me I was going to get it, and so I was like, 'It's in the stars, baby'"



BRITTANY SNOW: "I had the wind beneath my wings." (Photo: The Heart Truth)

# Getting down to business with workplace meditation

NEUROSCIENTISTS proved some time ago that meditation and mindfulness can reduce stress and enhance mental wellbeing. Now the business world is seeking ways to bring these practices into workspaces.

A report on [bigthink.com](https://bigthink.com) suggested that “as technology starts to close in on us, employers could be urged to build more mindful work environments.”

It quotes Dr David Cox, who once oversaw the science and medically-related research work at Headspace, an award-winning digital health platform providing guided meditation sessions and mindfulness training.

Dr Cox believes that by 2030 employers will be building a more mindful work environment to promote technology-free days and workspaces which allow both open-plan collaborative spaces and secluded workstations that support daydreaming.

The article states that some companies are also developing wearable devices which monitor brain activity to track attention levels. The sets give feedback to help users maintain concentration and manage mental fatigue.

Such technologies aim to integrate mindfulness practices into daily work routines.

In a scientific article entitled *Mindfulness can literally change your brain*, authors Christina Congleton, Britta Hölzel and Sara Lazar described how meditators can demonstrate superior performance on tests of self-regulation, resisting distractions and making correct answers more often than non-meditators.

One area of the brain that meditation can positively alter is the hippocampus region.

This seahorse-shaped area buried inside the temple on each side of the brain is part of the limbic system, a set of inner structures associated with emotion and memory.

It is covered in receptors for the stress hormone cortisol. Studies have shown that it can be damaged by chronic stress, contributing to a harmful spiral in the body.

Individuals with stress-related disorders like depression and post-traumatic stress disorder tend to have a smaller hippocampus.



**THE business world is seeking ways to bring meditation and mindfulness into workspaces to reduce stress and enhance mental wellbeing.**

Meditation helps to increase dopamine and other healthy hormones which can counteract the effects of cortisol.

Neuroscientists have also shown that practising mindfulness affects brain areas related to perception, body awareness, pain tolerance, emotion regulation, introspection, complex thinking and sense of self.

The researchers concluded that “While more research is needed to document these changes over time and to understand underlying mechanisms, the converging evidence is compelling.”

They suggested that mindfulness “should no longer be considered a ‘nice-to-have’ for executives.

“It’s a ‘must-have’ – a way to keep our brains healthy, to support self-regulation and effective decision-making capabilities, and to protect ourselves from toxic stress.

“It can be integrated into one’s religious or spiritual life or practised as a form of secular mental training.

“When we take a seat, take a breath, and commit to being mindful, particularly when we gather with others who are doing the same, we have the potential to be changed.”

An article in *Harvard Business Review* suggested that more than half of American employers were offering some form of mindfulness training to their workers, contributing to a global corporate wellness market which was valued at over \$50 billion (almost £37 billion).

It cited a study involving IT consultants in India and call centre representatives in the US.

In both environments, researchers

found that workers who meditated in the morning were more attentive and helpful to their coworkers and customers throughout the day.

However, they also saw that disconnecting from a career challenge or ethical dilemma and retreating into a meditative mindset could sometimes get in the way of necessary problem solving.

It was therefore suggested that “managers should avoid a one-size-fits all approach and instead carefully consider which kinds of practices will be most helpful (and which may actually be harmful) for workers in different roles.”

The authors’ studies showed that both focused breathing and loving-kindness meditation can boost helpfulness in certain workplace contexts, but “for roles or situations in which accountability is more important, it may be best to focus more on loving-kindness practices, as breath-based practices can cause people to feel less responsibility for their actions.”

It concluded that employees and managers “should remember that mindfulness is a deeply personal experience.

“We all react differently to these practices, so it’s important to leave room to experiment and adapt to whatever works best for you.

“Whether you prefer to simply take a breath, to focus on feeling your feet on the ground, to visualise positive intention or engage in any other type of meditative activity, it’s critical for you and your team to identify and practise the mindfulness strategies that will be most effective for your unique role, routine and mind.”





# Survey shows strong belief in nature spirits

*MANY people around the world "believe that parts of nature, such as mountains, rivers or trees, can have spirits or spiritual energies." (Photo: Ennaej)*

A NEW survey has highlighted that the UK is one of the world's least religious nations, but a second report shows a widespread belief that animals and the natural world have a spiritual component.

According to research led by the Policy Institute at King's College London, the share of the population who say God is not important in their life is at a record high, having doubled compared with four decades ago.

It suggests that Britons are now among the least likely internationally to believe in God.

Published by *UK in World Values Survey*, the results indicate that belief in heaven has decreased over the same period.

Belief in life after death and hell has remained stable, with younger generations more inclined to believe in both despite being less religious generally.

The UK is second only to Sweden for showing trust in those of different faiths. Its people have high religious tolerance as well as increasing confidence in churches and religious organisations.

In operation since 1981, the World Values Survey (WVS), is one of the largest and most widely used academic social surveys in the world.

The latest UK data was collected three years ago, with data for other nations collected at various points between 2017 and 2022.

Just under half (49 per cent) of Britons said they believed in God in 2022 – down from three-quarters in 1981.

Of 24 nations in the study, only five are now less likely than the UK to say they

believe in God, with China by far the least likely, at seventeen per cent.

The share of the British public who say God is not important in their life is now at a record high, rising from 28 per cent to 57 per cent between 1981 and 2022.

Only five out of 24 countries are less religious, including Japan and Sweden, both at fourteen per cent, and China at eight per cent.

Researchers found that in the 40 years to 2022, the share of the public believing in heaven fell from 57 per cent to 41 per cent.

This is still higher than belief in hell, which remained steady at 26 per cent. Nations including America and Italy have a much stronger idea of hell, at 69 per cent belief and 39 per cent respectively.

While younger people have lower levels of religious faith and are more likely to identify as atheists, they showed a greater belief in hell than older generations.

The report added that views on life after death "have held up well over the last four decades, with just under half of the public – 46 per cent in 2022 – consistently saying they believe in it."

Despite their own lack of faith, 82 per cent of UK respondents said they trust people of a different religion – the second highest of 24 nations, behind only Sweden at 87 per cent trust and on a par with Norway, also at 82 per cent.

Although confidence in churches and

religious organisations fell in the UK, by 2022 it had bounced back to 42 per cent. That's still in the bottom ranking for confidence in such institutions, behind the likes of Norway at half and Italy just above at 53 per cent.

The 2022 UK data came from a random sample of 3,056 adults aged over eighteen, interviewed through a mix of face-to-face and online survey methods.

In a separate report by the Pew Research Center based in Washington, USA, the authors said that belief in life after death "is widespread around the globe, as is the belief that spirits can reside in animals and in parts of nature such as mountains, rivers or trees."

A survey of 50,000 people across six continents revealed that the majority of adults in most countries surveyed "say that animals can have spirits or spiritual energies."

"This includes 83 per cent of adults in India, which has a Hindu majority. It also includes 81 per cent in Muslim-majority Turkey, 76 per cent in Christian-majority Argentina and 70 per cent in Israel, the world's only country with a Jewish majority."

The report added that many people around the world "also believe that parts of nature, such as mountains, rivers or trees, can have spirits or spiritual energies."

"This belief is voiced by nearly three-quarters of adults in Christian-majority Chile and Buddhist-majority Thailand and by 57 per cent in Muslim-majority Indonesia."

# Agencies use psychics to help crack cases

SPANISH newspaper *Euro Weekly News* has delved into cases where American justice and intelligence agencies used psychics to help solve crimes.

Reporter Olivier Acuña Barba found a number of instances where mediums succeeded when other lines of enquiry failed.

Olivier wrote that in June 1987, New Orleans resident Andre Daigle, 27, went missing after a night out with friends. Four days later, Andre's sister Elise, based in California, went to local psychic Rosemarie Kerr with her brother's photo.

As reported in the press at the time, Ms Kerr closed her eyes, placed a finger on Andre's picture and saw visions of his truck thousands of miles away in Louisiana.

"I told Elise she should get someone to that area as quickly as possible," she said, knowing that the brother had been murdered.

Police found the truck exactly where Ms Kerr had directed, being driven by a man the psychic described. Andre's killers were caught and confessed to the crime, describing it in the same way Ms Kerr envisioned it.

On the trail of similar cases, *Euro Weekly News* discovered a five-page US Department of Justice report published in the journal *Law and Order* in 1993. The document was titled *Psychics and Police Work*.

The introduction reads, "The usefulness of psychics in police investigations is controversial, but psychics have long been and will undoubtedly continue to be involved in unsolved criminal investigations."

Recognising that psychics and police detectives "both base their work on intuition to some extent," the report mentioned that Dorothy Allison of Nutley, New Jersey, "assisted police in more than 4,000 investigations and has received many letters from law enforcement agencies describing how she helped them."

Ms Nutley passed on in 1999 aged 74 years and eleven months after predicting

that she would not live to 75.

The news reporter found a more recent report by America's Central Intelligence Agency (CIA).

In a document issued in 2000 titled *Use of Psychics in Law Enforcement*, the agency acknowledged that psychics had been helpful to police in many cases, suggesting that "using psychics can be legitimate when traditional methods fail."

The authors contacted eleven police agencies which had been featured in the media, reportedly having used psychics with some success.

They wrote: "All of the police officers stated that they had used a psychic in cases as described in the newspaper articles.

"Eight of the officers said that the psychic provided them with otherwise unknown information which was helpful to the case.

"In three of these cases, missing bodies were discovered in areas described by the psychic. Two officers reported that accurate information was provided by the psychic, but it was too general to be of assistance in the case."

The report added, "One officer said he had little success and would not use a psychic again."

The CIA went on to list notable cases where psychics had provided specific, actionable intelligence.

They included a psychic working with the Newark Police Department who helped solve over 30 cases, many involving homicide, and clairvoyant Beverly Jaegers, who assisted US Border Patrol to locate illegal immigrants and people traffickers.

*Euro Weekly News* went on to find recent cases where a psychic helped police to solve a crime.

In 2023, Ashley Deese sought assistance from medium Carolyn Clapper to find her missing mother, Theresa Jones, of Louisiana. Ms Clapper provided detailed

information that led Ashley to her mother's body in Edmonds Creek.

A year later, Maine psychic Vicki Monroe provided crucial clues to crack a cold case. Vicki was able to offer information about the 2001 murder of Amy St Laurent. Police officers acknowledged that Vicki's visions of a farm location helped them to find Amy's missing remains.

American psychic detective Pam Coronado is a well-known intuitive who says she works "both with families as well as law enforcement to help them in solving puzzling crimes and distressing missing persons cases."

Pam can "psychically tune-in to the current physical status of the missing person and describe in extensive detail their current location."

On her website, Pam explains that when assisting with a criminal case, "I can work remotely with a photo of the victim or physically walk around a crime scene and psychically replay the crime that took place.

"This enables me to understand the events that occurred and see who took part or whether there were witnesses to the crime."

Pam has collaborated with more than 40 law enforcement agencies, providing insights in high-stakes investigations.

She is a former president of the International Remote Viewing Association and the co-founder of the Fowler-O'Sullivan Foundation, which supports families of missing people.

Its website states: "Our diverse team bring years of experience together to help families of missing hikers navigate through an extremely difficult time.

"We connect families to vetted search resources, provide funding when possible and help organise volunteer search efforts.

"We also provide advice on working with the authorities, the press and social media campaigns, and offer investigative and other assistance free of charge to the families of the missing."



# Historian says science stifles stories of psychic phenomena

RENOWNED Scottish historian and broadcaster Neil Oliver has voiced his belief that science has deterred people from talking about their paranormal experiences. To redress the balance, he has now written a book on the subject.

In conversation with former nursing educator Dr John Campbell and Dr Tim Kelly, a sceptic on the supernatural, Neil explained:

"I've always written about history. This was another way to invite people in because all of these stories of hauntings are tied to places – houses, churches or battlefields – places in the landscape."

Neil explained that although events such as battles were often short, their residue lingers for much longer.

Following a period of stress and anxiety, "historically there have often been manifestations of phenomena."

Neil, who acknowledged that there may be scientific explanations for some instances, added:

"My motivation to write the book was because decades of making the kind of documentaries I did put me in the presence of so many academics and regular people, and people would say, 'You know, a funny thing happened to me here...'"

Often such individuals were reluctant to tell anyone else they had felt a presence or seen something.

"All these people can't be lying," said Neil. "They have experienced something

and it falls to the edges of what we think about in our science-dominated world."

Neil is best known for presenting many episodes of *Coast*, the BBC's documentary series looking at the natural and social history of places around the British coastline.

A qualified archaeologist and trained journalist, he has highlighted the sense of humanity which is present in ancient sites.

He pointed out that science fails to address the question of what it feels like to be alive. "But this is factual, it's real," he said.

In his book *Hauntings: A Book of Ghosts and Where to Find Them Across 25 Eerie British Locations*, the author attempts to "reassure people that these kinds of experiences are real. All sorts of people have them."

Neil admitted that he has only experienced a single event, a classic case of "sleep paralysis" at a former plantation-owner's house on the Cocos Islands near Australia.

He woke in the night "unable to move, with an overwhelming sense of somebody else being in the room."

"It was a palpable physical experience in a place where repression and misery had taken place."

With all of our modern technology, Neil suggested that "science has dumbed down the mass of the population."

He added: "Most people have no meaning in their life: they've been stripped of religion, belief, faith and spirituality, so there's a chasm, an emptiness. Some people undoubtedly experience things that aren't appropriately explained by science."

"We have been beaten over the head with the idea that what we experience with our five senses is all there is to the point where people are embarrassed to vocalise any sense that there might be something else. I think that is inhibitory."

"All I'm trying to open up is the idea that the full texture of reality is not what we taste, touch, see, smell and hear."

"There's infrared, ultraviolet and electricity – we accept these are things we can't see. I believe we're on a tiny island of matter in an infinite ocean of thought."



In a recent interview for the magazine *Suffolk Norfolk Life*, John West, a regular contributor to *Psychic News*, asked Neil for his favourite ghost story.

The historian replied: "That would be the black car of Skye, although it was more of a premonition."

"The Western Highlands and islands of Scotland have always had a tradition of second sight – the ability to see into the future. This car was seen by various people, a wee 1934 black Austin, over a period of decades."

"It became a game for local children to look out for it. It was seen on various stretches of road, but most often on the approach to the ferry at Kyleakin."

"It seemed to be driven hard. Drivers would pull over to let it pass, and then nothing. It never passed them."

"Only once did it pass a driver. As it did, the driver looked inside to see who was driving it. The car was empty."

The sightings are believed to have ended after an accident in the 1960s when a local minister trying to board a ferry drove into the water.

His passengers, two women and a child, drowned, but the minister escaped. The phantom black car was never seen again.

Neil Oliver's book runs to 384 pages and is available to order from bookshops and Amazon.



NEIL OLIVER: "Science has dumbed down the mass of the population." (Photo: Facebook)

# Paranormal expert visits endangered cinema

AN iconic London cinema which is battling a threat of closure has called in a top paranormal investigator to find out if otherworldly culprits are behind a spate of recent mishaps.

The Prince Charles cinema in Leicester Square opened in 1962 and attracts over 250,000 film fans each year.

It is also reputedly haunted: a mystery man in a pinstripe suit has been seen in the audience before disappearing, seats have flipped up and doors slowly closed without anybody nearby.

Three years ago, the cinema's maintenance man felt a presence in the foyer then heard the door to the Gents toilet open and shut. He checked CCTV, but the footage had cut out at the crucial moment.

In another cloakroom, paper towels were found stacked up in a neat pile accompanied by a sudden cold sensation.

Following a fresh set of unexplained events, the *Daily Mail* posted a video online, saying: "Construction works at the Prince Charles Cinema in Central London appear to have sparked a reaction from long-departed 'residents' of the building.

"It almost seems as if something – or someone – wants the builders to stop."

Celebrity investigator Barri Ghai, who co-hosts the TV show *Help! My House Is Haunted* on Discovery+ said, "Strange and unexpected things have been happening at the Prince Charles since the building work started in the offices above us, so at midnight on May 1 we decided to investigate."

Projectionist Dan Walden admitted on camera: "I do feel the cinema is haunted. I feel that on a daily basis."

Using a raft of technical equipment, Barry and his team identified one spirit being "waving" at another investigator named Dan. His name was recorded in response to Barry asking, "Are there any spirits here?"

Ben Freedman, the cinema's managing director, told *Metro* newspaper that there have been two unexplained floods, lights and the water supply randomly turning off and on, as well as mysterious leaks.

These events come as a serious blow when the operators have been told their rent is about to rise sharply and the new lease will include a break clause, requiring them to vacate within six months if the owner gains permission to redevelop the site.

Barry Ghai told the paper, "It is highly plausible the cinema is teeming with spiritual activity." He took a reporter along to show them exactly what he might find.

"The presenter used state-of-the-art technology, which revealed several floating energies on a screen illuminated by a series of moving white lines and dots," Anna McAlinden wrote.

"Audio scanning devices also picked up the sounds of a childlike voice when the

expert introduced himself in a seemingly empty maintenance storage room."

Barry told *Metro*: "Due in part to its rich and diverse history, London is one of the most haunted cities in the world.

"There are many locations across the capital that may look unassuming and are seemingly benign, but they house dark, gruesome and sometimes rather terrifying pasts."

He explained he is "a bit of a magnet for spirits and find that my higher connections allow me to gather amazing evidence time and time again."

The results of the investigation led the paranormal expert to conclude that "there are active spirits in the cinema building."

Ben Freedman was not surprised by the news. "None of these costly and damaging mishaps makes any sense...and if not ghosts, then who?" he wondered.

Meanwhile, the battle to save the building continues. In May, Westminster Council decided that the Prince Charles Cinema would be included in the list of Assets of Community Value maintained by the council under section 87 of the Localism Act 2011.

In its announcement letter the council emphasised that "the Prince Charles is distinguished from other local cinemas by means of its independent ethos, unparalleled programming and a close relationship with the local community."

A MYSTERY man in a pinstripe suit has been seen in the audience before disappearing.





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# Sitcom star is serious about his belief in afterlife

SITCOM actor Kelsey Grammer, best known on TV as psychiatrist Dr Frasier Crane, has spoken about his faith and spirituality which sustained him through tragedy.

The 70-year-old star, whose father and sister were both murder victims seven years apart, believes that family members have guided him from the Other Side, leading him to write a new book.

In 1968, during civil rights unrest in America, Kelsey's father Frank was shot outside the family home, having confronted a man who set their car on fire.

Seven years later, his eighteen-year-old sister Karen was raped and fatally stabbed by a gang of men in Colorado. The actor also lost two half-brothers in a scuba diving accident in 1980.

"Every one of us is going to experience some terrible loss," he later said. "I just got a big dose."

Now Kelsey has written a book examining Karen's life and untimely passing. The memoir is titled *Karen: A Brother Remembers*.

Kelsey revealed that he was compelled to write it after Karen returned to him through a medium.

"I got a very strange imperative saying, 'Tell my story' from my sister through Esther, somebody we were working with at the time," he said. "It's just turned into the book..."

Speaking on *The Jamie Kern Lima Show*, the actor explained: "Esther's pretty gifted. I've known a few gifted people.

"I produced a show called *Medium*, and that was part of it. I was always kind of in that community a little bit."

Kelsey added: "If you've got somebody who doesn't know you, who's accurate about your life 70 per cent of the time and pulls names out of the air, you may as well pay attention, whatever your point of view is or whatever jaundiced view you may have of the whole mediumship

issue."

Researching the details of his sister's final earthly moments was traumatic, said Kelsey. Memories of identifying her body haunted him.

"I couldn't let that image go," the actor explained. "The book helped me do that and so now she lives again."

He has commented that *Karen* is not so much a grief book as a life book – a detailed history of their childhoods and how she stayed with him "before and after her human experience."

Kelsey also writes that his "dead" sister told him to forgive himself for the regret he felt about his college girlfriend having an abortion. For a long time he believed that Karen's murder was some kind of eye-for-an-eye "Old Testament nonsense."

On the subject of his Christian faith and his belief in the Other Side, Kelsey told a journalist, "I think all this stuff is immediately available to us as long as we drop the filters and just believe it."

The famous actor has frequently been in the media spotlight as he struggled with substance abuse and acrimonious divorces.

Now happily married to his fourth wife, Kayte, Kelsey admits that in the past, "I was wealthy, famous and successful, and doing the thing I love more than anything in the world yet I couldn't forgive myself.

