

£4.50 | AUGUST 2025

Psychic News

EST. 1932

Developing your mind, body and spirit

WHAT NATIVE AMERICANS CAN TEACH US TODAY

**ANCIENT WISDOM
FOR MODERN TIMES**

**DEVELOP THE
POWER OF GRADUAL
GRATITUDE**

**CHURCH OPENS
ITS DOORS TO HELP
DURING FIRE**

**TUBE WORKERS TELL
OF ENCOUNTERING
APPARITIONS**

**'TRUE RELIGION IS
TO GIVE SERVICE'
SAYS SPIRIT GUIDE**

**TRACE YOUR FAMILY
TREE WITH PSYCHIC
ANCESTRY**

**SOUL MIDWIVES
GIVE BIRTH TO
PEACEFUL PASSINGS**

**THE GREEN MAN HAS
A COLOURFUL PAST**

**'I ACCEPT SOUL'S
REALITY' SAYS
NEUROSURGEON**

**SPIRITUAL HEALING MINISTER TAKES
TEA AT BUCKINGHAM PALACE**



ISSUE NO 4251

SPIRITUALIST ASSOCIATION OF GREAT BRITAIN

Est 10th June 1872 ~ Celebrating 152 Years

341, Queenstown Road, Battersea, London SW8 4LH

Telephone: 020 7931 6488 Email: info@sagb.org.uk

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



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

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

SUNDAY SERVICE at the SAGB at 3.30pm to 4.30pm

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

HEALING CLINICS:

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

Saturdays 1st Clinic from 1pm to 3pm, 2nd Clinic 3.30pm to 5.30pm

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

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

please visit our website: **www.sagb.org.uk**
and Facebook at: **www.facebook.com/SAGBORGUK**



INTERNATIONAL
SPIRITUALIST
FEDERATION

Supporting Spiritualists Worldwide
for 100 years

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



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

For more details, membership
& to book events, visit our website
www.theisf.com



Contents

- 04 Two worlds are one**
Headline-making stories include a neurosurgeon who accepts the soul's reality, the UK's "atheist age," changing attitudes to funerals and medium Colin Fry

- 08 Spiritual healing minister takes tea at Buckingham Palace**
A Spiritualist minister describes attending a Royal Garden Party at Buckingham Palace

- 10 Trance healer is reunited with his daughter in the Beyond**
Famous trance healer George Chapman is reunited with his daughter, who has passed to the Higher Life

- 11 Church opens its doors to help during fire**
Churches in various parts of the country make news, including one which provided shelter when a nearby building caught fire

- 12 New headstone marks famous medium's grave**
A headstone in a Scottish cemetery now marks the physical resting place of prominent medium John Sloan

- 13 'Misfortunate properties' attract new buyers**
Homes with unfortunate histories have started to appeal to new buyers

- 14 Dalai Lama looks to the future, but hints of possible turmoil**
As he turns 90, the Dalai Lama declares that his successor must be identified in the traditional manner



- 15 Politician tells of being 'strangled' by medium**
The new chairman of Reform UK says he was "strangled" by a medium when his "dead" grandmother returned

- 16 Famous faces named for fifth series of TV programme**
Six celebrities are signed up to appear on a popular paranormal show

- 17 Mysterious marsh lights 'terrorise' fishermen**
Fishermen in Bengal are being "terrorised" by mysterious lights, which have led some to their deaths

- 18 Mayor cuts ribbon at opening of new crystal shop**
A punny mayor expresses delight at a new shop in Royal Wootton Bassett



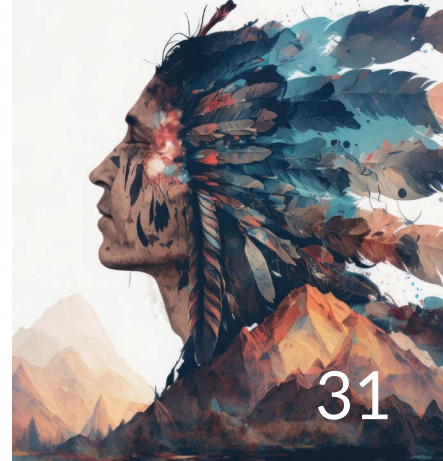
- 20 Haunted couture is now in fashion**
Forget the term haute couture, as the latest trend is haunted couture