"I had to find some way to do that. This book actually helped kind of put the final bow on the package."

As well as believing that Karen has communicated with him, Kelsey said that he and British-born Kayte are convinced that his mother visited from the afterlife to intervene when the couple were arguing.



**KELSEY GRAMMER:** "Every one of us is going to experience some terrible loss."  
(Photo: Tenebrae)

The pair were living in his mother's house when they had "a bit of a tussle" before going to bed.

"We climbed into bed kind of mad with each other," Kelsey recalled. "I heard this huge bang in the living room and said, 'What the heck?'"

"I reached out the bed and grabbed a golf club that I kept there for that reason."

Kelsey found the TV on in the living room, which was "weird" because he had switched it off before going to bed.

The actor "looked around a little bit, turned it off and thought, 'Thanks mum.' You know? 'Don't go to bed angry with each other'"

He went back to his wife, who asked him, "What did your mum smell like?" Kayte explained she "had smelled flowers" when he left the room.

Kelsey concluded: "It was really something. I thought, 'This is real; this is not something heretical going on'"

Kelsey gained fame for his role as psychiatrist Dr Frasier Crane in the NBC sitcom *Cheers* and its spin-off *Frasier*. On air for over twenty years, it was one of the longest-running roles played by a single actor in primetime TV history.

The actor has been honoured with many awards and nominations including two Golden Globes and four Emmy awards for his role in *Frasier*.







## BBC seeks supernatural series for younger audience

TUCKED away on the BBC's website is its commissioning page, which currently shows that BBC Scotland and BBC Religion and Ethics are on the lookout for potential paranormal series which will appeal to a younger audience.

The callout to film producers states: "Young people are now less likely to identify as being part of an established religion than many of their older cohorts whilst at the same time being a lot more likely to identify as being spiritual and have a belief in some sort of afterlife.

"Using the rich backdrop of local mythology, superstitions, haunted places and spaces, unusual spiritual practices or extraordinary experiences, how can we explore this area in a visually engaging and dynamic way?"

The post continues: "We understand that there are a number of series rooted in the supernatural and the unexplained, so successful ideas need to offer something new in this space.

"Is there talent leading the way in this area on social media or online who could work for TV?"

"What are the stories, voices, places and spaces across Scotland and the rest of the UK that will appeal to an audience across the nations?"

The BBC commissioners suggest that "all proposals should look at this request through the prism of our younger audiences.

"How do we grab their attention and keep them engaged on this journey? How can we bring these stories to life and how can we engage social media and other platforms to amplify the content?"

In general, BBC Scotland says it is committed to "working with and developing the best creative talent in the industry, commissioning content that reflects and engages our audiences, and bringing Scotland to the rest of the UK and beyond."

The network is looking for ideas "that stand out in a busy media environment, get people talking and reflect the diversity and the needs of our audience."

For any filmmakers thinking of submitting an idea, it doesn't have to be big to start with.

"We would love to hear ideas that could start as a podcast and develop to TV," says the commissioning unit, "or TV ideas with an accompanying podcast that could extend the audience consumption or bring a new audience to the title."

The BBC has found rich pickings in the field of paranormal investigation. In the *Hauntings* series, last year it covered the 1977 Enfield poltergeist case, America's

haunted home known as the Conjuring House, unexplained events associated with the tomb of Edinburgh executioner George Mackenzie and a set of mysterious deaths at Lake Lanier, USA.

Presenter Sian Eleri hosted three series of paranormal programmes. These re-examined the case of a haunted house, multiple sightings of a UFO in a Welsh village and the tragic story of medium Helen Duncan, the last woman in Britain to be jailed under the archaic Witchcraft Act.

Produced and presented by Danny Robins, the *Uncanny* series became a hit for the channel.

The podcast has been listened to almost five million times on BBC Sounds and downloaded three million times on other platforms globally. Two series on TV have also attracted fans of real-life tales of supernatural phenomena.

Pitches with fresh ideas should be submitted to the BBC's online Pitching and Commissioning System by July 31 marked for the attention of Steve Allen. He is a commissioning editor specialising in popular factual formats.

His credits include *Highland Emergency*, *Location, Location, Location*, *Antiques Road Trip*, *Air Ambulance ER*, *Inside the World's Toughest Prisons* and *The One Show*.

The commissioning page can be found at [www.bbc.co.uk/aboutthebbc/scotland/commissioning](http://www.bbc.co.uk/aboutthebbc/scotland/commissioning)

# Surprising sources of spiritual connection

A HEALTH charity has completed a survey of how well people's spiritual needs are being met. Alongside the statistics, there are some surprising methods of connecting to "the wonder and energy of life."

The Spiritual Companions Trust is headed by Dr William Bloom, a leading pioneer of the UK's holistic health movement.

Last year he told *Psychic News*: "A huge number of people are now adopting a new attitude that is not tied to a religion or atheism. It is an open-minded and open-hearted approach to exploring spirituality.

"This spiritual but not religious approach is culturally and socially huge, but is not properly represented in education or government."

The purpose of the survey was to understand the core practices at the heart of all spiritual approaches free of particular beliefs, myths and symbolism.

Of 472 respondents, 78.6 per cent were based in the UK. While all participants said they had an interest in spirituality, 57.2 per cent described themselves as "Spiritual but not necessarily religious," with a further 24.4 per cent assigning themselves to a faith group, including Pagan and Wiccan.

Another 12.6 per cent preferred to self-describe their belief and 4.9 per cent identified as humanist, agnostic or atheist.

Dr Bloom commented that the results of the survey "reveal Britain's health and pastoral care services have not sufficiently adapted to meet the concurring, increasing demand for a non-religious approach to spiritual caregiving."

He added that of those surveyed, "a staggering 70 per cent have advocated for a more tailored holistic approach to care.

"Just two per cent reported having their spiritual needs sufficiently addressed by existing health and pastoral care services."

Most respondents reported that their

spiritual needs were being met best through their own personal practice, friends and/or family. The NHS and pastoral care services were ranked the lowest for meeting these needs.

In a recent newsletter, Dr Bloom reflected that his own means of experiencing the wonder and magic of life includes meditation, being in nature and riding his motorbike.

Others reported feeling at one with the universe while swimming, chanting, dancing or drumming. He went on to share a surprising story.

"A good friend said that she experienced an altered state of consciousness and a connection with Source (by whatever name you call it) when putting order into complex Excel spreadsheets," Dr Bloom wrote.

His friend tried various meditation practices, assuming that to be the way to connect to a higher power.

"She could stay comfortably silent in a group meditation, carried along by the communal dynamic, but on her own, she found meditation to be slow torture," Dr Bloom added.

"Then in a conversation, she casually mentioned some quiet spiritual experiences she was having.

"In those times, she was completely calm, felt the presence of a higher power – whatever you may wish to call it – and a heightened sense of intuition, which helped guide her important life decisions.

"With some embarrassment, she finally responded that her spiritual awareness surfaced when she was at her computer deeply involved in Excel spreadsheets,

and organising the complex arrangements for very large international conferences – speakers, rotas, tech, flights, breakout rooms, accommodation and more.

"This was a breakthrough moment for my friend as she realised, acknowledged and validated for the first time that her consciousness expanded into a state of spiritual connection when she was working on complex spreadsheets.

"She had never really acknowledged this to herself and never to her friends because it was not meditation."

The friend explained that "her mind and body just felt incredibly content and peaceful when working on detailed arrangements on a spreadsheet, and she went into a 'flow' state."

In "this experience of psychological harmony, another crucial part of her mind – of her psyche – was liberated to go into an altered state of consciousness. She was multitasking."

Dr Bloom realised that "seen from the perspective of one psycho-spiritual model, her left brain was happily doing its mental thing, liberating her right brain to do its intuitive-spiritual work."

He acknowledged that people have very different gateways to spiritual awareness. Dr Bloom added:

"These might be surprising, but knitting, weaving, embroidery and crafts are already well recognised as spiritual practices and are in a similar zone.

"Meditation is only the best way for meditators. Just as movement, or dance, or reading, or nature are the best ways for others. Let's welcome spreadsheets into the wondrous toolbox of spiritual strategies."

The website of the Spiritual Companions Trust, which is a charity, is at [spiritualcompanions.org/](http://spiritualcompanions.org/)







# Pet hen's spirit return is cracking evidence

PN Reporter

**One of the latest mediumistic recruits at London's Spiritualist Association of Great Britain (SAGB) is Maxine Temple.**

**In this rapid-fire interview, Maxine answers pertinent points about her life and gift. The first questions put to her were: "What was your first psychic experience? If this happened at an early age and you told your parents what was their reaction?"**

I HAD vivid dreams as a child of being very large and floating, and then being very small and shrinking. Even at school, I used to chatter away constantly out loud to my imaginary friends.

Of course, now I realise that I was talking to spirit people. Along with everyone else, my family were aware of this and always teased me, but there were no discussions.

**What psychic abilities do you have?**

I think my psychic abilities are very strong due to circumstances. Being hypersensitive and tuning into other people's moods accelerates this process.

As a clairvoyant, my abilities are seeing spirit people both in my mind and feeling their energy physically.

I feel spirit beings, their personality

and what they want to say. Being a trance medium – I went instantly into trance the first night I sat in a circle aged seventeen – Spirit uses my vocal cords to convey what they want to be said.

**Where did you develop your gifts?**

I was very lucky to begin by sitting in an advanced circle in the 1980s at London's Eltham Spiritualist Church.

Spirit discussed embryology, genetic interference and much more through the trance medium. It was recorded using reel-to-reel tape. If they didn't want the information recorded, the tape stayed blank.

In my 20s, I trained with the Institute of Spiritualist Mediums. Reaching my 40s, I spent three years taking the Spiritualists' National Union's mediumship course.



**MAXINE TEMPLE:** "To prove that we all survive death and will be together again one day is amazing work." (Photo: maxine-temple.com)

Over the years, I've had many weekends of training.

**Are you a full-time medium?**

I am a full-time medium, but only recently after I joined the SAGB in 2024. I didn't charge for sittings until I was 47 and am 59 now.



**MAXINE TEMPLE** believes that *"We are not the only beings in the whole universe."*

Spiritualism was – and is – my joy. I run a large circle group in Forest Row, East Sussex, and two online evening groups training both mediumship and trance.

I serve the local Spiritualist church and hold evenings there, where I go into deep trance and take questions from the floor.

Additionally, I give private sittings at my home and offer WhatsApp sittings and Zoom internationally, especially for those in America.

***Did you have any previous occupations?***

I was a marketing manager at Bloomberg Television in the City of London. I worked in my 20s and again recently as a medical secretary in the NHS.

***Where were you born?***

In Bromley, Kent.

***Where do you live now?***

In Forest Row, which feels like the therapy capital of England, as it's quite hippy. I'm lucky to have lots of friends who know what I do. It's a new feeling for me, as previously I never discussed my mediumship.

My next-door neighbours know what I do. They are Christians and kind, but don't believe in mediumship.

***I believe you have children. What do they make of their mum's mediumship?***

I have three children, all of whom I raised as a single parent. They tolerate my mediumship. My two daughters believe that life is eternal, but my son does not.

***What was the best day in your life?***

I can't choose just one best day of my life. I would say I was lucky to have three amazing days with the births of my children.

***If you were stranded on a desert island, which three or four luxuries in life would you miss the most?***

Music, a comfortable bed, wonderful food and books.

***Similarly, if you had to leave your house in an emergency, which items would you grab on the way out?***

My family photographs.

***Do you have any hobbies or special interests away from the psychic scene?***

It really is – and always has mainly been – all about Spiritualism, but I love to cook. I am lucky to have great friends and also love going to music festivals.

***In your book "Light Stations" you claim channelled teachings from the Pleiadians and the Arcturians, who are supposedly a very advanced extraterrestrial civilisation. With great respect, doesn't this sound somewhat far-fetched?***

I am a medium and believe that we are not the only beings in the whole universe. The Pleiadians, Arcturians and other extraterrestrial beings have souls.

I communicate with them in exactly the same way as any spirit being. They are clever and very funny, often mocking other types of beings in a tongue in cheek way.

***How would you answer someone who says, "When you're dead, you're dead"?***

"I'll see you on the Other Side."

***Can you recall a particularly unusual or especially evidential spirit message you've relayed?***

Two messages come to mind. I was giving a service at a Spiritualist church when a spirit woman showed herself to me dressed in green complete with a green hat and green shoes.

She was standing with a chicken under her arm and saying the name Milly over and over again.

The recipient didn't know what I was talking about, knew nothing about this woman at all and became dismissive.

At the next church service I met the recipient again. He told me he had asked his family and the spirit woman was an eccentric aunt, who only ever wore green.

The chicken's name was Milly. It was

her pet bird whom she carried everywhere with her.

The other message was a private sitting and concerned a very distressed young woman.

Immediately an angel came into the room holding a baby, but I knew it wasn't the recipient's, so I asked if they could wait and they did so patiently.

During the sitting, the woman said, "I'm only here as my baby nephew has recently died."

Annoyed at myself, I begged the angel to tell me the baby's name. As a medium I see and feel, but the names of spirit people are trickier for me.

The angel clearly said Arthur. I told the young woman, who burst into tears. She contacted me the next day to say that all of her family slept for the first night in months knowing that Arthur was safe.

***If you knew you had one day left on Earth how would you spend it?***

With whatever money I had left in my account, I'd take my family away for the day and spend every last penny on having fun with them.

***What's the best part of being a medium?***

The best part of being a medium links with the story about baby Arthur, who had physically died, but, of course, lived on and shared this with his devastated family.

To prove that we all survive death and will be together again one day is amazing work.

***If rebirth occurs, what would you like to return as next time?***

For my next lifetime, I would love to live somewhere sunny and be a monk of some kind, meditating daily, eating simply and being part of nature.

The chances of that are very, very slim as without the trials and tribulations of a normal lifetime we can't grow spiritually. It's in the tests of life that we emerge as rounded, loving spirit beings.

***What's your philosophy of life in a few words?***

Love and give.

***Maxine Temple gives private sittings and public demonstrations, and will be holding workshops at the Spiritualist Association of Great Britain. For further details, please phone the association direct on 020-7931 6488.***

***Maxine's book "Light Stations" is available as an e-book at £5.99 from Amazon.***



# Learn to link with the spirit world

By Ceryn Rowntree

AS someone who has connected with the spirit world for as long as I can remember, I've never subscribed to the idea that only a chosen few can do so.

Instead, I often liken spiritual connection to singing. While some people will be naturally more attuned to their abilities in this field and sail through even the toughest of performances, with the right training most people can learn to sing well.

Our connection with the Beyond is much the same. Although we may need practice to strengthen our intuitive muscles – and guidance to deepen channels of connection – each of us has the potential not only to connect to Spirit, but also utilise the insights and support gained through this connection into every facet of our lives.

The truth is that Spirit has never been something we connect to; it is what we already are.

Though it's become something of a cliché, I believe we are all immortal souls fully connected to the infinite potential of Spirit from within our earthly bodies.

With this in mind, connecting and communicating with the Larger Life can be seen as getting comfortable with listening to ourselves on a deeper level, safe in the knowledge that our energy is often the clearest doorway to spirit contact.

This not always easy to remember, for we



live in a world that has worked so hard to convince us that assets like wisdom, support and guidance must be worked for and can only be found outside ourselves.

However, after decades of experience in this field, I firmly believe that nothing could be further from the truth. Let's begin our journey into spirit connection by remembering this.

One of my favourite ways to ground into spirit connection is with a daily affirmation. Each morning, I place my hand upon my heart and say something like:

"I am the infinite power of soul. I am the limitless wisdom of Spirit. I welcome in connection with all of those who come with the highest vibration and all who bring forward the energy of love. So it is."

Saying these simple words doesn't just open up the channels of connection to Spirit, but also calls in the kind of energetic protection which is so important when we link with the higher realms.

Along the way, it reminds me that I am just as important a part of this process as anyone else I may or may not connect with, providing the perfect energetic foundations for opening up to Spirit.

## Spiritual connection

Although we have a vital part to play in this process, it's important to remember that spiritual connection is never solitary.

We each have a team of guides, helpers and loved ones working closely with us from Beyond, including those who are on hand to help us strengthen the bridges of connection between ourselves and the spirit world.

Imagine your spirit support team as people both cheering for you from the Other Side and reaching out to meet you halfway as they guide and encourage you towards a deeper sense of connection.

Your spirit team want to help you, but just as with any other relationship, trust and connection only come with practice and effort.

A simple but effective practice to build connection with your guides and helpers involves asking every day for them to send a sign that they are with you.

Don't be afraid to be specific. If there is a loved one or helper you've always felt would be with you, it's a good idea to ask for a song, flower, scent, phrase or other

sign which reminds you of them.

There are many ways such signs may make their way to your awareness. Perhaps it's through dreams, words repeated by a number of people, a song which suddenly plays on the radio or the sensation of a hand on your shoulder.

Whatever your sign, don't be afraid to recognise and accept it for exactly what it is – a message from those who are ready and waiting to connect more deeply with you.

Remember that signs and messages from your spiritual team aren't just reserved for "big" moments or the times you desperately need the support of those you love.

Our spirit teams are only ever a thought away. In my experience, they are more than willing to send evidence if only we remember to ask.

## Developing our psychic senses

Although the world often tells us that our intuition is just one additional sense, there are six additional senses we can utilise to connect to the spirit world. These are:

- Clairvoyance (clear seeing) allows us to see into other realms or the visions which Spirit shares with us.
- Clairaudience (clear hearing) enables us to hear voices, music and other sounds from the spirit realms.
- Clairsentience. At times emotional and at others physical, clairsentience means "clear sensing" and refers to the ways we feel Spirit and all they have to share with us.
- Clairalience. If you've ever smelled the perfume of an old friend or another scent you associate with a lost loved one, you'll know exactly what it means to say that Spirit can make themselves known through odours.
- Clairgustance. Similarly, Spirit can communicate with us through taste. My Nanna lets me know she's near by putting the taste of the cakes she was so good at baking in my mouth.
- Finally, comes claircognisance (clear knowing), which is perhaps the hardest spiritual sense to define. It occurs when we sense Spirit and the insights they have to share by simply knowing something.

It's important to say that no two people will connect with their spiritual senses or receive information and insights in the same way.



*SPIRIT beings can make their presence felt to those with gifts such as clairvoyance, clairalience and clairgustance.*



As you move deeper into the practice of connecting with Spirit, be sure to lean into the information as it comes to you rather than waiting to experience it as someone else may.

### Deepening spiritual senses

When it comes to strengthening spiritual senses, my favourite way is by very consciously focusing on a different sense every day of the week.

I take one of the senses and begin by getting really focused on the corresponding physical sense, then let my awareness expand from there.

For example, if I chose clairvoyance on the first day, I would start by paying attention to everything I see around me and the shapes, colours and tones.

Throughout the day, wherever it's safe to do so, I'll look to focus deeper and deeper on the shapes, colours, lines and shadows which make themselves known to me, noticing anything and everything that appears in my sight or mind's eye.

Over the years, I've found that what sounds like a simple and very practical process can be a great way to attune more clearly to each of my spiritual senses in turn.

### Daily ways to connect with Spirit

That isn't the only very practical way to connect with Spirit. I'm a firm believer that the most potent spiritual practices are those which form a part of our daily lives and help us to see that Spirit can support us in all manner of ways every day.

Some simple ways to include spiritual connection into your daily life include:

- **Grounding:** One of the most potent practices is to ground ourselves into the Earth. It's especially beneficial to do this at the start – and possibly even at the end – of each day.

To do so, get quiet and imagine roots growing from your feet into the earth beneath you.

See them growing down to the very centre of the Earth where Gaia can accept and support them.

Breathe deeply. Allow your energy to settle, knowing as you do so that the support of our beautiful planet is proof that you are always held by and connected to something so much deeper than you may previously have realised.

- **Protection:** As with anything new that we open up to, it's important to keep yourself safe when deepening your



ONE of "the most potent practices is to ground ourselves into the Earth."

connection to Spirit.

There are many ways to do this. One of my practices is to visualise myself surrounded by a bubble of golden light into which only those coming with the highest intentions of love, guidance and wisdom can enter.

I firmly believe that we can never protect ourselves too much. Feel free to visualise that bubble – or whatever else seems safe for you – every day or as often as feels good to you. Trust in the power of your intention to call in protection.

- **Opening and closing:** I'm someone who needs to turn my phone off from time to time. Equally, there are occasions when I also need to step back from Spirit.

It's a powerful practice of intention-setting and an important way of protecting yourself to open up your energy, perhaps by imagining a key turning in a lock or by saying, "I am open to accept connection" before you call in Spirit. Do the opposite when it is time for Spirit to step back and give you a break.

- **Journalling:** Though not technically a spiritual practice, one of the greatest tools for consciously deepening my awareness has involved keeping a notebook on the many signs, synchronicities, messages and insights I've gained from Spirit over the years.

On days when I haven't felt so connected, my journals, which I began some twenty years ago after beginning my professional journey of mediumship, have helped to remind me just how close Spirit are.

Additionally, they've also supported me to notice the different patterns and

recurring insights Spirit have sent my way over the years, so I know exactly what to look out for.

- **Making connection simple:** Though meditation can seem like a complicated way to connect to Spirit, this doesn't have to be the case.

Even just five minutes a day of getting quiet, opening up your energies and visualising yourself reaching through the perceived veils into Spirit will help your spiritual team to know that it's all right for them to make themselves known and share insights with you.

Once I've called in protection and set the intention for Spirit to step forward, my quick and easy meditation involves visualising a beam of glowing golden light stretching out of the crown of my head and up into the ether.

I see this beam becoming a bridge into the spirit realms and invite all of those who wish to connect with me to cross over the bridge and make themselves known.

With an abundance of books and accounts available online, it can be easy to think that we know how it will feel for us to connect to Spirit and how the journey may unfold.

There might be moments which feel exciting and positive or others that appear scary or far too slow.

This is all part of the process of spirit connection which, like any training programme, requires patience, integration, time and continued belief that you can and will get to where you want to be.

**As well as being a medium, Ceryn Rowntree is also a therapist and writer. To learn more, visit [crynrowntree.com](http://crynrowntree.com)**

# What your aura colour reveals about you

By Helen Ye Plehn

I NEVER imagined I would one day see people in colours. In 2011, I was a high-achieving PhD student living a life that looked perfect on the outside, but inside I was riddled with anxiety, depression and a deep sense of disconnection.

I began a spiritual journey that took me through meditation, healing and self-inquiry.

After years of daily meditation practice, I experienced a spontaneous kundalini awakening that opened my intuitive psychic abilities, allowing me to perceive aura colours around all living things, as well as spirit guides surrounding souls.

What I saw wasn't just energy. I saw past-life memories, and the gifts, wounds and lessons people came to embody and learn in this lifetime.

Through years of channelling and working with hundreds of clients and students, I developed a system that I now call The Aura Color Wheel™.

It is a dynamic self-discovery system that reveals your soul aura colour and its evolution

– your soul's frequency signature which reflects your core spiritual evolution blueprint.

An undeniable truth emerged: at a soul level, we are all light; our soul's purpose in incarnating in this human body is to evolve.

In my book *The Aura Colour Wheel: What Your Soul's Aura Reveals About Your Inner Gifts, Wounds and Lessons*, I share the nine universal soul gift archetypes and 36 soul aura colours and how they help you discover who you really are, why you feel the way you do, and how to heal and thrive.

This book is the map I wish I had when I was lost. I wrote it to guide others home to their truth, their light and their soul purpose.

You can identify your soul aura colour by taking a twenty-question quiz on



www.helencreatesbeauty.com and receive a personalised reading.

## Understanding your soul's aura colour

Have you ever wondered why you repeatedly experience the same emotional patterns or why you are drawn to certain colours, careers or people?

Likewise, have you ever sensed that there's something deeper guiding your path, something beyond personality or upbringing?

That something is your soul aura colour, which is the unique energy frequency that your soul radiates in this lifetime.

Unlike mood auras that can shift daily, or your personality auras that alter when you have a significant change in your personality, your soul aura colour is the most permanent of the three auras.

It represents your soul's core truth and holds the blueprint for your life purpose, inner gifts, core wounds and spiritual lessons.

Our auras are three-dimensional, egg-shaped electromagnetic fields that surround our bodies, powered by seven main energy centres, known as chakras, along our spines. These seven energy centres produce seven aura layers, each representing a different energy.

We are all born with two strong aura layers, which show up as our soul gift archetype. One aura layer is our soul wound, representing a weak energy centre that requires healing, and three aura layers representing the lessons we need to learn this lifetime.

"Helen teaches that our aura isn't static – it's a dynamic expression of who we are becoming," says one student in my signature course.

These colours aren't just visual: they correspond to archetypes, life paths, emotional patterns, energetic wounds and lessons, and even what psychic abilities you are strong with.

- Tangerine, for example, is often the colour of joyful artists who need to learn to balance spontaneity with commitment while healing their throat chakra communication wound.

As an artist soul gift archetype, clairvoyance is one of the strongest born psychic abilities.

- Indigo signals the deep-seeing reformers who may struggle with boundaries, but are here to awaken the collective through their intuitive gifts.

As a reformer soul gift archetype, clairaudience is one of the strongest born psychic abilities.



*WHEN "people discover their soul aura colour, it often brings instant clarity."*

- Jade resonates with soul healers who came to Earth to transmute pain through compassion yet often carry deep ancestral wounds. As a healer soul gift archetype, clairsentience is one of the strongest born psychic abilities.

## Why knowing your soul colour changes everything

When people discover their soul aura colour, it often brings instant clarity. Knowing my soul aura colour is tangerine with an artist archetype transformed my life. It reassured me of my gifts and helped me overcome impostor syndrome.

Realising I was born an artist archetype made me regret not following my childhood dream of becoming an architect.

This simple yet powerful perspective shift allowed me to embrace my true self without apology, aligning my actions with my soul's purpose. When I fully surrender to my soul and spirit guidance, things manifest effortlessly.

My first client, a wedding gown boutique owner, appeared before I even finished my feng shui interior design business formation paperwork.

Understanding that the tangerine soul aura colour has a soul wound in the blue aura layer powered by the throat chakra explained my childhood conformity and physical symptoms like nosebleeds and

frequent strep throats. This awareness now guides my self-care, focusing on balancing my throat chakra.

When facing adversities, knowing the soul lessons associated with my soul aura colour helps me identify issues before they become major problems.

This self-awareness allows me to live in the present, avoiding anxiety and depression, and empowers me to make conscious choices. The awareness is profound because it places me in the driver's seat of my life rather than being a victim of my life's circumstances.

For example, my student Jessica struggled with low self-esteem and confidence, but stuck at a government job which she hated for the sense of security.

After Jessica understood her soul aura colour is magenta with artist soul gift archetype and has a soul wound in the yellow aura layer powered by the solar plexus chakra, she practised the spiritual tools recommended in my aura colour book to heal her yellow aura layer soul wound and became a professional painter and musician living her dream life.

One of my clients, Sherry, was sexually abused by her older brother and verbally abused by her younger brother when she was young.

After she took my *Flowing with Your Rainbow* course with private coaching sessions, Sherry discovered her deep-

seated soul wound in the green aura layer, powered by the heart chakra related to forgiveness.

She consciously worked on forgiving her brothers. Remarkably, her younger brother called and apologised for his past actions after her last coaching session with me, even though they hadn't spoken in over a decade.

Although her older brother had already passed away, both Sherry and I felt his presence and his apology during a spirit message reading I did for her. Her negative soul contracts were completed.

This is the power of soul-level healing when you are aware of what energy you need to work on because at a soul level we are light beings

### How to work with your soul aura colour

Once you discover your soul aura colour, you can begin to work with it intentionally. I recommend:

- Wearing your soul aura colour or surrounding yourself with it in your environment to amplify your soul gift power.
- Wearing your soul wound aura layer colour or surrounding yourself with it in your environment to heal your soul wound.
- Using crystals associated with your soul aura colour to amplify or the soul wound aura layer colour to heal (e.g. lapis lazuli for blue souls).
- Listening to frequency music or meditating with solfeggio tones that match your vibration. There's lots on the internet about solfeggio frequencies.
- Creative or intuitive practices that activate your soul gift and psychic abilities.

You can also ask yourself daily, "How can I embody the highest vibration of my soul aura colour today?" In the book, I provide soul-specific and aura layer-specific recommendations.

My team and I are also working on an app based on the aura colour wheel system, which you can download from your phone, featuring daily spiritual practices and recommendations tailored to the cosmic energy of the day. It's coming soon.

### Common misunderstandings

Some people are surprised when their soul aura colour isn't their favourite colour. That's normal.

Your soul aura colour reflects your soul evolution mission, not your mood or aesthetic preference. In fact, the colours

you're currently drawn to may reveal energies you need to heal or recharge.

Additionally, your soul gift archetype can shift in response to trauma, life transitions or spiritual growth. These fluctuations offer insight into your current state of growth. You can also embody two or more soul gift archetypes simultaneously.

One story I share in the book is of Esther. Born with an apple soul aura and



**HELEN YE PLEHN:** "Knowing who you are, why you are here, and how you can be happy is an internal job." (Photo: Andrea Domjan)

artist soul gift archetype, she began her life with a root chakra wound and pursued a demanding fashion career to prove her worth.

Despite setbacks and industry betrayals, Esther's resilience and spiritual growth activated her yellow and violet aura layers, evolving her into a visionary with a forest soul aura.

Her mother's cancer diagnosis and ethical disillusionment catalysed a heart-opening transformation, ultimately aligning her with the healer soul gift and a jade soul aura, guiding Esther to lead with integrity and compassion.

### The journey to enlightenment

Ultimately, the purpose of knowing your soul aura colour isn't to limit you: it's to help you evolve.

As you heal your wounds, embody your gifts and learn your lessons, your energy begins to harmonise. You begin to radiate more than just one colour.

You become what I call the white light:

a combination of all the colours of the rainbow. It represents wholeness, divinity and full embodiment of your higher self. It's not about being perfect. It's about being whole.

As I write in the final chapter of the book: "When you live in alignment with your soul aura colour, you stop chasing purpose. You *become* purpose."

### Final words

Part of the *Introduction* to my book reads: "Knowing who you are, why you are here, and how you can be happy is an internal job.

"You can't find the answers from your therapists, coaches, other successful people or even your parents.

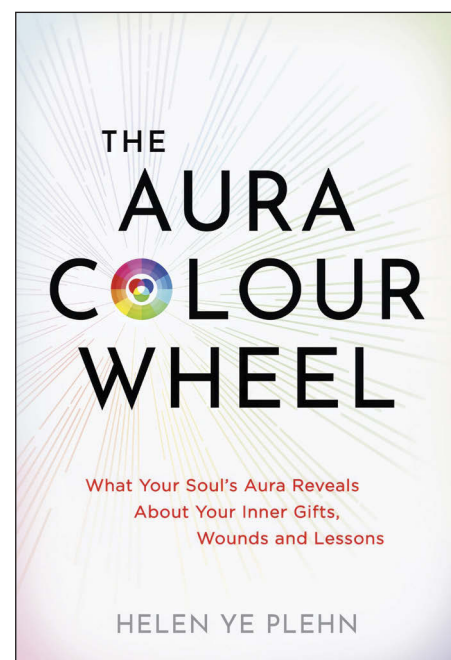
"Your personal energy composition through your soul aura colour holds the key to unlock this information.

"The more self-knowledge you have on your unique energy composition and how to keep your soul aura colour balanced and whole, the more purpose, joy, abundance, love, and fulfilment you find in your life."


*The Aura Colour Wheel* is not just a book. It's a mirror, a guide and a permission slip to be unapologetically you. It equips you with self-knowledge to unlock your full potential and live your soul's purpose with joy and fulfilment.

**"The Aura Colour Wheel: What Your Soul's Aura Reveals About Your Inner Gifts, Wounds and Lessons" by Helen Ye Plehn is published by Hay House this month at £14.99.**

**To learn more about Helen, please visit [www.helencreatesbeauty.com](http://www.helencreatesbeauty.com)**







A PEDESTRIAN "crossing a street or a tourist turning a corner finds themselves no longer in the present moment, but walking alongside figures in Edwardian coats or Roman tunics."

# Tantalising tapestry of time slips

TIME is the one constant we rarely question. We live by the hour, mark our milestones by the calendar, and trust that the past is gone, the present is fleeting and the future lies just ahead.

Yet scattered across history are stories that gently – and sometimes dramatically – unravel that certainty.

These are tales of time slips: brief, unbidden episodes where individuals find themselves momentarily immersed in another era, fully awake and utterly transformed.

Though science has yet to explain them, time slips invite us to reconsider the boundaries of perception, the elasticity of consciousness and whether time is truly as linear as we believe.

For something so surreal, time slips are surprisingly well-documented. Researchers such as Jenny Randles, author of *Time Storms* (1998), and J. H. Brennan, who explored the phenomenon in *Time Travel: A New Perspective* (1997), have catalogued dozens of cases.

In Jenny Randles' work alone, accounts come from

seemingly ordinary people – teachers, engineers and tourists – who, in quiet moments, found themselves in a world not their own.

These experiences don't follow predictable patterns, but certain features recur. Often, time slips occur in historically charged areas such as old towns, battlefields or sites layered with centuries of human activity.

The volume of reports from specific hotspots such as Liverpool's Bold Street or the Palace of Versailles suggests that these aren't isolated anomalies, but may be tapping into something ambient and accessible.

While they remain elusive to formal science, the consistency of witness testimony, often accompanied by verifiable details, suggests time slips may represent a form of consciousness anomaly akin to déjà vu or lucid dreaming, but with astonishing realism.

## Thin places and atmospheric shifts

The Celts had a phrase for the rare locations where two worlds seem to meet: “thin places.” Many time slip locations echo this idea – places where the veil between past and present feels permeable.

Streets that have stood for centuries, ancient walking paths and buildings layered with memory are common settings.

Witnesses frequently describe a sudden, perceptible change in the atmosphere with a drop in temperature, a hush in ambient sound or even a sensation of pressure, as though the air has thickened.

These shifts often precede a time slip, as if alerting the body to an impending shift in reality. There may be a flash of light or simply the unnoticed passing of a threshold.

In some cases, the experience is akin to stepping through an invisible membrane. A pedestrian crossing a street or a tourist turning a corner finds themselves no longer in the present moment, but walking alongside figures in Edwardian coats or Roman tunics.

Interestingly, these moments often arise not in heightened emotional states, but in periods of calm suggesting that a receptive, meditative state of mind may play a role.

Like flow states studied by psychologists such as Hungarian-American Mihaly Csikszentmihalyi, the consciousness during a time slip seems deeply immersed, alert and momentarily unanchored from time.

### When the past becomes tangible

Perhaps the most astonishing aspect of time slips is their vividness. Unlike dreams or imagination, these moments are experienced with full sensory intensity.

Witnesses often describe colours as hyperreal, sounds as sharply defined and physical sensations as indistinguishable from normal waking life.

One man walking through Liverpool’s Bold Street in the 1990s reported suddenly finding himself surrounded by 1950’s vehicles and fashions. The shops

had changed. One bore the name Cripps, a shop long since closed.

The man entered, saw customers in period attire and interacted briefly with a shop assistant before stepping back outside where the scene returned to normal.

City archives later confirmed the shop’s existence, aligning with the layout and signage the man had described.

These sensory and spatial details are difficult to dismiss as hallucinations. They often match verifiable historical records, including building facades, street names

interwoven with story and spirit.

In the United States, reports have come from Civil War battlefields, ghost towns and Native American sacred sites.

One Arizona man claimed that during a hike he stumbled upon a lively frontier town with saloons and horses only to return months later and find no trace of it in the modern landscape, save for historical records confirming its one-time existence.

Such reports, despite their varied origins, share key themes: a shift in sensory environment, the feeling of sudden translocation and the vivid, lingering

certainty that something beyond normal perception has occurred.

### Revisiting the Versailles encounter

Among the most famous cases in time slip literature is the 1901 experience of Charlotte Anne Moberly and Eleanor Jourdain at Versailles.

The two English academics claimed to have seen ghostly figures, heard unusual sounds and encountered a woman sketching beside the Petit Trianon gardens whom they later

believed to be Marie Antoinette.

Their subsequent book, *An Adventure*, details the incident and includes analysis comparing their descriptions with historical records, paintings and architectural plans.

Many of the features they saw had either been altered or erased in modern Versailles yet were accurate to the 18th-century layout.

Though critics have questioned aspects of their story, the consistency of their testimony and the detailed matching of historical elements have kept it a central case in discussions about time slips, suggesting not simply a shared hallucination, but an interlude of actual observation in a different era.

For those who experience them, time slips often provoke existential reflection. Beyond the initial disorientation lies a profound sense of awe – what psychologist William James might call a “noetic quality,” the impression of having touched a deeper layer of reality.

Some report a lingering longing for the time they briefly visited, especially if the



A MAN in Liverpool found himself transported back around 40 years. Details he described were later verified by the city’s archives.

and even merchandise.

In such cases, a time slip becomes more than an internal event, as it leaves clues behind, which are footprints in the fabric of recorded history.

### Echoes across cultures and continents

Though many well-publicised accounts come from Britain and Europe, time slips are a global phenomenon.

In Japan, ancient legends speak of fishermen and monks who spent hours or days in the company of mysterious beings, only to return and find centuries had passed echoing the tale of Urashima Taro (a well-known figure in Japanese folklore), who vanished under the sea and returned to a world which was unrecognisable.

Aboriginal Dreamtime accounts speak of layered realities coexisting beyond linear chronology, with ancestors and spirit beings accessible in certain states or places.

These traditions, far from treating time as a line, conceive it as a spiral or a fabric



atmosphere was peaceful or somehow resonant.

A woman who slipped into a medieval Kentish village spoke of a strange sense of belonging, as if something in her soul had been waiting to return.

Others feel disturbed, as if their understanding of reality has been fractured in ways they cannot articulate. One man described it as “like looking through a keyhole into another world and knowing you’re never supposed to open the door.”

Regardless of the emotional tenor, time slips change people. They often lead to deeper study of history, metaphysics or consciousness.

A few even report subsequent psychic sensitivity or an enhanced sense of the interconnection between places, times and people.

### **Consciousness outside the clock**

Though few formal studies exist, researchers like Jenny Randles and Andrew MacKenzie have speculated that time slips may be linked to retrocognition – a form of psychic perception where one glimpses past events.

Others connect the experience to author and parapsychology researcher Rupert Sheldrake’s “morphic resonance,” or the idea that memory and form are stored not in the brain, but in fields surrounding all living things.

From a neurological standpoint, time slips may also involve the suspension of the brain’s usual filtering mechanisms.

The default mode network, known to govern self-awareness and time tracking, shows reduced activity during psychedelic experiences and deep meditation.

It is best known for being active when a person is not focused on the outside world and the brain is at wakeful rest, such as



*TWO English academics saw ghostly figures, heard unusual sounds and encountered a woman sketching beside the Petit Trianon gardens at Versailles. (Photo: Starus)*

during daydreaming.

If time slips coincide with similar reductions, it is conceivable that suppressed information – imprints of past events, residual energy or even overlapping realities – might rise to the surface.

Some accounts suggest that someone involved in a time slip may become invisible to those in the past. Most describe being ignored or unnoticed by figures they observe, as though present but not interacting.

However, a few tell of brief, startled exchanges, such as eye contact, gestures or even dialogue, raising the question, “Could time be porous in both directions?”

### **The limits of chronological travel**

Though most verified time slips involve the last few centuries, there are occasional reports of journeys further back.

One man exploring an archaeological site in Sicily described witnessing a procession of toga-clad figures emerging

from a temple.

A woman in Athens claimed she saw the Acropolis suddenly restored to its former glory, with flames flickering in ancient altars and priests chanting in archaic dialect.

These deeper time slips are rarer and harder to verify, but they raise a tantalising possibility: if time is not fixed, perhaps no moment is ever truly lost. Instead, all history may remain imprinted, waiting for perception to align just right.

In this sense, time slips aren’t just about accessing the past. They suggest that the past is still here layered invisibly over the present, like a very old text or document in which writing has been removed and covered or replaced by new writing waiting to be read.