- 21 Spectral stagecoach is seen passing former rectory**
The owner of a one-time rectory details haunting happenings inside and outside the property

- 22 Trace your family tree with psychic ancestry**
In this specially written feature, Terri Blair describes some of the wide array of ancestors she discovered by mixing mediumship with traditional genealogy

- 25 Soul midwives give birth to peaceful passings**
Felicity Warner outlines how soul midwives give care, comfort and companionship to those nearing the end of earthly existence

- 28 How to develop gradual gratitude**
Writer Sandra Francis explains how changing one's attitude helps to deal with difficult situations



- 31 COVER STORY**
What Native Americans can teach us today
An all-embracing investigation into the lives, attitudes and philosophy of Native Americans, including their innate belief in the afterlife and respect for nature

- 34 Author offers ancient wisdom for modern times**
Born in Iraq, Rasha Barrage's new book contains a treasure trove of wisdom from some of the giants of philosophy

- 37 Sudoku competition**
This month we have copies of Barbara Meiklejohn-Free and Flavia Kate Peters' deck titled *Spirit of the Drum Oracle* as prizes for five lucky winners

- 38 'True religion is to give service' says spirit guide**
What happened when two children put questions to the much-loved spirit mentor Silver Birch

- 42 The Green Man has a colourful past**
Graham Jennings answers readers' questions on the origins of the Green Man, superstitions and iridology

- 46 Tube workers tell of encountering Underground apparitions**
John West goes underground to investigate supernatural sightings on London's Tube network

- 50 Milton's wise words still ring true**
Lifelong Spiritualist Lionel Owen writes that "What happens upon death is merely a change of form"

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

- 54 Classified advertising**

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

EDITOR
Tony Ortzen

CHIEF REPORTER
Ann Green

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

CIRCULATION MANAGER
& EDITORIAL SECRETARY
pneditorials@gmail.com

TECHNICAL ASSISTANT
Magnus Smith

DESIGN AND LAYOUT
Louise Lynch

ACCOUNTS
Bryan Golland

NEW ADDRESS
PSYCHIC PRESS LTD
124 CITY ROAD,
LONDON,
EC1V 2NX

Tel: 01376 563091

EDITORIAL EMAIL
pneditorials@gmail.com

WEBSITE &
SUBSCRIPTIONS
www.psychicnews.uk

ISSN 0033-2801

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

FRONT COVER

Photo: Frameworld/stock.adobe.com

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



MIX
Paper | Supporting
responsible forestry
FSC® C017177



TWO WORLDS ARE ONE

NEWS AND VIEWS FROM
THE EDITOR'S DESK

BY TONY ORTZEN

Neurosurgeon backs soul's reality

OVER 50 years, I've interviewed some fascinating people, such as Dame Barbara Cartland, who passed on in 2000 at her grand Hertfordshire home aged 98 after writing an astonishing 723 books.

Sadly, by the time I interviewed her, Dame Barbara had lost some of her clarity. Fortunately, a secretary gave me two of her books. Peppered with some of the many remarkable psychic happenings Dame Barbara experienced, I turned these into an article.

Next comes motivational speaker and paranormal metal-bender Uri Geller, who first came to the UK in 1973 and appeared on BBC TV's *The Dimpleby Talk-In*.

The programme caused a sensation. Hosted by David Dimpleby, with various Fleet Street journalists looking on, Uri deformed one of the presenter's keys and took part in a successful telepathy test.

It was also a privilege to interview Swiss-American psychiatrist Dr Elisabeth Kubler-Ross, a pioneer in near-death studies, during a visit to London from the USA.

Her book *On Life After Death* draws on Elisabeth's in-depth research of over 20,000 people who described near-death experiences. All told, she wrote twenty-plus titles on death and dying, which have been translated into 44 languages.



DR MICHAEL EGNOR: "Soul is what makes you talk and think." (Photo: Facebook)

I always think of Elisabeth when reading accounts of near-death experiences or the soul, and here's another to add to a long list.