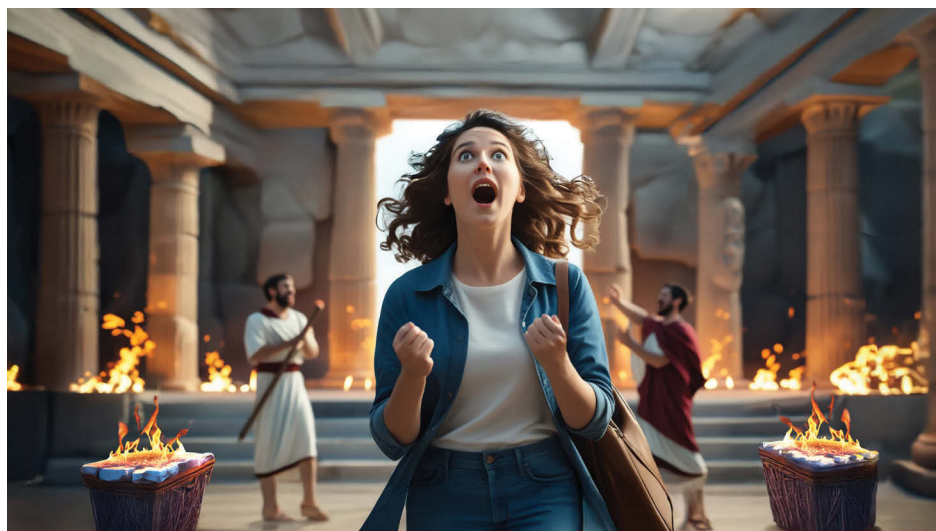
### **An intriguing invitation**

Time slips remind us that reality may be far stranger than we’re taught. They hint at hidden structures, perhaps even undiscovered laws of physics, but also tap into something poetic and sacred – a sense that we are part of a continuum more fluid and interconnected than we can measure.

Whether understood as psychic impressions, shifts in dimensional awareness or moments of spiritual resonance, time slips offer more than proof of anomalies.

They offer a kind of grace – a reminder that we are not only observers of history, but participants in a living, breathing tapestry of time.

In a world increasingly obsessed with speed and data, they call us instead to mystery, to presence and to the wonder of not always knowing.



*A WOMAN in Athens claimed she saw the Acropolis suddenly restored to its former glory, with flames flickering in ancient altars and priests chanting in archaic dialect.*





# People share stories of miraculous encounters

*What if the miraculous were more common than we think? What if angels – real, compassionate, intervening beings – walked beside us daily, sometimes unseen or perhaps disguised as pizza delivery drivers, roadside helpers or women in overalls?*

In “*Real-Life Angel Encounters*,” author, spiritual guide and podcast host Christi Clemons Hoffman has gathered dozens of astonishing accounts of angelic visitations, near-death experiences, otherworldly messages and inexplicable rescues.

With warmth, insight and sincerity, Christi’s book offers a beacon of hope in a time when many are searching for light in the darkness.

The book is an extension of her “*Real-Life Angel Encounters*” podcast – a platform for people to share miraculous stories of divine intervention, signs from loved ones

and unexplained encounters that defy logic.

Many of these accounts, collected from guests and listeners alike, are now preserved in the book’s pages.

This article explores the mission behind the book and podcast, as well as some of the remarkable stories which have touched thousands of readers and listeners worldwide.

Christi’s journey into spiritual service began long before the publication of “*Real-Life Angel Encounters*.”

As a seasoned quantum healing hypnosis technique practitioner, reiki master and intuitive, Christi



CHRISTI CLEMONS HOFFMAN: “We are so much more than we think.”

has always been devoted to helping others access higher truth.

The seeds for “*Real-Life Angel Encounters*” were planted during the pandemic when the world paused and more people than ever began seeking answers.



AS Christi Clemons Hoffman explains in the book's introduction, "We're not alone – and are so much more than we think we are."

Her message is simple yet profound: miracles are not rare; they are happening around us all the time. We just have to open our eyes to see them.

What makes *Real-Life Angel Encounters* so powerful is its accessibility. These are not tales from distant lands or lofty spiritual mountaintops: they are stories from highways, living rooms, garages and college campuses.

The angels here are not only celestial beings, but humans guided by a higher power to say or do exactly the right thing at exactly the right moment.

One of the most unforgettable accounts is *Angel in Overalls*. A woman named Colleen experienced a mysterious and alarming menstrual health crisis at a remote petrol station, which caused a mess in the women's toilets.

Colleen was helped by a glowing blonde stranger in denim overalls. She comforted Colleen, cleaned the restroom floor without hesitation and vanished before anyone else even saw her.

The moment was punctuated by a symbolic detail: Colleen had been obsessively searching for denim overalls in the days before – a wink from the Universe confirming that the visitation was no accident.

Another moving story is *The Pizza Man*. Jessica, a college student in the throes of suicidal depression, stepped outside for a cigarette and held the door open for a



**A MAN delivering a pizza also delivered a life-changing message.**



**A DRIVER who sobbed uncontrollably drew into a lay-by and discovered that one of his vehicle's wheels was seconds from detaching.**

pizza delivery man.

As he left, the delivery man turned and said: "He does hear you, you know. He is listening... Be patient."

Jessica was stunned. This stranger had unknowingly echoed the desperate plea she had been making to God in secret. That moment became a turning point in her mental health journey and perhaps her life.

### **Near-death and the miraculous**

Christi's book is rich with near-death experiences and the miraculous, including one from a man named Stephen in Manchester, who describes tears pouring down his face as he drove not from emotion, but from an unexplainable force.

A lorry driver delivering white goods, such as fridges, washing machines and cookers, on this occasion he and his brother were a double-manned team heading to Scotland.

During the three-and-a-half-hour journey, for some inexplicable reason, after about an hour into the drive uncontrollable tears started streaming down Stephen's face.

Eventually, when Stephen finally pulled into a lay-by, he discovered that one of his vehicle's wheels was seconds from detaching and was "being held on by one nut."

"All the nuts had sheared off and there's this one nut that was just finger tight holding on my driver's side wheel... If I had taken that next turn, we would have been dead."

Stephen's story is a haunting testament to divine intervention and intuitive knowing. Then there's Mara, who miraculously lifted an antique mirror weighing well over 100 pounds after it toppled toward her on a stair landing.

With no prior strength training or adrenaline rush, Mara knew without a



**A BLUEBIRD featured in a "dead" sister's communication. (Photo: Finiky on PhHere)**

doubt that she wasn't alone.

"There had to have been some sort of energy or divinity helping me lift it up," she says. "It was like someone was holding it with me."

### **Messages from the Other Side**

Not all encounters in the book are dramatic rescues. Some are tender reminders that love transcends death.

A chapter titled *Messages from Loved Ones* shares stories of departed parents, grandparents and siblings reaching out with signs, which are often subtle but unmistakable.

One standout account is *Bluebird in Winter*. Grieving her sister, Angela challenged the spirit world to show her a bluebird in the middle of winter – a bird not native to that season.

Days later, while listening to a CD a friend posted to her, Angela heard the word "bluebird" repeated in a song that eerily felt like her sister speaking directly



AN UNUSUAL encounter occurred when an elderly woman was shopping in a supermarket.

to her.

The track? *Lazarus* by David Bowie. Released in December 2015 as a digital download, it was the second single from David's twenty-sixth and final studio album *Blackstar*. It was the singer's last single to be released during his lifetime.

In this account, the timing, message and serendipity all point to something far beyond coincidence, as verse three of the song reads:

"This way or no way, you know I'll be free,

"Just like that bluebird now, ain't that just like me?

"Oh, I'll be free, just like that bluebird,

"Oh, I'll be free, ain't that just like me?"

### **Bizarre, beautiful and beyond explanation**

*Real-Life Angel Encounters* doesn't shy away from the strange. In the *Bizarre Encounters* chapter, readers meet benevolent extraterrestrials, hear mysterious voices with life-saving advice and explore the metaphysical side of everyday life.

Christi includes high-profile stories like *The Butterfly People of Joplin* and *The Cokeville Miracle*, historical incidents where multiple witnesses – many of them children – reported angelic protection during disasters.

These "out there" experiences are presented with humility and reverence, never forcing belief, but always inviting reflection.

### **A call to awareness**

One of the most poignant takeaways from the book is that we, too, can be someone's angel.

A story called *Angel in the Walmart Aisle* recounts how one woman, feeling the pressure of a busy day, is drawn to help an elderly widow struggling to pick out vase fillers. Their unexpected connection, bathed in divine timing, leaves them both changed.

The widow calls her "an angel," and the woman realises she wasn't the only one giving comfort, as she was receiving it as well. These moments challenge us to stay open to signs, nudges and people we are meant to encounter.

Unlike many books about angels, *Real-Life Angel Encounters* does not just stop at stories. The final chapters guide readers on how to connect with their angelic team, recognise signs, ask for help and deepen their own intuition.

Christi demystifies the angelic realms, covering everything from guardian angels to archangels, ascended masters and ancestral spirits. She invites us to collaborate with our unseen allies not just

in moments of crisis, but every day.

Perhaps the greatest gift of *Real-Life Angel Encounters* is its reminder that we're all part of something bigger.

Whether you're a believer, a sceptic or somewhere in between, the stories are heartfelt and often impossible to explain away. They offer reassurance that we are never truly alone.

As Christi writes: "There are no coincidences. If you picked up this book, you need angels."

In a time of global uncertainty and rising spiritual curiosity, *Real-Life Angel Encounters* couldn't be more timely.

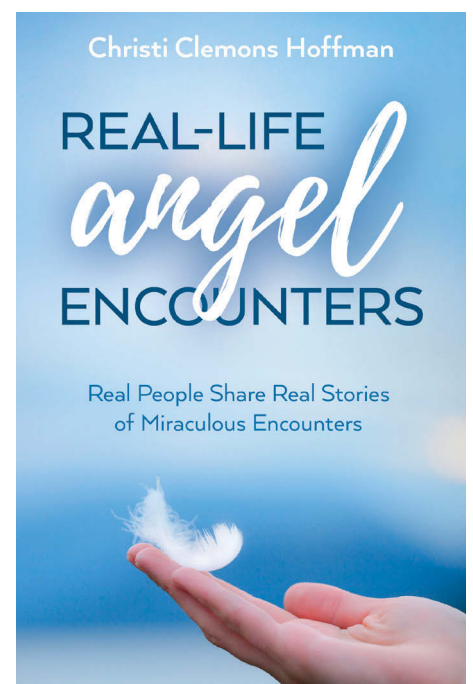
Like a friend who knows exactly what to say, *Real-Life Angel Encounters* speaks to the heart and soul. It's perfect for those processing loss, seeking healing or simply looking to remember the magic in life.

In Christi Clemons Hoffman, we find a compassionate guide who believes in miracles – and helps the rest of us see them, too.

*"Real-Life Angel Encounters" is available from O-Books, online retailers and bookshops.*

Subtitled, *"Real People Share Real Stories of Miraculous Encounters,"* it costs £10.99. An e-book version is available at £5.99.

To hear more miraculous stories, tune into the *"Real-Life Angel Encounters" podcast, which is available on all major platforms.*





# SUDOKU COMPETITION

This month we have copies of Julie Brett’s book *Belonging to the Earth: Nature Spirituality in a Changing World* as prizes for five lucky winners.

The publisher writes: “*Belonging to the Earth* is a collection of personal insights, stories of journeys and rituals, community events and conversations between activists, First Nations community leaders and those practising nature spirituality.

“Each part of the book offers thoughtful and personal perspectives about connecting with the land, paying respect to ancestral traditions, Indigenous cultures and First Nations people, and finding ways to practise nature spirituality with integrity.

“Each part of the journey of the book explores how we can all come together to work for a better future and develop a greater understanding of how we belong to the Earth.”

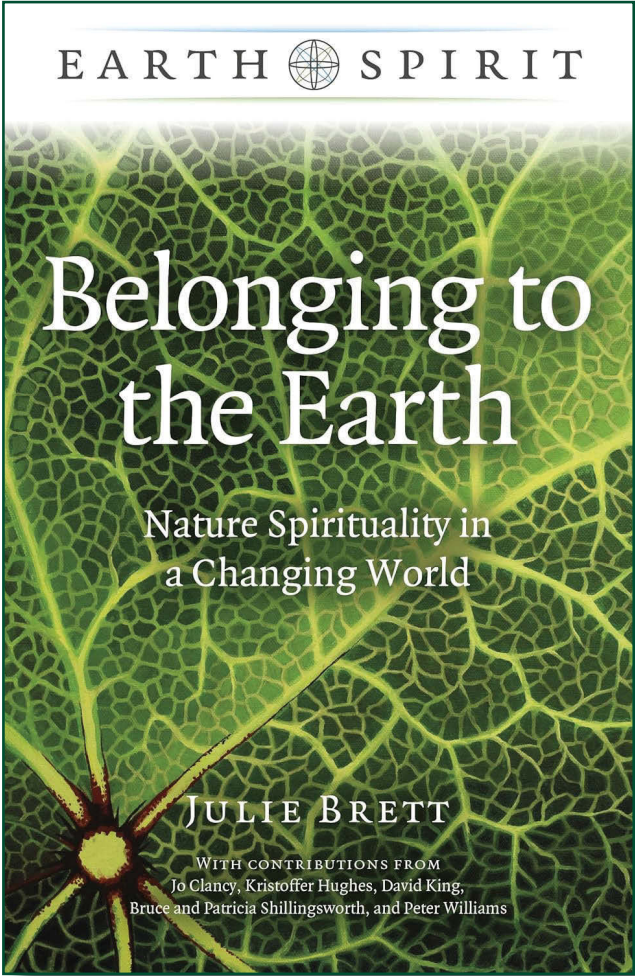
For your chance to win one of the books, complete the sudoku puzzle and email the numbers which appear in the shaded centre row, from left to right, along with your name and address to:

[pntemp12@gmail.com](mailto:pntemp12@gmail.com)

Or post your entry to our new address:

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

The closing date for entries is 8<sup>th</sup> September 2025



		7	5	9		1		
	5			1	8	7		
		9	2				3	
9	3	5	8					7
6				7				1
7					4	3	5	6
	4				6	9		
		1	4	8			7	
		6		3	9	4		

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 APRIL 2025 sudoku competition are:

Mrs Dorothy Roper, Dorset  
Susan Neale, Surrey  
Linda Sissons, Manchester  
Arwel Williams, Wales  
Mrs D. Foxall, Shropshire

The winning numbers are:  
**634 729 815**

Each winner receives a signed copy of medium Gareth Lewis’ new book *Spirit, Can You Hear Me?*

For further details of Gareth’s work, visit:  
[www.gareth-lewis.com](http://www.gareth-lewis.com)



# Anticipating what occurs in the afterlife

By Nigel Peace

*Spiritualists are confident about the reality of survival after death. Many have clear ideas about what the afterlife will look like, but what about those of very different or no beliefs? Author and publisher Nigel Peace offers an alternative way of thinking about it.*

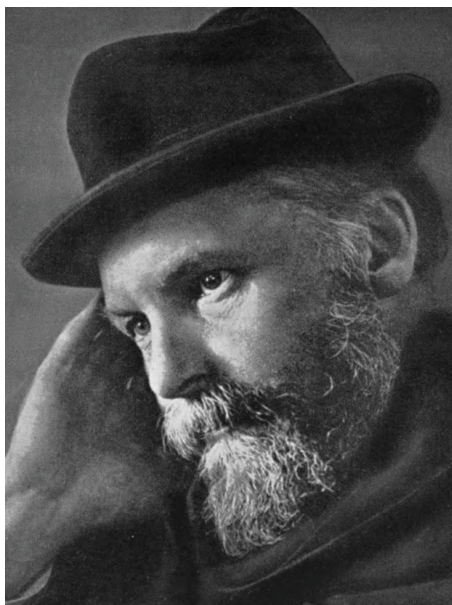
WHAT are you expecting to see? A land of verdant pastures, rolling hills and gently flowing rivers where your family has prepared a lovely home for you, perhaps in a city of crystal buildings, all bathed in a soft white light? A place of peace and beauty and learning...

There are very good reasons to believe that our consciousness does not depend on the physical body. In other words, our spirit or soul will survive death.

This is no longer just a spiritual belief because there is a great deal of real evidence that our essential self can live fully, happily and







**FREDERIC MYERS** was one of the founders of the *Society for Psychical Research*.  
(File photo)

independent of earthly life.

We are all now very familiar with the accounts by very many honest people across the world and throughout history of their out-of-body experiences or mystical and near-death experiences, not to mention the work of Spiritualist mediums, who seem able to communicate with the departed and pass on messages.

There are also the rapidly developing discoveries of quantum physics, suggesting that we each have “a mental field” beyond the body.

It seems that our bodies are, if you like, simply vehicles for this lifetime that enable us to gain experience, to learn and to grow.

However, like all vehicles, wonderfully intricate though they are, they will eventually break down and free our spirits to enter a new world. This is certain.

Many people – and even some who have strong spiritual beliefs – are afraid of dying, refusing even to think let alone talk about it.

It is reasonable to fear the unknown. After all, despite the evidence, very few have experienced the undeniable proof of, for example, spirit materialisation.

Yet if we only knew that our passing would be a safe and peaceful event, leading to a happy new life, this would surely revolutionise how we live on Earth and only for the better. So what should we expect?

Frederic W. H. Myers gave an account through the automatic writings of Geraldine Cummins in her book *The Road to Immortality*.

Myers was an academic at Trinity College, Cambridge, and one of the founders of the Society for Psychical

Research.

A highly intelligent and thoughtful man, his personal descriptions of dying and the afterlife have become the basic beliefs of many spiritually-minded people.

Myers talks of death as “a pause on the long road and... a time of stillness...” The soul then gradually becomes aware of its new etheric body, which has been attached to the physical by “many little threads,” these breaking away as we move on.

Our minds need to get used to their new surroundings, many thoughts and memories surfacing from the subconscious until we enter, “as the butterfly breaks through the chrysalis,” what Myers called “the world of illusion.”

There is no River Acheron and no need to pay Charon, the ferryman of the Greek underworld, but what is this afterlife like?

There is a huge library of books on this subject. Many of them do indeed describe those beautiful pastures, flowing rivers and cities of crystalline libraries and concert halls, where we shall find our lovely new home.

A place of peace, yes, which Myers describes as having “an absence of conflict and effort... the most desirable condition of being.”

This sort of description has become accepted without question by a majority of spiritual people, repeated by teachers and mediums alike. That’s not surprising, since even Myers calls it “most desirable.”

This is what we all want to believe, much as on Earth many people long to

live among the rolling Dorset meadows of England, the unspoilt White Mountains of New Hampshire or in a quiet, ancient stone-built Dordogne village.

But just a moment: how realistic is this vision of afterlife? It’s not a physical world, so how do pastures grow without soil, rivers run without rain and flowers grow without sunlight? How can buildings be crystalline, and why?

The problem here is that human beings generally see and believe what we want or expect to see and believe, and we’re quite good at ignoring facts.

One famous example of this was the double-slit experiment of 1927, when electrons were fired at a plate with two slits towards a screen. Surprisingly, instead of behaving like particles, a wave pattern emerged.

However, when devices were invented to observe the electrons as they passed through the slits, they behaved like separate particles, which is what the scientists had expected to see.

Consider, too, how our memory works. Psychologists have shown beyond doubt that human memory is fallible and unreliable because what we remember depends on how attentive we were and, especially, on what we expected to happen at the time.

Our personal beliefs and prejudices also play a part. Most of us have a family member whose stories of the past seem to change a bit each time they are told.

On social media, do we not all pay



**FAMOUS** automatist **Geraldine Cummins** received communications about the *Larger Life*, which appeared in her book *“The Road to Immortality.”* (File photo)

attention to posts about things we already like or believe, ignoring alternative ideas? It's human nature to see and believe what we want or expect to see and believe.

When we pass from this life to a new world, perhaps it will indeed appear as we hoped for, at least in those early moments. After all, the mind will be struggling for a while to adjust to what's happening.

Where does that leave atheists or the converts of religions that teach very different scenarios, more Ethiopia's Danakil Depression – one of the hottest, lowest and driest places on Earth – than the French Dordogne?

What we need, then, is some cool thinking. We do have extraordinary minds that can reach out far beyond the limitations of the physical world – consider telepathy, remote viewing and precognition.

We can conceive of the abstract and, yes, the unknown. It is our minds which will survive physical death and guide the soul in its new life.

Let's try a "thought experiment" or, if you like, a meditation. Settle down in a comfortable chair where we won't be disturbed for some time and relax, breathing slowly; maybe play some quiet, gentle music and light a candle or incense.

We are going to try and imagine what it will feel like to enter the afterlife. This is what happened when I tried it...

"At first, everything was dark, very quiet and still. There seemed to be absolutely nothing around me.

"Then slowly, as my mind tried to make sense of it all, I became aware of the outline of my body with those silvery threads detaching and floating away. Memories flickered through me like a film.

"I started to move forward, my feet finding rough, grassy ground beneath them, towards a bright light ahead that came ever closer, surrounding me like a soft cloud.

"Falling peacefully through this, I found myself on soft, glistening sand. Just ahead were gently lapping waves..."

So far, this is pretty much what I had expected. At first, I don't know where I am. There is nothing familiar around me, but there has to be a gradual "breaking away" from the old world.

My mind wonders where I am and searches for helpful memories until at last I reached some kind of border. But what happened next was surprising:

"A small, silvery winged aircraft was waiting on the shore alongside a smiling, blonde pilot dressed all in white.

"Bemused, I allowed her to strap my seatbelt in place and we flew over a vast, pale blue sea before arriving at a small

island airport. There was no customs!

"I was driven in a silent, silver vehicle to some kind of clinic where an unfriendly matron showed me to a room. After a while I was summarily discharged and told to find my own way onwards...

"I appeared to be entirely alone on this island, surrounded by a persistent mist that prevented me from seeing anything clearly.

"I followed a path through dense woods, eventually finding a small wooden cabin up on a hillside. In the cupboards were some of my clothes and books, even a pack of my favourite cigarettes!"

My mind was struggling to make sense of its new world. Logically, there had to be some kind of transport and the need for healing is deeply engrained in all of us.

However, I don't believe in the "verdant

the seven known planets were fixed to crystalline spheres orbiting the Earth. Aristotle's model of the universe actually stretched to 56 spheres.

So it is not surprising that Frederic Myers also described a succession of seven "planes," each of which the soul must pass through on a journey of expanding consciousness before "passing into the Supreme Mind" and becoming "one with God."

Well, Myers would say that, wouldn't he? It's what he had been taught. It's what he expected.

But let's think rationally about it. Is it reasonable that the ultimate creative force – we may as well call it God – would be content with a mere seven spheres?

Why seven anyway? And why should any spiritual worlds, since they're not physical, be spherical?

Science is making more and more extraordinary discoveries. Not only do photons change their behaviour when they're measured, certain particles only exist at all while they're being observed.

Some say that there are no particles anyway, but an infinite number of tiny, vibrating strings in a universe of ten, eleven or 26 dimensions – and let's not even mention parallel universes...

There is so much that we do not yet know or understand about human life, even though we can be fairly confident we shall survive physical death and pass to a new world, but what kind of world?

When we visit a foreign country, a few things – the language, food, everyday customs – may appear a bit strange. Yet on the whole, the people, buildings and roads aren't that different to what we're used to.

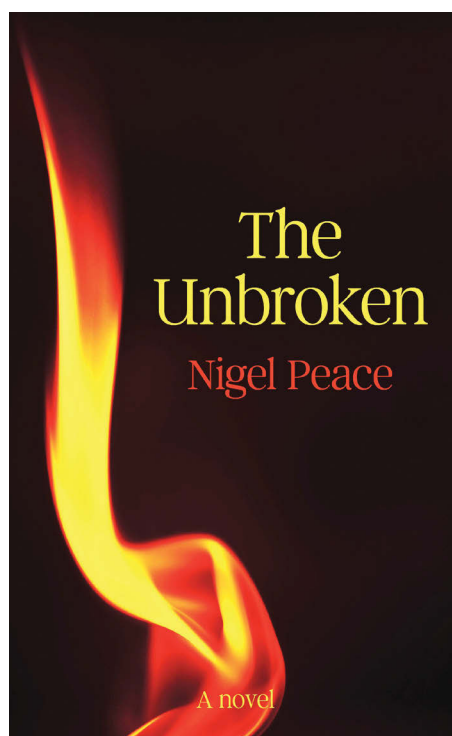
We're familiar with this beautiful Earth, so many people assume that the afterlife will be similar. It's what we want to believe.

But is this realistic? We have extraordinary minds, free will and can think for ourselves, so what kind of afterlife world will you create?

In my next meditation, I discovered that the airport and the clinic had disappeared from my beautiful island. Maybe they were only there at first because I expected something of the sort.

***Nigel Peace is the author of several spiritual books, both fiction and non-fiction. His new novel, "The Unbroken," is a story of deep love and an adventure in mysterious worlds of the mind. It is published by Roundfire Books at £15.99.***

***You can find out more about Nigel at his website [www.spiritreveals.com](http://www.spiritreveals.com)***



pastures and crystal cities" vision, so, as a bit of a loner with a deep love of nature, I was creating my own surroundings.

Perhaps, then, we each create our own new world at first. Mine was an island of beautiful trees all to myself.

But where shall we go from there? Ancient Judaic texts describe seven celestial spheres that surround the Earth, inhabited by angelic beings of increasing rank.

Sufi teachings also speak of a hierarchy of spiritual spheres that the soul must ascend.

There is an obvious analogy here with Greco-Roman mathematician, astronomer, astrologer and geographer Claudius Ptolemy's model of the cosmos, where



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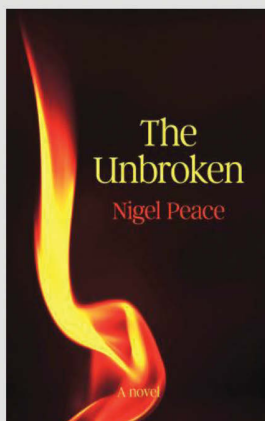
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# Your paranormal and spiritual questions answered

BY GRAHAM JENNINGS

## Medium helps police after theft of famous painting

***A friend told me that a medium once worked with the police to find a famous missing painting, but she could not remember its name or that of the medium. Can you provide some clues? – Paul Bannister, by e-mail.***

The case your friend remembers concerned Nella Jones, a psychic and clairvoyant – and she did indeed help the police recover a missing painting valued at a cool £2,000,000.

On the evening of February 23, 1974, a security guard at Kenwood House, a stately home with a priceless art collection, overlooking Hampstead Heath in NW London, heard a shattering of glass. It was a break-in and one of the paintings, *The Guitar Player* by the famous Dutch artist Jan Vermeer (1632-1675), was stolen.

The following day, Nella, then aged 42 and working as a cleaner, watched a TV report of the robbery while ironing. She slipped into a light trance and saw clairvoyantly the white mansion she had just seen on TV, but from above.

"I picked up a piece of charcoal and drew a plan of the back of the house," said Nella. "I put two crosses. The first, I knew, was where the picture frame was."

Nella told a friend, who suggested she phone Scotland Yard, which she did, although she thought they would think her crackers.

The medium was put through to the investigating team and told a detective. He phoned back fifteen minutes later to say that the frame had been found where she said it would be.

Next, Nella said that if the police walked away from the back of the house a little to the left and went the other side of a mesh fence and along a lane, they would find something else of importance near a little pond.

Hampstead CID phoned minutes later and Nella agreed to accompany two detective constables in a police car to Kenwood House. Although the ground was wet with mud and snow, they clambered over the mesh fence and searched the area



***MEDIUM gave vital clues after the theft of Vermeer's painting "The Guitar Player."***  
(Photo: Kenwood Collection English Heritage)

she had described.

Buried in the mud, they found the remains of the limpet alarm system which had been attached to the back of the painting. It was so well concealed that even police sniffer dogs missed it.

Nella also predicted that ransom notes would be received – and they were. One, accompanied by a small strip of the painting, demanded that the IRA prisoners, Marian and Dolours Price, sentenced for bombing the Old Bailey the previous year, be allowed to serve their sentences in Northern Ireland.

As I recall, the Irish sisters were later – and controversially – transferred. Given that the police were eventually tipped off about the painting, was assurance given that they would be?

Meanwhile, the police naturally wondered how Nella knew so much about the robbery. They put her under surveillance and tapped her phone, but

soon ruled her out as a suspect.

Moreover, she gave clues as to where the painting was hidden. Clairvoyantly, Nella had "seen" black gates and catacombs beneath an overgrown graveyard.

Her description seemed to tally with a derelict part of nearby Highgate Cemetery, North London, and she accompanied two officers there. They searched all day, but found nothing.

Eventually, the police received a tip-off and recovered the painting on May 7 in the graveyard of St Bartholomew-the-Great in West Smithfield. Wrapped in paper and tied with string, it was slightly damp, but undamaged.

This was the beginning of a working relationship with the police that lasted twenty years, almost until Nella's passing, providing clues that solved many crimes including murder.

Who, then, was this remarkable woman who, unknown for the first 42 years of her life, then quickly became a well-known psychic and healer?

Nella was born on May 4, 1932, in a caravan on Belvedere Marshes in Kent to a Romany family. Naturally psychic from the age of seven, she foresaw events, such as when people were going to have an accident or die, and said so.

Other children thought she willed these things to happen, called her a "witch" and refused to play with her. Nella learned to keep such thoughts to herself.

After helping police find the missing Vermeer, she gave up her cleaning work for a career as a psychic and clairvoyant, for which she eventually charged £35.00 per session.

However, all her work with the police was without charge, as were healing sessions in her front room. Although Nella's clairvoyance was purely psychic, she was aware of spirit guides in her healing work, including a tall Egyptian.

As for her police work, she adopted a hands-on approach, on one occasion



wading into a lake in her stockings to recover evidence she sensed had been dumped.

In 1992, retired Detective Constable Neil Pratt told *PN* how Nella helped police solve a murder in London's Telegraph Hill Park.

"Without giving her any details except that a woman had been killed in the park, we walked along a pathway in the area," said Det Con Pratt. "Nella suddenly stopped and said, 'This is where the woman was murdered.'"

"She was exactly right. This took place in a park 400 yards long by 150 wide, which is criss-crossed by other pathways."

Continuing her walk, Nella stopped again at a low railing overlooking a pond. She described how the murderer had jumped over the barrier to wash off blood, inadvertently dropping a piece of paper.

Det Con Pratt explained that documentary evidence relating to the case was found at this exact spot. Other helpful information Nella gave concerned the victim's confused emotional state.

In 1979, the medium travelled to Japan and helped police locate the body of a victim of a double murder. She also appeared on a Japanese phone-in TV show.

Nella co-wrote her autobiography, *Nella: A Psychic Eye - How to See into the Mind*, the

*Future and the Beyond* (1992). Two years later, she appeared in the *Strange but True?* TV series.

Nella lived at Charlton, SE London and later Bexleyheath, Kent, but also owned a wooden hut at Shellbeach on the Isle of Sheppey.

After the Metropolitan Police honoured Nella, whom they called "Witchie-poo," with a dinner in recognition of her services, she received a threat to burn down the hut with her inside... and never stayed there again.

# Advice on diet is food for thought

***This may sound a silly question, but are there such things as spiritual foods? - Sylvia Marsden, by e-mail.***

This is not silly at all because, as the old adage has it, "We are what we eat." Given that we are spiritual beings in a physical body, and that our main purpose here is to develop the spiritual side of our nature, it surely makes sense to choose foods most conducive to wellbeing and spiritual development.

That food can be spiritually beneficial in this way, as well as tasty and nutritious, is an ancient concept. However, the idea that it can also be intrinsically spiritual appears to be modern.

The oldest references can be found in the Bible in Genesis 1:29, which states, "God also said, 'I give you all plants that bear seed everywhere on earth, and every tree bearing fruit which yields seed: they shall be yours for food.'"

Thus a plant-based diet was the original kosher (literally "food fit for a Jew to eat"). Nothing was said originally about eating animals, which in the original Hebrew are described as *nephesh chayyah*, or living souls (the same as humans).

Only after the fanciful story of Noah did God change His mind and decree that "Every creature that lives and moves shall be food for you: I give you them all, as once I gave you all green plants."

Meat from pigs, shellfish and scavengers can cause health problems, especially in a hot country.

Leviticus 11 describes how God modified His decree to eat only animals which are deemed kosher. It then came to be believed that it pleased God to be offered such animals as sacrificial victims.



***IT "surely makes sense to choose foods most conducive to wellbeing and spiritual development."***

The early prophets, Jeremiah, Isaiah, Hosea, Amos and Micah, who were mediums, all railed against this practice, but in vain.

It was probably Jesus of Nazareth's condemnation of animal sacrifice and the profitable industry it sustained that contributed more than anything to him being condemned as a troublemaker by his own people.

The earliest Hebrews were not alone in following a plant-based diet. Along with modern groups and individuals, the Vegetarian Society lists a number of vegetarian religious groups from olden times on its website at [vegso.org](http://vegso.org)

Hinduism, Buddhism and Jainism are included, all of which hold that animals like humans are living souls or *atma*, the Sanskrit equivalent of the Hebrew *nephesh*. Also included is the Greek philosopher and mathematician Pythagoras.

"In the Greek tradition of Pythagoras," according to the Vegetarian Society, "it was

not only the avoidance of animal cruelty that established vegetarianism as a way of life: he also saw the health advantages of a meat-free diet.

"Pythagoras viewed vegetarianism as a key factor in peaceful human co-existence, putting forward the view that slaughtering animals brutalised the human soul."

As for the ancient Hindus, they classified all food according to the three *gunahs* or qualities of consciousness – *sattva*, *rajas* and *tamas*. These are Sanskrit words with more than one meaning.

*Sattva* is goodness or pure consciousness, *rajas* passion or energy, and *tamas* ignorance or sluggishness and death. One of these qualities is always predominant.

The *Bhagavad Gita* or *Song of God*, in which the foods are classified, was written down around 2,000 years ago, but the oral tradition is believed to date from the end of the Vedic age (roughly the time of Moses and Aaron).

There are many translations of the *Gita*, but the one I found most helpful is the following, published under the name of Shri Shankaracharya in 1924 (see [openlibrary.org](http://openlibrary.org)).

Chapter 17: 8-10 reads: "The foods which increase energy, strength, health, joy and cheerfulness, which are savoury and oleaginous (vegetable oil and fat), substantial (lasting long in the body) and agreeable are dear to the Sattvic (person).

"Foods that are excessively bitter, sour, saline, hot, pungent, dry and burning are liked by the Rajasic (person), causing pain, grief and disease.

"Food which is stale (eaten more than three hours after cooking), tasteless, putrid

and rotten, refuse (leftovers) and impure (unfit for offering) is dear to the Tamasic (person)."

Hindus also offer their food to the Lord. Food given in this way is termed *prashad* and is eaten at family and religious gatherings. It is also karma-free (in the event of any insects having entered the food).

Ivan Cooke of the White Eagle Lodge gave advice concerning karma in *Healing By the Spirit* (1976). Married to White Eagle's medium, Grace Cooke, he wrote about the great guide's teaching concerning meat and karma.

The slaughter of animals produces "psychic infections and contamination," which are released into the atmosphere. At the point of physical death, the bodies of the animals, "physical and etheric, are saturated with fear."

Those who consume meat assimilate

that fear into themselves. Moreover, under karmic law, the shedding of animal blood results in the shedding of our own. This law, we are told, extends to those who breed animals for slaughter and individuals who consume the meat.

Returning to the Hindus, vegetarianism is encouraged in the ancient *Upanishads* and the *Rig Veda*.

Traditionally, no specific foods were mentioned, but in the Hindu Ayurvedic system, many foods, spices and herbs have medicinal as well as culinary uses.

The recommended foods are similar to what we in the West would term "whole fresh food."

Produce that is factory-processed, such as ready meals, is to be avoided, as are stimulants like tea and coffee, sugary fruit juices and alcohol.

A spiritual aspect to food can be found on the Ayurvedic section at [mapi.com](http://mapi.com) It

states:

"Balanced health goes beyond physical wellness to well-being in mind, spirit, emotions and senses as well.

"The food we eat can nourish our mind, body and emotions, not just our body. Cooking and eating in an harmonious atmosphere turns food into nectar."

A number of New Age websites list foods that are considered beneficial to health and wellbeing, and hence spiritual growth.

Organic and home-grown foods are preferred with the emphasis on produce that contains the life force, known in the East as prana or chi.

Mindful eating is also encouraged, as is asking for a blessing, especially with an expression of thankfulness for the privilege of being able to enjoy this special food.

## Getting to the root of radionics

*I have a long-standing health problem, which nothing seems to alleviate permanently, though spiritual healing has helped quite a lot.*

*Someone suggested I should try radionics, but I know absolutely nothing about it. I would much welcome some basic information – Gareth Williams, by e-mail.*

A complementary therapy, radionics was developed early last century by Dr Albert Abrams (1863-1924) of San Francisco. It was further developed by practitioners on both sides of the Atlantic.

Radionics emerged from traditional dowsing methods and can detect imbalances and disturbances in the energy fields that result in ill health.

The aim of a radionic practitioner is to correct such aberrations and restore normal energy flow to alleviate the condition.

Exactly how radionics works is still not fully understood. The UK's Radionic Association says on its website at [radionic.co.uk](http://radionic.co.uk) that its practitioners "recognise that all life is made up of vital and subtle energies which can



**AN electro-metabograph machine was once used in the practice of radionics.**

be affected by everyday traumas such as accidents, shock, environmental and emotional stresses. These subtle energies make up the invisible matrix of the physical body.

"Through the skill of dowsing and with an analysis of the conditions of the subtle energies, a practitioner of radionics is able to restore harmony and balance to the flow of energy through the chakras and subtle bodies in order to optimise health and well being."

A variety of conditions can be treated,

both in humans and animals, as well as in agricultural soil and crops. Distance is no barrier.

The Radionic Association is based at Baerlein House, Goose Green, Deddington, Banbury, Oxon OX15 0SZ (tel 01869 338852). It has a list of qualified practitioners and their contact details.

Patients and practitioners arrange treatment on an individual basis. Initially, a patient is required to fill in a form and submit a lock of hair for analysis.

*Unfortunately, Graham Jennings is currently suffering from ill-health and unable to write his column. To speed his recovery, we invite all readers to send Graham distant spiritual healing on a daily basis. For the time being, we are reprinting some of his previous columns, which still make superb reading.*



# 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**

**Enquire Now: 07808222803**

**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](http://www.psychiccruise.co.uk)**



A HEADLESS form and a nun  
have both been seen in a  
churchyard.

# Ghosts of old still stalk York

By John West

Later this year, I'll be travelling to the historic city of York to appear in a television documentary called *The Ghost Chronicles*.

With around 140 resident apparitions, York is regarded by many as the most haunted city in the UK.

Although I've previously written about the ghosts of York within *Psychic News*, there are still many haunted locations I've yet to cover. Here are just a few.

## **The headless earl**

Thomas Percy, the 7th Earl of Northumberland, made the mistake of backing Mary, Queen of Scots, and attempted to lead a rebellion against Elizabeth I in the north of England.

The rebellion failed and the earl fled to Scotland. After three years, the Scots sold him to the English government for £2,000.

Percy was taken to York, where he was publicly beheaded after refusing to renounce his Roman Catholicism. His head was placed on a spike above Micklegate Bar and his headless body buried in St Crux Church.

Percy's head was secretly removed from

the gate by a faithful retainer and buried in the graveyard of Holy Trinity Church, Goodramgate.

Since then, a headless phantom, assumed to be Percy, has been seen walking through the churchyard. One can only assume that he is looking for his head.

Another ghost – a nun – shares the churchyard with the headless Percy. She appears on winter evenings and has been heard reciting the Lord's Prayer.

## **Dick Turpin**

In March 1739, Dick Turpin, England's most famous highwayman, was held in York Prison (now the Castle Museum) on a charge of horse stealing.

He had been living in Yorkshire under the name John Palmer and shot a tame cockerel in frustration after a failed hunting trip. Turpin was arrested, and it emerged that he was suspected of stealing sheep and horses.



From his cell, Turpin wrote to his brother-in-law, Pompr Rivernall, in Essex, who refused to pay the delivery charge, saying he “had no correspondent at York.”

The letter was then taken to the post office at Saffron Walden, where James Smith, who taught Turpin how to write while they were at school, recognised the handwriting. The game was up.

Ironically, Turpin was never charged for his many crimes as a highwayman and instead faced trial for horse stealing. Sentenced to death, on April 7, 1739, Turpin was taken through York by open cart to Knavesmire, where he was hanged.

Turpin was buried in York. His gravestone can be seen in St George's churchyard, although doubts have been raised as to whether Turpin's corpse really lies there.

St George's Park is said to be haunted by Turpin's ghost. People claim to have seen a figure on horseback, dressed in 18th-century clothes, riding through the park.

### The Barguest

Ghostly black dogs have been reported in many parts of Britain. In East Anglia, the phantom animal is known as Shuck while in Lancashire it's called the Skriker or Shrieker.

In York, it is known as the Barguest. Unlike its Suffolk and Lancashire counterparts that prefer the open countryside, it haunts the lanes and snickelways of the ancient city.