A neurosurgeon who has performed over 7,000 operations believes he has evidence that people possess souls, though when Dr Michael Egnor started studying decades ago, he did not believe in the concept.

"First of all," he told the *Daily Mail* ahead of the release of his book *The Immortal Mind*, "I didn't know what was meant by a soul. I would have thought back then that a soul was like a ghost, and didn't believe in ghosts."

"It's easier to study the brain like it was a computer... Bringing the soul into it makes it more complex."

Dr Egnor started questioning his ideas while working as a surgeon in New York. Doubt in his long-held beliefs emerged when

Psychic News (incorporating Two Worlds)

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

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

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

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



INTRIGUED TV presenter David Dimbleby looks on as Uri Geller demonstrates his metal-bending gift. (Photo: BBC/File photo)

he noticed that patients who were missing significant portions of their brain appeared completely all right.

The surgeon also found other case studies that he believes prove the existence of a soul, including the rare phenomenon of conjoined twins who share parts of a brain.

In his book, he discusses Canadians Tatiana and Krista Hogan. One twin controls one section of the body while the other controls the opposite side. Despite sharing a brain, each has their own personalities, and likes and dislikes.

Dr Egnor commented: "They share the ability to see through the other person's eyes, at least partially. They share the ability to feel things..."

"In other ways, they're completely different. That is, they have different personalities; they have different senses of self." Then came:

"Your soul is a spiritual soul... You have a spiritual part of yourself that you can't share with somebody else. Your spiritual self is yours alone..."

"Soul is what makes you talk and think, and what makes your heart beat, your lungs breathe, and your body do physiology. All of that. Every characteristic of a living thing is its soul. Anything that is alive has a soul.

"A tree has a soul; it's just a different kind of soul. It's a soul that makes the tree alive. A dog has a soul. A bird has a soul.

"The difference with the human soul is that our soul has the capacity for abstract thought. It has the capacity to have concepts, to use reason, to make judgements and to have free will."

Unlike the brain, the soul cannot be accessed through traditional tools, Dr Egnor continued, explaining: "You can't

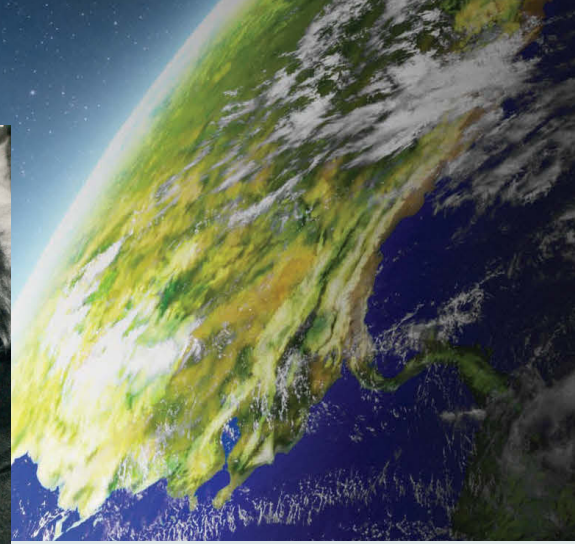
cut it with a knife like you can cut the brain with a knife. And I believe that your soul is immortal."

Dr Egnor is careful what he says to patients under anesthesia or in comas because people "in deep comas very often are still aware of what's going on around them..."

"If I'm in a room with a patient who is in a deep coma, I'm very careful about what I say because it's rather common that if you say something that's frightening to the patient, their heart rate will rise. They're clearly having a reaction to it..."

"You're really dealing with an eternal soul. You're dealing with somebody who will live forever, and you want the interaction to be a nice one."

In his book, Dr Egnor refers to American songwriter Pam Reynolds whose head was



drained of blood and body chilled before surgery.

Ms Reynolds remembered staring at her body from above and talking to "dead" relatives, who said it wasn't her time to pass on. Eventually, they forced her to return to Earth. The songwriter described her soul re-entering her physical body as "like diving into a pool of ice water."