### The Shambles

The book *Haunted Holidays* by Anne Bradford and David Taylor mentions a woman named Pat and her husband visiting the famous Shambles, a medieval street in the heart of the city.

Observing a wide-open door, Pat chose to enter the building against her husband's



A FIGURE dressed in fashion from centuries ago is said to haunt the Shambles late at night. (Photo: Ray in Manila on Flickr)

objections. She found a large, empty room with an oak floor and panelling around the walls.

Suddenly, Pat became scared and started to hear voices and the sound of shoes banging on the floor. It was as if the room was suddenly full of invisible people.

The next time the couple visited York, they returned to the Shambles and noticed a plaque on the side of the building where Pat heard the strange sounds.

It turned out that the house was a shrine to the Roman Catholic saint Margaret Clitherow, who was crushed to death during the reign of Elizabeth I for the crime of harbouring Catholic priests in her home.

A headless figure dressed in fashion from centuries ago is also said to haunt

the Shambles late at night. Some have suggested that it is Thomas Percy, taking a break from haunting Holy Trinity Church.

### The man in black

Judges' Court, off Coney Street, was once used as a lodging house by the city's judges. It is haunted by a large man dressed in black.

Footsteps have also been heard on the stairs, and an odd tinkling sound is often reported when he is around.

During repairs, a disused well was discovered. At the bottom was the skeleton of a man wearing riding boots with spurs, one of which was broken.

The identity of the man was never discovered, and it was assumed that he was responsible for the haunting. It was suggested that the tinkling sound was caused by the broken spur.

### The poltergeist

A row of shops in the Coppergate Centre stands on the site of Craven's sweet factory.

The building had been haunted by a poltergeist in a downstairs workroom, who appears to have stayed on after the factory was demolished. The Body Shop is one of the affected buildings.

The poltergeist appears to have a fascination with moving clothes, interfering with electrics, and even smashing the glass of the fire alarm after the shop had closed, causing the local fire



DICK TURPIN'S gravestone can be seen in St George's churchyard, although doubts have been raised as to whether his body really lies there. (Photo: John West)





**FACING the River Ouse, the Guildhall has experienced poltergeist activity including slamming doors and the sounds of footsteps and voices in otherwise empty areas. (Photo: Stephen Craven)**

brigade to rush to the site. The glass was replaced, but the alarm was set off twice more that same night.

Some have suggested that the poltergeist is the apparition of an old woman who once lived opposite All Saints' Church. Regarded as an unpleasant character, upon her death, she vowed to return to haunt her former home.

Strange noises started to plague her house. The atmosphere in the woman's bedroom was so bad that no one could stay in there for long.

### **The 'Mad Maid' and Roman soldier**

Dean Court Hotel stands in the shadow of York Minster. Dating from the 1850s, it is haunted by a form known as the Mad Maid.

Several mediums claimed to contact her in the basement kitchen. She told them she worked as a cleaner in a guesthouse which stood next to the hotel and later became part of it.

The figure has been seen by several guests and is described as having an angry look on her face.

Room 36 on the third floor seems to be the centre of activity, with guests reporting poltergeist phenomena such as slamming doors, objects being moved around and cold spots even at the height of summer. Several guests also felt pressure on their chests when lying on the bed.

Marc Richards was staying in Room 25 when he felt something tugging at his leg. He wrote to the hotel:

"Something grabbed my foot quite hard and pulled, as if to pull me out of bed. I was lying awake at 2.50 am when my foot was grabbed and pulled with such force I moved down the bed several centimetres."

However, not all the paranormal activity may be down to the Mad Maid. In one room, three guests reported seeing the face of a Roman soldier reflected in a

bathroom mirror. He has also been seen in the hotel's corridors.

### **The murder**

St William's College in College Street lies behind York Minster. During the reign of Charles I, the building was home to clerics and several lodgers.

Among these were two brothers who decided to rob one of the clergymen. They chose their victim, but during the struggle, the elder brother stabbed the man to death.

To save himself, he reported his younger brother to the authorities in return for a pardon. The man was hanged, but the surviving brother was tormented by guilt and would walk night after night in his rooms thinking about his brother's fate.

One morning, he was found dead. Since then, footsteps have occasionally been heard walking up and down the corridors.

### **The Guildhall**

The medieval Guildhall stands behind the Mansion House. A meeting place for the city's guilds, it was later used by the City of York Council for meetings and has now been leased to the University of York as a centre for start-up businesses.

The building has experienced poltergeist activity, including slamming doors and the sounds of footsteps and voices in otherwise empty areas. A member of staff once found the impression of a child's footprint on top of a grandfather clock.

A narrow underground passage known as Common Hall Lane runs beneath part of the Guildhall.

In 2017, a local history group, York Past and Present, visited the medieval lane as part of a tour. One of the party, Sue Bingham, took a photograph of the lane.

When she later studied it, Sue noticed

three cloaked figures at the far end illuminated by light from the River Ouse entrance.

Strangely, the gate facing the river appeared to be missing in the image. When the photo was taken, the tunnel was empty apart from the tour leader and the photographer.

### **The little girl**

The antiques centre at 41 Stonegate is haunted by a Victorian girl. The building was originally the home of a doctor, his wife and their daughter.

One evening, during a party hosted by the doctor, his daughter was sent to bed. She decided to secretly watch the festivities from the banister of the top floor. Leaning over, she lost her balance and tragically fell to her death.

Since then, customers claim to have seen a little girl in Victorian dress sitting on the counter and walking around the shop. Footsteps have been heard on the stairs and stock mysteriously moved.

### **Bedern**

Bedern means "House of prayer." It was originally home to Bedern College, which was founded in 1252 to house 36 vicars choral associated with York Minster.

By the 19th century, the area had become one of the poorest in York. In the 1840s, the York Industrial Ragged School was set up in College Street.

Legend tells of a shady individual named Mr Pimm, who ran the school. He neglected the children, many of whom died of malnutrition and disease.

To avoid detection, Pimm buried the bodies in Bedern's waste ground and even hid some in a cupboard under the stairs of the school. It is said that he began to see the ghosts of the children, took to drink and eventually went insane.



**IN York, a ghostly black dog is known as the Barguest.**



The authorities then discovered the horrifying truth. Pimm was sent to the local asylum, where he hanged himself four months later.

The children's forms are now said to haunt Bedern. But is it true? There are no records of a Mr Pimm running the school in the York archives, and the local press of the time appeared to have ignored the story.

It seems that Pimm's crimes owe more to fiction than fact. Despite this, people have claimed to hear children playing near the Bedern Archway.

Walking his dog near midnight, one man heard youngsters playing and was surprised they were out so late. His dog growled and refused to follow. As the man passed through the archway, the sounds suddenly stopped.

Excavations at Bedern from 1973 to 1981 uncovered more mysteries. An archaeologist working in a trench repeatedly felt someone tapping him on the back. Each time he turned, no one was there.

When he told his wife, she discovered small scratch marks running down his back from his shoulders. Had they been made by a child?

Was the story of Pimm invented to explain the unexplained sounds of children in the area?

### St Mary's Church

In the 1970s, the BBC made a documentary about Arnall Bloxham, an eminent hypnotherapist who, over a twenty-year period, hypnotised 400 people and recorded what appeared to be their accounts of previous lives.

One woman, Jane Evans, recalled a former life as a Jewish girl named Rebecca in York during 1189-90.

This was a time of growing antisemitism in England. Riots broke out in York and the Jewish population fled to Clifford's Tower for safety. Fearing treachery, the Jews locked out the royal constable.

Siege engines were brought in, and a mob – including local knights and a fanatical hermit preacher – surrounded the keep. The hermit was accidentally killed by a falling stone, further inflaming the crowd.

Seeing no way out, most of the Jews chose suicide over surrender. After killing their wives and children, the men set fire to the keep and then killed themselves. Some Jews were promised safety, but were murdered upon giving themselves up.

Known as Richard the Lionheart, King Richard I was furious less out of sympathy and more because Jews were under royal protection and generated income for him.

The monarch ordered an investigation



*AN antiques centre is haunted by a Victorian girl, who fell to her death from a banister.*

and the city was fined. No individuals were punished for the crimes committed during the riots.

This wicked and shameful event was a precursor to the expulsion of the Jews from England in 1290 under King Edward I. Jews were not readmitted until the rule of Oliver Cromwell in the 1650s, who promised them freedom of worship.

During her regression with Arnall Bloxham, Jane Evans recalled hiding in the keep and escaping with her daughter Rachel to the cellar of a church in Coppergate. Sadly, their hiding place was discovered and both were brutally murdered.

Prof Barrie Dobson, a York historian, investigated the case and believed the church Jane described was probably St Mary's. However, there was no known crypt or cellar beneath it until 1975 when renovations revealed a subterranean chamber with round stone arches under the chancel.

Was this the cellar Jane described? If so, how could she have known of its existence unless she was the reincarnation of the Jewish girl?

In 1976, Bloxham's sessions, including those with Jane Evans, were detailed in the book *More Lives Than One?* by Jeffrey Iverson.

Clifford's Tower was later rebuilt in stone. Some claimed that the stones, quarried in Tadcaster, were stained red with the blood of the Jews who perished there.

Though this was later explained by the presence of iron oxide in the stone, the

Tadcaster quarry reportedly contains no trace of the mineral.

In 1978, a memorial stone was unveiled at the foot of Clifford's Tower to commemorate the 150 Jews who died there. The inscription is written in both English and Hebrew.



*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.



# Get chirpy with healing power of birdsong

By Lionel Owen

WHEN we think of healing, most of us imagine the laying on of hands or the wonderful work of spiritual healers like Harry Edwards.

Though healing can be instigated without a healing medium being present, I do not doubt that healers from the spirit world are always involved in one way or another.

This month, I want to examine how birdsong is frequently the source of healing, and how it can alleviate sickness of the mind and the spirit.

Problems concerning the mind often pose greater challenges for the medical profession than ailments of the physical body.

As to sickness of the spirit, you will need to search hard and long to find a doctor who even accepts that it exists.

However, human beings are holistic, so unless the whole person is treated there is a danger that an illness can be worsened rather than cured.

Spiritualists have been taught by wise men and women Beyond that all life is of the spirit and that our present forms are purely temporary to enable us to function in a physical world.

Most people accept the need to exercise the body if we are to remain healthy. We send children to school to train their mind, but what of the spirit?

We are all mind, body and spirit. However, only a relatively few understand that the third part of our

total being also needs exercise if we are to take full advantage of the wonderful gift of earthly life.

The irony is that exercising the spirit is in some ways the easiest to achieve. Unfortunately, because it needs peace and quiet, many refuse to even try.

To help strengthen your spirit and become aware of its immense potential, sit quietly, close your eyes and perhaps play a favourite piece of soothing music.

Focus attention on your aura and try to raise your awareness of the spiritual world.

Before long you will find yourself becoming aware of the presence of friends from the spirit realms. You will feel uplifted, so whatever may have been causing you concern no longer seems something to worry about.



We are all beings of spirit and the spiritual world is our natural home. We have an innate understanding of this fact and once you have embarked upon the practice I've just described you will hopefully want to do so regularly.

This exercise is a way to create within yourself the harmony which is the main feature of the spirit.

However, another way to link closely with your higher spiritual self is to go out into the garden, breathe in fresh air, listen to birdsong and try to be as still as possible.

Have you ever heard the full-throated song of a blackbird as it announces its joy to the whole world? Does it not move you? Are you not captivated?

If you were feeling anxious or worried, do you not find the birdsong somehow lifted you out of yourself? This is the healing quality that birds offer to us if only we will take the time to listen and really hear the beauty of the song.

When birds have worked their magic on me, the grass and tree leaves seem greener, blossoms are brighter and I begin to realise that I am a part of the natural world.

It's a world where giving thanks to God is a continuous symphony of beauty and love – a never-ending hymn of thanks to the Creator. I feel more alive and full of energy, and know that nothing will be too difficult to overcome.

When we arrived on Earth, we came in harmony. As William Wordsworth said, "Not in entire forgetfulness and not in utter nakedness but trailing clouds of glory do we come from God which is our home."

It is difficult to understand why we make such efforts to avoid retaining the love and harmony which is ours at birth. Is this perhaps why we choose to leave the beauty of the spiritual world?

We leave behind the peace and serenity that was ours before birth and live for years in a world of conflict and envy. Perhaps we recognised the need to experience earthly life before we can take the next step in our eternal life of the spirit.

Nature is harmonious, something which we on Earth seem to find difficult to achieve.

This is not always so with humans. Many people seem to have an irresistible urge to force their views or ideas on others.

If these are rejected, instead of accepting another's right to differ, force is sometimes used. How arrogant! Such compulsion can only lead to conflict and a total and long-lasting absence of harmony.

There is so much we can learn from nature. Gardeners are aware of the need for proper preparation before planting, of choosing the right location in a garden for each plant and providing water.

All these actions create the harmony which is essential for plants to thrive. Ignore them and a very poor harvest will

result. Each of us should act like a gardener if we are to get the most out of life.

When I was a boy there was a verse I often heard and have never forgotten. It reads:

"The kiss of the sun for pardon,  
"The song of the birds for mirth,  
"You are nearer God's heart in a garden,  
"Than anywhere else on Earth."

Not everyone has a garden. However, most people live near public gardens or parks where one can experience exactly the same beauty, healing and inspiration as in a private garden.

In bad weather or the absence of a garden or public park, creating an inspiring open space within is also extremely beneficial. I cannot over stress the importance of allowing our spirit the freedom to blend with the natural world.

There is an additional reason for exercising our spiritual nature in the way I



LIONEL OWEN: "There is so much we can learn from nature."

have described.

If a friend or a family member is unwell there is nowhere better than the natural world to bring forward their names and condition in order that they may receive healing. In so doing we are sharing healing power in a wonderful way.

If loved ones are unable to go out into the natural world themselves, you can ask help for them from those in Spirit who join you as you free your higher self to roam.

Spiritualism places in our hands knowledge that the doctrine of materialism took away. We cannot allow ourselves to be led down the blind alley which only sees the earthly dimension of human life.

This may have brought greater physical comfort to some, but it tempts many to waste the opportunities life here brings.

We took a significant decision when we decided to be born. It also took great effort to decide and then implement the move from a life in the blessed spirit realms.

Why deny ourselves the comfort and

even the joy of using our spiritual selves to expand our earthly experience? The old adage "Man cannot live by bread alone" shows that awareness of our spiritual nature is not something new.

We have known about it for centuries. The difference is that Spiritualism teaches it is a gift to all and not just for those who accept a particular doctrine.

Today the world is in turmoil, mainly due to the myopic conviction of too many that physical life is all there is. By all means let us make our lives here as comfortable as we can, but not at the expense of our spirit.

We need to recognise and acknowledge that life is dependent upon all other forms of life. Creation is holistic. Assuming humanity is the highest form of creation restricts our vision.

We need to welcome the presence of all who share this planet with us, recognise the way that each species is distinct and yet unified, and how the song of birds can inspire us. Briefly, the many benefits are:

#### 1. **Stress reduction and mood enhancement:**

Birdsong has been linked to decreased cortisol levels, a hormone associated with stress.

Studies suggest that listening to birdsong improves mood and alleviates feelings of anxiety and paranoia.

According to London's Natural History Museum, the rhythmic patterns of birdsong can have a calming and restorative effect on the nervous system.

#### 2. **Enhanced focus and cognitive function:**

Birdsong can help restore attention and improve focus.

Listening to recordings of birdsong has been shown to improve cognitive functions such as attention and memory.

Birdsong can help mask distracting background noise.

#### 3. **Connection to nature and well-being:**

Hearing birdsong can foster a sense of connection to nature and the natural world.

Studies have also shown that increased bird diversity in an area is associated with higher levels of life satisfaction.

Exposure to natural sounds, including birdsong, can help reduce feelings of isolation and foster a sense of belonging.

#### 4. **Potential for therapeutic applications:**

Some research suggests that birdsong could be used in therapy sessions to promote relaxation and reduce stress, and potentially be used to treat mental health conditions.

So there you have it: some tips on how to enjoy avian inspiration and end up feeling chirpy, ready to take flight and face life's many challenges.



# 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

## A PSYCHIC'S HANDBOOK

Methods and advice for communicating with spirits

By Michelle Welch

RRP UK £25.00 US \$26.99

336 pages

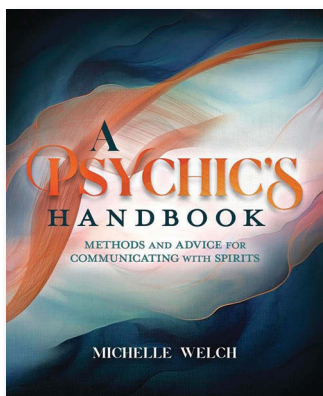
The publisher writes: "Pinpoint your psychic strengths, discover a variety of divination methods and hone your spirit communication skills with this guide to creating your unique psychic handbook."

"Instead of using a cookie-cutter approach, Michelle Welch shows you how to build a personalised system for psychic development. She shares what she wishes she'd known from the beginning, guides you in finding your purpose as a psychic and gives you the tools to help others find their purpose."

"A *Psychic's Handbook* presents exercises in every chapter as well as quizzes and assessments throughout, making it easy to focus on your specific gifts and areas of interest."

"Discover the eight Es of psychic success: education, experience, ESP v. ego, energy, empathy, ethics, entertainment and excellence."

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## THE AKASHIC RECORDS

Open the book of your soul and discover your purpose

By Theresa Cheung

RRP UK £18.99 US \$22.99

192 pages. Hardcover

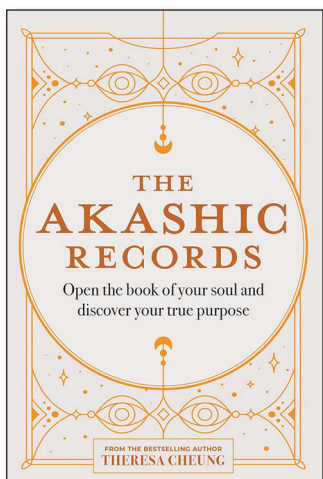
The publisher writes: "Spiritual expert Theresa Cheung leads you on the path to enlightenment by introducing you to a new realm of self-discovery: the Akashic records."

"The term 'Akashic' is rooted in the Sanskrit word 'akasha', meaning 'ether.' In the traditional Hindu Ayurvedic medicine practice, 'akasha' is one of the building blocks of the cosmos – empty space where everything connects."

"Your Akashic record is part of this unseen dimension, an endless energetic library that records your soul's journey through life."

"All your experiences, past, present and future, are written in this plane. Among them you'll find the answers to all your burning questions about yourself, your life and the universe."

"With Theresa as your guide, accessing your Akashic record will heighten your self-awareness, teach you to approach the world with unconditional love and give you new tools to steer the direction of your life."



## GUIDED MEDITATION SCRIPTS FOR WELLNESS PROFESSIONALS

By Ava Redfern

RRP UK £14.80 US \$19.99

237 pages

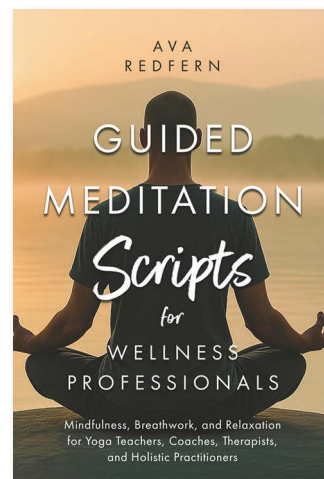
The publisher writes: "Looking for beautifully crafted meditation scripts to guide your clients into deep relaxation, mindfulness, and transformation? *Guided Meditation Scripts for Wellness Professionals* is an essential resource for yoga teachers, coaches, therapists and holistic practitioners who want to lead impactful meditation sessions with confidence."

"Whether you work with groups or individuals, this collection of over 100 expertly written scripts will help you create a calm, healing atmosphere for your students and clients."

"Inside, you'll find:

- Mindfulness and breathwork meditations. Help clients cultivate present-moment awareness and deep relaxation
- Visualisation and journeying scripts.: Take participants on incredible inner journeys for healing, self-discovery and emotional well-being
- Body scan and relaxation exercises. Guide others into deep states of rest and release stored tension
- Themes for every setting. Meditations tailored for stress relief, gratitude, energy balancing, self-love, inner peace and more
- Customisable scripts for any audience. Easily adapt each meditation to suit your unique teaching style and client need

"With this book, you'll never struggle to find the right words for a meditation session again. Whether you're leading a class, workshop or private session, these professionally crafted scripts will help you inspire, soothe, and support those you guide."



## DISCOVER THE ANGELS

By Alison Wynne-Ryder

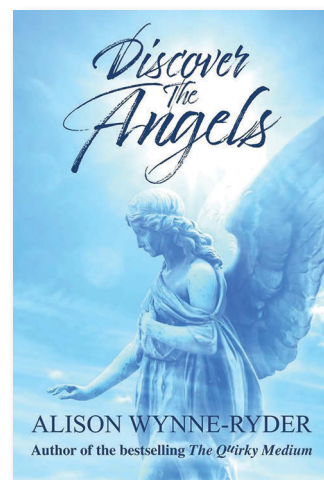
RRP UK £10.00 US \$12.00

174 pages

The publisher writes: "Alison Wynne-Ryder is known by her many clients worldwide as 'The Angel Lady with a difference,' her quirky sense of humour evident in everything she does."

"She is a clairvoyant medium of international fame, the star of the TV show *Rescue Mediums*, and an Usui Reiki Master Teacher, practising and teaching reiki for more than two decades."

"Her special talent, however, is sharing her wealth of personal knowledge and awareness of





the angelic worlds with others, helping us all to embrace the love of the angels in our homes and personal lives. Through her workshops, healing sessions and online teaching, she has brought peace and a positive outlook for many.

"In this beautifully written book, Alison gives us the whole story. Not only does she describe the true nature of the angelic hierarchy, the individual characteristics of archangels and the essential part that guardian angels play for us, we learn how to welcome these wonderful beings of light into our lives in very practical, down-to-earth ways.

"Yet this is no dry, academic book – it is brimming with eye-opening and utterly inspiring true accounts by people of all beliefs and backgrounds.

"Alison's first book, *The Quirky Medium*, described how she discovered her spiritual abilities and showed us behind the scenes of her TV show. It won a national award and is deservedly a worldwide bestseller."

## EMBRACE YOUR SHADOWS

A guide to healing your shadow emotions and embracing your inner child

By Christina Prokos

RRP UK £14.99 US \$15.99

144 pages

The publisher writes: "In this groundbreaking guide, Christina Prokos – a psychic intuitive and trauma healer – takes you on a transformative journey into the depths of your soul.

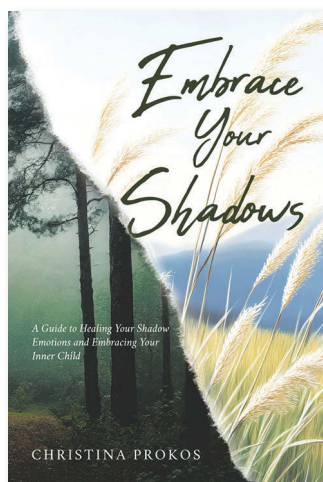
"With raw honesty and compassionate wisdom, this book reveals how your childhood wounds shape your adult life, relationships and self-worth.

"Dive into the shadows of abandonment, guilt, shame, rejection and loneliness to uncover their hidden gifts. Through profound insights, guided meditations and soul-stirring journal prompts, you'll discover how to:

- Reclaim your inner child's voice
- Transform pain into empowerment
- Integrate shadow emotions into your light
- Awaken your true, authentic self

"This isn't just a book: it's a doorway to emotional liberation, spiritual connection and the life you've always deserved.

"Are you ready to break free from the past and step boldly into the life your soul has been waiting for? The journey begins here."



**Have you recently published a non-fiction spiritual book or oracle deck?**

**If you have, please tell us about it.**

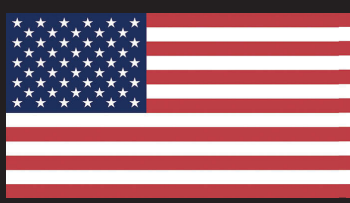
**We may be able to feature it in *Psychic News*.**

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**For details of Spiritualist Churches and Centres in the USA, please visit our new website address at:**

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



# Oracle Decks

## LIGHTFOOT ORACLE CARDS

By Jane Lightfoot

& Robert Nutt (illustrator)

RRP UK £28.50

Available from [www.janelightfoot.co.uk](http://www.janelightfoot.co.uk)

or [www.crystalsatmystique.co.uk](http://www.crystalsatmystique.co.uk)

For overseas rates please contact via one of the websites above.

The author writes: "I am delighted to announce the publication of the *Lightfoot Oracle Cards*.

"There are 42 oracle cards in the deck together with a booklet which discusses how to use the cards and card spreads.

"The book is designed to help you understand the meaning of each card you pick.

"Great for daily guidance or to use in a professional manner. The cards and book are within a tuck box."



## THE EARTH AND SKY ORACLE

A 48-card deck and guidebook

by Sophie Bashford

Amalia Rachel (Illustrator)

RRP UK £18.99 US \$26.99

The publisher writes:

"Awaken your connection with the mystical forces of the Earth and Sky and discover how the ancient guardians of our planet and Universe can support your inner healing, empowerment, and soul growth.

"By using the guidebook along with the beautifully illustrated cards, you'll tap into the sacred symbolism, Divine information, and elemental frequencies contained within the land, water, air and cosmos.

"Each card contains an inspiring and soulful message to help you activate your intuition and align with your highest path.

"Along with the card interpretations, you'll find instructions on how to work with the oracle's six suits to balance your personal energies.

- Earth: grounding and support
- Sky: lightness and movement
- Sun: action and creativity
- Moon: reflection and intuition
- Water: flow and emotions
- Celestial: Divine messages and inspiration."



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[nickdeanetoday@gmail.com](mailto:nickdeanetoday@gmail.com)  
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[www.spiritualsitting.co.uk](http://www.spiritualsitting.co.uk)

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or

[violetmoonpsychic@outlook.com](mailto:violetmoonpsychic@outlook.com)

Website:

[www.violetmoonpsychic.com](http://www.violetmoonpsychic.com)

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Mediumship and Flower Readings

On Zoom or by phone

Telephone:

01983 211964

or visit website:

[www.gypsyrosedivination.com](http://www.gypsyrosedivination.com)

## ASSOCIATIONS

### THE BRITISH PSYCHIC AND MEDIUM ASSOCIATION

[www.britishpma.co.uk](http://www.britishpma.co.uk)

Listing Directory of Psychics,  
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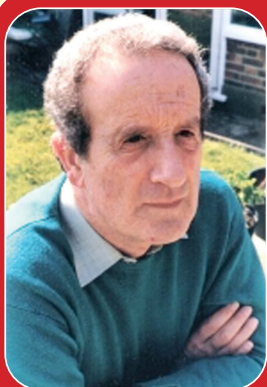
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DISCOUNTED CHURCH & CENTRE CLASSIFIED RATES ARE ON PAGE 60



# WEBSITE LISTINGS

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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](http://www.ronaldhearn.com)**



# What's On at Spiritualist Churches & Centres

## ENGLAND

### BERKSHIRE

#### MAIDENHEAD SPIRITUALIST CHURCH

River View Lodge,  
Ray Mead Road,  
Maidenhead SL6 8NJ  
President: Jenny Lloyd  
Telephone: 07857 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  
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All Welcome

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## COUNTY DURHAM

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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

## DEVON

#### BRUNSWICK SPIRITUALIST CHURCH

1 Keppel Place,  
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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

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16 Bath Road,  
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Every Sunday at 10.45am  
Service with Mediumship  
First Sunday of month  
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Service with Mediumship  
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*Open Circle* Tuesdays at 7pm  
*Visit our website for  
details of our other events  
and names of mediums  
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All Welcome

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Dorset BH24 2PH  
See our Facebook page:  
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Connections  
Telephone: 01202 951405  
Mobile: 07958 509971  
Spiritual Connections  
Demonstrations of  
Mediumship & Open Circles  
Sundays  
Divine Service at 6pm  
*Please see our Facebook  
page for details of mediums  
serving in July, dates for our  
Open Circle and Special Events  
coming up*

#### CHRISTCHURCH SPIRITUALIST CENTRE

196B Barrack Road,  
Christchurch,  
Dorset  
BH23 2BQ  
President: Karen Martin  
Enquiries:  
07849 606437  
Website:  
www.christchurchsc.org.uk  
JULY 2025  
Sunday Service  
at 10.45am  
6<sup>th</sup> DAVID POWELL  
13<sup>th</sup> AL & GEOFF POTTS  
20<sup>th</sup> VICKIE DRIVER  
27<sup>th</sup> LINDSAY PERCIVAL  
Thursday Service  
at 7.30pm  
3<sup>rd</sup> JACKIE GUNNINGHAM  
10<sup>th</sup> DARREN ORLOWSKI  
17<sup>th</sup> JANET NEVILLE  
24<sup>th</sup> BRENDA AKISTER  
31<sup>st</sup> FLEDGLINGS EVENING  
Healing In person  
Tuesdays 10.00am - 11.30am  
*Special Events*  
Saturday 12<sup>th</sup> July  
10am - 12 noon  
1-1 Private Readings  
Saturday 19<sup>th</sup> July  
Workshop 10am - 4pm  
with WENDY WHARTON  
See website or phone  
centre for details  
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Facebook page:  
www.facebook.com/  
KinsonSpiritualistGroup  
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Divine Service at 6.30pm  
with a Medium  
*See Facebook for specials  
and other events*  
All Welcome

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SPIRITUALIST  
CHURCH**  
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Driffield,  
East Riding of Yorkshire  
YO25 6TR  
Telephone:  
07809 291928  
Website:  
[www.eternallifechurch.co.uk](http://www.eternallifechurch.co.uk)  
Every Sunday at 7pm  
Demonstration of Mediumship  
Spiritual Healing available  
All Welcome

## ESSEX

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SPIRITUAL CENTRE**  
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Parker Road,  
Grays,  
Essex  
RM17 5YN  
Every Sunday Admission £5  
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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

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OF FRIENDS  
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CENTRE**  
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Community Centre,  
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Laindon,  
Basildon,  
Essex SS15 5SP  
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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:  
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Spiritualist Centre**  
All Welcome

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CHURCH**  
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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

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SPIRITUALIST  
CHURCH**  
(Top of Lances Hill),  
390 Bitterne Road,  
Bitterne, Southampton,  
Hampshire SO13 1DR  
Telephone: 07731 938587  
Email: [info@bitterne-spiritualistchurch.co.uk](mailto:info@bitterne-spiritualistchurch.co.uk)  
Website:  
[www.bitternespiritualistchurch.co.uk](http://www.bitternespiritualistchurch.co.uk)  
Follow us on Facebook:  
**Bitterne Spiritualist Church**  
Official Services Offered:  
Spiritual Naming,  
Weddings (including  
Same-Sex Marriages),  
Renewal of Vows, Funerals,  
Memorial Services  
**JULY 2025**  
Sunday 6<sup>th</sup> 6.30pm  
Divine Service with  
VANESSA SMALLWOOD  
Sunday 13<sup>th</sup> 6.30pm  
Divine Service with  
SARAH DEVERELL CSNU  
Sunday 20<sup>th</sup> 6.30pm  
Divine Service with  
LESLIE KNIGHT  
Sunday 27<sup>th</sup> 6.30pm  
Divine Service with  
TONI ANTOINETTE  
GOSWELL

**Crossroads Development  
Group**  
Every Tuesday 7.30pm - 9pm  
with ALISON POWELL  
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Every Tuesday  
2pm - 4pm & 5pm - 7pm  
Last booking at 6.30pm  
**Special Events**  
Friday 25<sup>th</sup> 7.30pm - 9pm  
Philosophy Evening with  
STEPHEN MAYGER  
Saturday 26<sup>th</sup> 10am - 1pm  
Coffee Morning  
Private Readings &  
Spiritual Healing  
All Welcome

## HERTFORDSHIRE

**CARPENDERS PARK  
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SPIRITUALISTS**  
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Contact Elaine Federico:  
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Sundays 10.30am  
Divine Service  
(except first Sunday in month)  
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**COWES  
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Newport Road,  
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Facebook:  
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Telephone: 0758 5227 348  
Sundays at 6.30pm  
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by Healing  
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All Welcome

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[@psychicnews.bsky.social](https://www.facebook.com/psychicnews.bsky.social)

## KENT

**BEXLEYHEATH  
CHRISTIAN  
SPIRITUALIST  
CHURCH**  
85 Lion Road, Bexleyheath,  
Kent DA6 8NT  
Enquiries: 07950 672200  
Website:  
<https://bexleyheathcschurch.wixsite.com/website>  
Email: [Bexleyheath.church@gmail.com](mailto:Bexleyheath.church@gmail.com)  
Or see us on Facebook  
**JULY 2025**  
Sunday  
Divine Service at 6.30pm  
6<sup>th</sup> LAURA BROWN  
13<sup>th</sup> TERESA RICKETS  
20<sup>th</sup> SHEILA SMITH  
27<sup>th</sup> LAURA WOOD  
Tuesday Service at 2pm  
1<sup>st</sup> JULIE SINCLAIR  
8<sup>th</sup> JAN MAWSON  
15<sup>th</sup> JILL BALL  
22<sup>nd</sup> BRENDA HODGSON  
29<sup>th</sup> IRIS BRIDGEWATER  
**Spiritual Healing**  
Tuesdays 7.30pm - 8.30pm  
Free (Donations accepted)  
**Open Circles**  
Mondays 7.30pm - 9.30pm  
(Excluding Bank Holidays) £5  
Wednesday 2<sup>nd</sup> July only  
12noon - 2pm £5  
**Open Platform**  
Wednesday 16<sup>th</sup> July  
7.30pm - 9pm £5  
with SHERRIE HARDAKER  
**Special Events**  
Saturday 12<sup>th</sup> July  
10am - 4pm £25  
Crystal Workshop with  
RASSAI  
Wednesday 30<sup>th</sup> July  
7.30pm - 9pm £5  
(Please arrive by 7.15pm)  
Medley of Mediumship  
with three mediums  
See website for details  
All Welcome

**INDEPENDENT  
SPIRITUAL GROUP**  
Orpington, Kent  
Enquiries: 07879 820125  
or 07734 793640  
Website: [www.independant-spiritualgroup.uk](http://www.independant-spiritualgroup.uk)  
Sunday Service 6.30pm  
At Liberal Hall,  
7 Station Road,  
Orpington BR6 0RZ  
Wednesdays 7.30pm  
Open Circle at  
Conservative Hall,  
6 Sevenoaks Road,  
Orpington BR6 9JJ  
See Facebook for Events  
and Workshops



## THE SANCTUARY OF HEALING CHRISTIAN SPIRITUALIST CHURCH

Mills Terrace,  
Chatham,  
Kent ME4 5NZ  
Telephone: 01634 880039  
Email: george.mcqueen  
@yahoo.co.uk

Website: [www.sanctuaryofhealing.co.uk](http://www.sanctuaryofhealing.co.uk)  
**JULY 2025**

Sundays 6.30pm - 8pm  
Divine Service (Donations)  
6<sup>th</sup> Medium  
13<sup>th</sup> Medium  
20<sup>th</sup> Medium  
27<sup>th</sup> Medium  
Friday Evenings of  
Clairvoyance 7.30pm - 9pm  
£4 (Members £3)  
4<sup>th</sup> Medium  
11<sup>th</sup> Medium  
18<sup>th</sup> Medium  
25<sup>th</sup> Medium

### 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  
Email: [mitchellsleight@btinternet.com](mailto:mitchellsleight@btinternet.com)  
Mediums' Secretary:  
Sharon Harris  
Telephone: 07731 815220  
**JULY 2025**  
Sunday Services at 6.30pm  
(doors open 5.50pm)  
6<sup>th</sup> SHARON FORDE  
13<sup>th</sup> LUCILLA READ &  
SUE CHILD  
20<sup>th</sup> SUE HOLCROFT &  
MARK CASSIDY  
27<sup>th</sup> TREVOR CHRISTIAN

## Evenings of Mediumship

Wednesdays 8pm  
£5 (£2.50 members)  
2<sup>nd</sup> DIANA REID  
16<sup>th</sup> KEVIN LARNER  
**Special Events**  
Saturday 19<sup>th</sup> July  
7.30pm £15 in advance  
Payment details below  
Evening of Mediumship in aid  
of mental health with  
CALLUM CORDELL  
Please contact Alan by phone  
or email to book a seat  
Payment methods: cash, card  
or PayPal (via PayPal add £0.40  
for admin)

### Open Circles in person

Tuesdays 1<sup>st</sup>, 8<sup>th</sup> & 15<sup>th</sup>  
7pm - 8.30pm £5  
Thursdays 3<sup>rd</sup>, 10<sup>th</sup> & 17<sup>th</sup>  
7pm - 8.30pm £5

### Private Readings

Thursdays by phone or online  
For details call  
Alan Mitchell-Sleight on:  
07949 633259

### Spiritual Healing

Wednesdays 1pm - 2.30pm  
And before the service on  
Sunday from 5pm - 6pm  
(providing healers are  
available)

### Open Platform

4<sup>th</sup> Tuesday of each month  
22<sup>nd</sup> July 2025  
7pm - 8.30pm £5  
Call Callum: 0790 210 9639

### Website:

[www.westwickhamspiritualistchurch.co.uk](http://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](http://www.leicesterprogressive.com)

Email:  
[spiritchurch@outlook.com](mailto:spiritchurch@outlook.com)  
Telephone: 0116 2536098  
We Welcome Everyone

## LONDON

## BARNES HEALING CHURCH

Between  
77-79 White Hart Lane,  
London SW13 0PW  
Five-minute walk from Barnes  
Bridge Railway Station  
Enquiries: 07581 534028  
Facebook:  
[www.facebook.com/barnshealingchurch](http://www.facebook.com/barnshealingchurch)  
Website: [www.barnshealingchurch.co.uk](http://www.barnshealingchurch.co.uk)  
Email: [barnshealingchurch@hotmail.co.uk](mailto:barnshealingchurch@hotmail.co.uk)  
**JULY 2025**  
Sunday Service of Mediumship  
at 6.30pm  
6<sup>th</sup> BARBARA POTTS

13<sup>th</sup> ASHLEY MILLS  
20<sup>th</sup> CELIA MITCHELL  
27<sup>th</sup> To be confirmed  
**Healing**

Tuesdays 7pm - 8pm  
**NEW TIME** Thursdays  
12noon - 2pm  
Please see our website  
or Facebook page for  
details about Healing,  
Private Readings,  
Open Platforms and more,  
and for any changes to  
the advertised times and  
mediums above  
**REGISTERED FOR  
MARRIAGES, CEREMONIES  
& SACRED SERVICES**  
All Welcome

## THE LONDON SPIRITUAL MISSION

13 Pembridge Place,  
London W2 4XB  
Email: [secretary@spiritualmission.co.uk](mailto:secretary@spiritualmission.co.uk)  
Website:  
[www.spiritualmission.co.uk](http://www.spiritualmission.co.uk)  
Telephone: 020 7229 2024  
Sunday Services  
6.30pm - 8pm  
Wednesdays 7pm - 8.15pm  
for Demonstration  
of Clairvoyance  
**Spiritual Healing**  
Mondays 1pm - 5pm  
Thursdays 5pm - 7pm  
**Animal Healing**  
Domestic pets welcome at  
the Monday and Thursday  
Healing Sessions  
For Special Events,  
Courses & Workshops  
please see our website  
All Welcome

## CHINGFORD SPIRITUALIST CHURCH

151-153 Larkshall Road,  
Chingford,  
London E4 6PE  
For Enquiries call:  
07956 328678  
or send a message via the  
Facebook page  
Every Wednesday at 7.30pm  
Evening of Mediumship  
Doors open at 7pm  
Entry: £4  
Cash only please  
**JULY 2025**  
2<sup>nd</sup> JOHN JENKINS  
9<sup>th</sup> ELAINE GROUT  
16<sup>th</sup> MICHAEL REDWIN  
23<sup>rd</sup> VAL DAINES  
30<sup>th</sup> EMMA COLE  
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  
JUNE 2025

*Sunday Divine Services in  
Church at 6.30pm*

6<sup>th</sup> Medium  
13<sup>th</sup> Medium  
20<sup>th</sup> Medium  
27<sup>th</sup> Medium

*Thursday Online Zoom  
at 7.30pm*

3<sup>rd</sup> Medium  
10<sup>th</sup> Medium  
17<sup>th</sup> Medium  
24<sup>th</sup> Medium  
31<sup>st</sup> Medium

### ONLINE ZOOM SERVICES

ID: 689 400 7125

Passcode: FULHAM (capitals)

For more information  
regarding our events,  
services and making freewill  
donations please contact  
us via email

Free Parking  
All Welcome

## MERSEYSIDE

### BIRKENHEAD SPIRITUALIST CHURCH

2 Mount Grove, Oxtou,  
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

## DEADLINE

The advertising  
deadline for the  
August 2025

issue is

8<sup>th</sup> July 2025

Please email your event  
details to

Paul Brett at:

pntemp12@gmail.com

## MIDDLESEX

### THE LIGHT ON THE HILL HARROW

#### SPIRITUALIST CHURCH

1 Vaughan Road,  
West Harrow,  
Middlesex,  
London  
HA1 4DP

Web: www.lightonthehill  
harrow.co.uk

Email:

lightonthehill@live.co.uk

Tel: 07528 348432

JULY 2025

In-Church Services  
Wednesdays at 7.30pm  
2<sup>nd</sup> ANN O'DONNELL  
9<sup>th</sup> DAVID CHAPMAN  
& KATH MORRELL  
16<sup>th</sup> JO STONE  
23<sup>rd</sup> KEVIN MALYON  
30<sup>th</sup> NEIL PAYNE

*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 3<sup>rd</sup> July 7.30pm

Healing service

Last patient at 8.45pm

Saturday 5<sup>th</sup> July

10.30am - 1pm & 2pm - 4.30pm

1-1 Private Readings

£20 per reading

Saturday 12<sup>th</sup> July 7.30pm

£10 (Members £8)

A Summer Special Evening of

Clairvoyance with

CHRIS DREW

Facebook Group:

'Harrow Spiritualist Church'  
for up-to-date news, events  
and serving Mediums

All Welcome

## NORFOLK

### HARBOUR LIGHTS SPIRITUAL GROUP

Council Hall,  
1 Yarmouth Road,  
Caister on Sea,  
Norfolk  
NR30 5DL

Telephone: 07746 516181

Every Sunday at 7pm

Mediumship Demonstration

For further details see our

Facebook page:

www.facebook.com/

caistercouncilhall

All Welcome

## NOTTINGHAMSHIRE

### EASTWOOD SPIRITUALIST CENTRE

Edward Road, Eastwood,  
Nottinghamshire NG16 3EU

Sunday 6pm - 7pm

Divine Service

Monday 7pm - 8pm

Divine Healing Service

Tuesday 1pm - 2pm

Awareness Group

Wednesday 7pm - 8pm

Mediumship Demonstration

Friday 6.30pm

Educational Circle

For mediums serving the  
centre and special events, see  
our Facebook page:

Eastwood Spiritualist Centre

All Welcome

## SOMERSET

### ALCOMBE & MINEHEAD CHRISTIAN SPIRITUALIST CHURCH

Grove Place, Manor Road,  
Alcombe, Minehead

TA24 6EH

Telephone: 0783 110 4896

Spring & Summer

(March to end of October)

Sunday Service at 6.30pm

Healing Groups,

Monthly Healing Day,

Healing Evenings,

Open Circles,

Evenings of Clairvoyance

all available on various days

during each month.

See our website for the full

day-by-day itinerary of what

our church can offer you,

including Groups,

Meditation & Healing

Winter

(November to end of February)

Sunday Service at 3pm

Website:

www.mineheadspiritualist  
church.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.westonsupermare

spiritualistchurch.co.uk

Telephone: 07872 581902

First Sunday in month  
11am Divine Service  
Sundays (except 1st in month)  
6.30pm Divine Service  
Mondays 7.30pm Open Circle  
Thursdays 3pm  
Guild with Demonstration  
of Mediumship  
4.30pm - 5.30pm  
Spiritual Healing  
7.45pm Awareness Group  
For details of mediums  
serving the church,  
Special Events, Workshops  
and Demonstrations  
see our Facebook page  
All Welcome

## STAFFORDSHIRE

### 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

**DISCOUNTED  
CLASSIFIED  
ADVERTISING RATES  
for CHURCHES  
and CENTRES:  
40p per word  
Email for a quote:  
pntemp12@gmail.com**



## SUFFOLK

### NEW LISTING

#### BURY ST EDMUNDS SPIRITUALIST CHURCH

Quaker Meeting House,  
St John's Street,  
Bury St Edmunds,  
Suffolk IP33 1SJ  
Tel: 0772 373 4604  
Sunday Service on the  
2nd and 4th Sunday of each  
month at 6.30pm  
For details of mediums  
serving the church and  
Special Events, please see our  
Facebook page:  
**Bury St Edmunds  
Spiritualist Church**  
All Welcome

### NEW LISTING

#### THE MAGICKAL EMPORIUM

No 1, Market Place,  
Halesworth,  
Suffolk IP19 8BA  
Website:  
[www.thewitchofsuffolk.co.uk](http://www.thewitchofsuffolk.co.uk)  
Email:  
[hello@thewitchofsuffolk.co.uk](mailto:hello@thewitchofsuffolk.co.uk)  
Beyond being a physical shop,  
The Magickal Emporium is a  
welcoming space where you  
can freely express your true  
self and engage in all things  
magickal.  
We offer workshops on  
Spiritual Development,  
Astrology, Candle or  
Incense Holder-making,  
Pendulum Magic.  
We also hold gatherings and  
events such as Gong Baths,  
Sound Healing, Wheel of the  
Year gatherings and much,  
much more.  
Follow us on Facebook  
at: [www.facebook.com/witchofsuffolk/](http://www.facebook.com/witchofsuffolk/)  
All Welcome

#### SUDBURY CHRISTIAN SPIRITUALIST CHURCH

The Stevenson Centre,  
Stevenson Approach,  
Great Cornard, Sudbury,  
Suffolk CO10 0WD  
Meetings:  
Every Sunday at 2.45pm  
for 3pm to 4.30pm  
There is NO ENTRY FEE  
We only respectfully  
suggest that donations are  
made during the service  
For more information,  
call Maureen on:  
07931 366 610  
All beliefs and denominations  
are welcome

## SURREY

#### CAMBERLEY SPIRITUALIST CHURCH

112 Gordon Road,  
Camberley,  
Surrey GU15 2JQ  
Website: [www.camberleyspiritualistchurch.org](http://www.camberleyspiritualistchurch.org)  
Telephone: 01276 409004  
**JULY 2025**  
Sunday Divine Service 6.30pm  
6<sup>th</sup> MICHAEL LENNON  
20<sup>th</sup> JENNY DOCHERTY  
**Evenings of Mediumship**  
Tuesdays at 7.30pm  
£5 (£4 members)  
1<sup>st</sup> LORRAINE FRANCOIS  
& ALAN SALMON  
8<sup>th</sup> GILLIAN BLAISE  
15<sup>th</sup> EMMA DOWSING  
22<sup>nd</sup> SPENCER ROSE  
Charity Evening for Harper  
Asprey Wildlife Rescue  
29<sup>th</sup> HAYLEY FOX  
**Special Events**  
Saturday 5<sup>th</sup> July 2pm - 3.30pm  
Trance Demonstration with  
PHIL SHAW and his  
Spirit Guide CHUNG  
£10 (£8 members)  
Bookings in advance only  
All proceeds to go to  
Macmillan Cancer Support  
**Open Circle**  
Every Monday  
7.15pm for 7.30pm start  
**Platform Mediumship Class**  
Thursday 24<sup>th</sup> 7.30pm £5  
with SARAH NORRIS  
**Open Platform**  
Wednesday 2<sup>nd</sup> July  
7.30pm - 9.30pm  
with GILL THOMAS  
£5 to be on platform  
£3 to be an audience member  
**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](mailto:croydonspiritualistchurch@gmail.com)  
Website:  
[www.croydonspiritualistchurch.org.uk](http://www.croydonspiritualistchurch.org.uk)  
**JULY 2025**

Sunday 11am Service  
6<sup>th</sup> MOLLIE & PETER  
MCMANUS  
13<sup>th</sup> MICHAEL LENNON  
20<sup>th</sup> MICHAEL LENNON  
27<sup>th</sup> KATHLEEN  
CUNNINGHAM  
Wednesday Evenings  
of Mediumship at 7.45pm  
Members: £2.50  
Non-Members £5  
2<sup>nd</sup> KEVAN LARNER  
9<sup>th</sup> DIANA REID  
16<sup>th</sup> VICKY KNIGHT  
23<sup>rd</sup> VANDA GALAZKA  
30<sup>th</sup> SHARON FORDE  
**Community Coffee Morning**  
Tuesday 1<sup>st</sup> July 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  
16<sup>th</sup> IRENE HALL &  
EMMA DOWSING  
13<sup>th</sup> To be confirmed  
20<sup>th</sup> SUZIE KING  
A free will offering will  
be collected  
Tea/coffee and home-made  
cake after the service  
Healing available  
**Open Platform**  
Friday 18<sup>th</sup> July 7.30pm  
Practise your mediumship  
All levels welcome £4  
Supportive audience £2  
All Welcome



#### KINGSTON NATIONAL SPIRITUALIST CHURCH

Villiers Road,  
Kingston upon Thames,  
Surrey KT1 3AR  
Website: [www.kingstonsc.net](http://www.kingstonsc.net)  
Email: [kingston.spiritualist@yahoo.com](mailto:kingston.spiritualist@yahoo.com)  
Follow us on Facebook  
Enquiries: 07503 405007  
Bookings: 07780 474440  
**JULY 2025**  
Sunday Service at 11am  
Plate Collection  
6<sup>th</sup> RAY PRENDERGAST  
13<sup>th</sup> ANGELA WATKINS  
20<sup>th</sup> SARAH McLAUCHLAN  
27<sup>th</sup> PATRICK MURRAY &  
guest PHILIPPA BASSETT  
Mondays at 7.30pm  
Evening of Mediumship  
£4 (members £3.50)  
followed by Healing  
7<sup>th</sup> DENISE SAUL  
14<sup>th</sup> MARTIN TWYCROSS  
21<sup>st</sup> CELIA MITCHELL  
28<sup>th</sup> MICHAEL DJAN  
**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 5<sup>th</sup> July  
2pm - 4pm £6 (£5 members)  
£3 Audience  
**Open Awareness Circle**  
For beginners 18+  
on 1st & 3rd Friday of month  
4<sup>th</sup> & 18<sup>th</sup> July 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 16<sup>th</sup> July 7.30pm  
£6 (£5 members)  
**Private Readings**  
Saturday 12<sup>th</sup> July  
10.30am - 2pm £25  
with RIKI DAVIES,  
BARBARA POTTS &  
NICOLA ANTONI  
Pre-booking & payment  
required at the church or on  
07780 474440  
**Evening of Mediumship**  
Saturday 26<sup>th</sup> July 7.30pm  
£7 (members £5)  
with LAURA WOOD &  
STEPHEN TICKLE  
Please check our website  
for updates and any  
programme changes.  
Open to members and public  
All Are Welcome

## SUTTON SPIRITUALIST CHURCH

St. Barnabas Road,  
Sutton,  
Surrey  
SM1 4NP  
Telephone:  
07958 034820  
Website: [www.suttonspiritualistchurch.co.uk](http://www.suttonspiritualistchurch.co.uk)  
Sunday 6.45pm  
Divine Service  
Thursday 7.45pm  
Service with Demonstration  
of Mediumship  
For Special Events and  
mediums serving the church,  
see our Facebook page:  
**Sutton Spiritualist Church**  
All Welcome

## EAST SUSSEX

### SEAFORDSPIRIT

Seaford Independent  
Spiritualist Church,  
3 Warwick Road,  
Seaford,  
East Sussex  
BN251RS  
Telephone:  
01323 737407  
Email:  
[enquiries@seafordspirit.co.uk](mailto: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](http://www.seafordspirit.co.uk)  
Subscribe for updates and to  
register for online events and  
to receive log-in codes for  
Divine Services  
All Welcome

## WEST SUSSEX

### 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

### PARKSIDE SPIRITUALIST CHURCH

The Joe Capstack  
Memorial Hall,  
4 MacDonald Road,  
Wyken, Coventry,  
West Midlands  
CV2 5FF  
Sunday 3pm  
Divine Service  
Monday 7.30pm  
Open/Awareness Circle  
Wednesday  
1pm Healing  
Website:  
[www.parkside-spiritualistchurch.com](http://www.parkside-spiritualistchurch.com)  
For specials see our Facebook  
page:  
**Parkside Spiritualist Church**  
All Welcome

### STOURBRIDGE NATIONAL SPIRITUALIST CHURCH

49 Union Street,  
Stourbridge,  
West Midlands DY81PJ  
Telephone:  
01384 825060  
Website:  
[www.stourbridge-spiritualistchurch.com](http://www.stourbridge-spiritualistchurch.com)  
Sundays 6.30pm - 8pm  
Divine Service  
Mondays 1.45pm - 3pm  
Divine Service  
Wednesdays  
12.30pm & 7.30pm  
Awareness Groups  
Mondays 7pm Meditation  
Some Saturdays  
7.30pm - 9pm  
Mediumship Demonstration  
See our website or Facebook  
page for dates  
**Healing Sessions**  
Mondays 12 noon - 1.15pm  
(Before Service)  
Thursdays 7.30pm - 8.45pm  
For details of Special Events  
and mediums serving the  
church, please visit our  
Facebook page:  
**Stourbridge Spiritualist  
Church**  
All Welcome

## SUTTON COLDFIELD SPIRITUALIST CHURCH

Kenelm Road,  
Off Manor Hill,  
Sutton Coldfield,  
West Midlands  
B73 6HD  
Website:  
[www.scsonline.co.uk](http://www.scsonline.co.uk)  
Telephone:  
0121 354 3266  
Sunday 6.30pm  
Divine Service  
Monday 1.30pm  
Service  
Tuesday 7.30pm  
Mediumship Classes  
Thursday 1.00pm  
Healing  
Friday 7.30pm £3  
Development Circle  
For details of Monthly  
Specials & Workshops  
please see our  
Website/Facebook  
Follow us on Facebook at:  
**Spiritualist Church,  
Sutton Coldfield**  
All Welcome

## WORCESTERSHIRE

### REDDITCH SPIRITUALIST CENTRE

139 Easemore Road,  
Redditch,  
Worcestershire  
B98 8HU  
Facebook:  
[www.facebook.com/RedditchSpiritualistCentre](http://www.facebook.com/RedditchSpiritualistCentre)  
Website:  
[www.redditch-spiritualistcentre.co.uk](http://www.redditch-spiritualistcentre.co.uk)  
Email:  
[redditchspiritualistcentre@gmail.com](mailto:redditchspiritualistcentre@gmail.com)  
Telephone:  
07907 378448  
Sunday 11am  
Divine Service  
Tuesday 7.30pm - 9pm  
Healing  
Wednesday 7.30pm - 9pm  
Mediumship Demonstration  
For details of Special Events  
and mediums serving the  
centre, please visit our  
Facebook page  
All Welcome

## SCOTLAND

### 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

### NEW LISTING KINCAIDSTON SPIRITUALIST CENTRE

Kincaidston Community  
Pavilion,  
Kincaidston Drive,  
Ayr KA7 3XB  
Each Sunday evening at  
6pm, a different Speaker and  
Demonstrator will lead the  
Service, which will be followed  
by tea and a Development  
Class.

For details of events and  
mediums serving the centre,  
please visit our Facebook page:  
[kincaidstonspiritualistcentre](http://kincaidstonspiritualistcentre)  
All Welcome

### KIRKCALDY SPIRITUALIST CENTRE

13 Kirk Wynd, Kirkcaldy,  
Fife KY1 1EH  
Facebook page: [Kirkcaldy.sc](http://Kirkcaldy.sc)  
Email: [kirkcaldy.sc@gmail.com](mailto:kirkcaldy.sc@gmail.com)  
Telephone: 07948 971381  
Sundays 5pm Divine Service  
Mondays 7pm  
Demonstration  
of Mediumship  
Tuesdays (alternate)  
7pm - 9pm Shamanic Healing  
All Welcome

### PATHHEAD AND DYSART SPIRITUALIST CHURCH

145 Commercial Street,  
Kirkcaldy, Fife KY1 2NS  
Telephone: 01592 262955  
Email: [r.birrell46@gmail.com](mailto:r.birrell46@gmail.com)  
Sunday 6pm Divine Service  
Thursday 6.45pm  
Healing Circle  
Thursday 7.30pm  
Development Circle  
See our Facebook page for  
details of visiting mediums  
and special events:  
**Pathhead and Dysart  
Spiritualist Church**  
All Welcome

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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](http://www.spiritualtruthfoundation.org)



## WALES

### THE PSYCHIC SHOP

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North Wales  
LL13 0SP  
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07360 272727  
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**Website:**  
[www.warrenstarling  
psychicmedium.com](http://www.warrenstarlingpsychicmedium.com)  
All Welcome

### 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

## 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

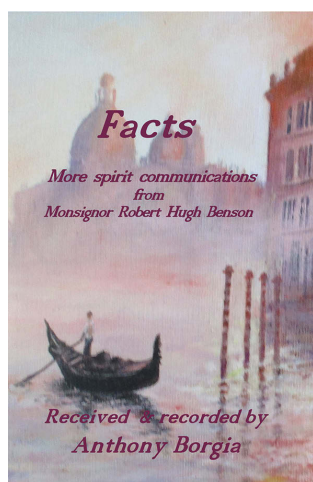
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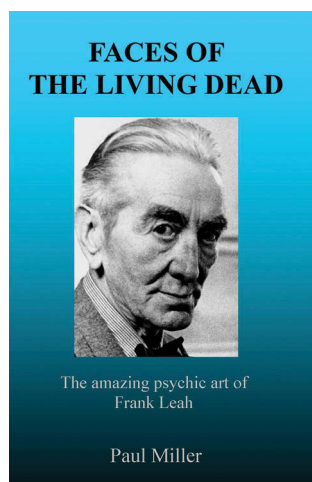
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**Email:**  
[info@divinelight.org.gr](mailto:info@divinelight.org.gr)  
**Address:**  
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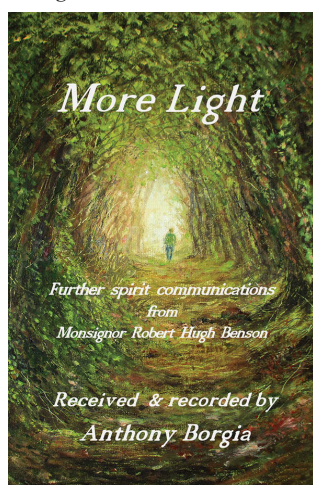
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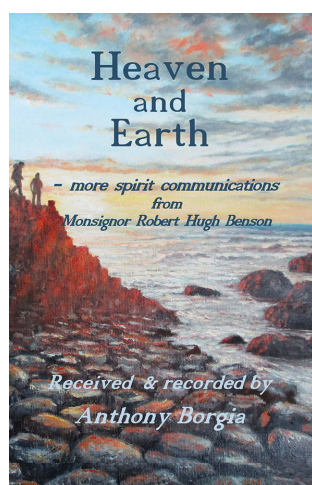
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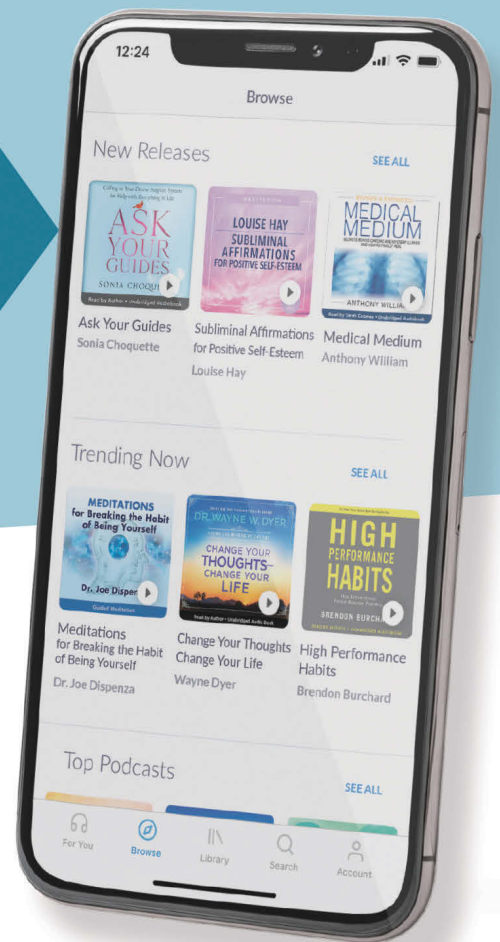
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