Mum doesn't always know best...

BRITAIN is amid its first "atheist age" with non-believers now outnumbering those who accept God's reality. According to researchers from the universities of Munster and Berlin, mothers are responsible for the decline in religious belief.

The team conducted interviews with Christian and non-Christians and found that families – and especially mums – play a key role in passing on religion to their children. To get an overall picture, they surveyed and interviewed families in Germany, Finland, Italy, Canada and Hungary

"Parents are becoming less religious



A STUDY finds that joint practices like prayer or singing between parents and their children encourages them to adopt religious beliefs.



MILLIONS of people throughout the world witnessed Colin Fry's mediumship in person or on TV. (File photo)

and increasingly passing on non-religion or allowing their children to choose freely," they added.

Since 2000, there has been a global decline in those identifying with any type of religion. The 2021 census found that only 46 per cent of people in England and Wales termed themselves Christian.

According to a study last year, the UK now has more atheists than those who believe in the existence of a god. Meanwhile, Gallup found four years ago that in America church membership fell below 50 per cent for the first time on record.

The experts identified multiple factors that tend to see religious beliefs successfully passed from the older to the younger generation.

Firstly, the family has to "cultivate a religious self-image." Secondly, it needs to engage in joint religious practices such as prayer or singing, whether at home or in church, which increase a sense of community and self-belief.

Thirdly, ideally both parents need to belong to the same denomination. "This not only creates consistency," said one press report, "but having two role models with the same belief system is more likely to foster an opinion that the religion is correct."

"Most importantly, mothers need to be closely involved in these religious practices, activities and traditions."

It seems that whether a young person becomes religious is decided primarily in adolescence. Researchers found that today's younger generation is adopting commonly preached values such as charity, solidarity and tolerance, but less so in a way relating to religion.

"While parents justify these on religious grounds, younger people see them now as general cultural and liberal values that no longer have a religious foundation," the experts added.

Looking around, one can see numerous examples of how lack of belief in religion has harmed humankind rather than enhanced it.

However, for decades Orthodox religions have promoted unyielding attitudes on subjects like contraception, abortion, gay rights, the role of women, assisted dying and other moral issues. Their teachings no longer resonate with the young.

Attending church, singing hymns and mouthing empty prayers by rote does not automatically make anyone a good, religious person no matter what their age.

The young have rejected Orthodoxy's outworn doctrines and man-made rules. Much better that they embrace noble attributes like being caring, kind, loving, spiritual, tolerant and nonjudgemental.

No matter what our age, we should all try to do likewise on a daily basis, though it's not always easy...

Trance guide explains mind, body and spirit

IT'S hard to believe that medium Colin Fry passed of lung cancer nine years ago this month.

As well as demonstrating throughout the UK, he undertook highly successful visits to Australia, New Zealand, Japan, Sweden and Norway. Millions witnessed his psychic gift through TV appearances.

A clairvoyant and trance medium, one of Colin's guides was named Magnus. A financial director of a publishing company in late Victorian times, he acted as a spokesman for a group called "The Diamond."

On one occasion, Magnus was asked how he would best describe the mind, the soul, the spirit and the spirit body. The guide replied:

"Those of morphic form will often speak of mind, body and spirit. These, of course, are the correct components of existence, but their order is incorrect.

"If you are to place priority, you must speak of spirit, mind and body, for spirit must always be your principal consideration when you consider your existence.

"Spirit is the force of instigation. It is by the Spirit that all happens. By the impetus of your spirit so events occur or you become a party to events.

"The mind? Mind is the process to which the spirit shall send instructions and receive information.

"The body is the vehicle in which experience is gained in the morphic form. The spirit body is a vehicle that shall take the spirit from this morphic world of yours...

"During earthly existence you create within the structure of your morphic energy a counterpart, a shell – the etheric form. This shall carry your spiritual energy, your life force, from this earth world into the state of Spirit."

Another time, Magnus gave these lovely teachings: "The strong protect the weaker and the weaker protect the weaker still, so that in a chain of unconditional love, the hand of the strong holds the hand of the weak and the hand of the weak holds the even weaker so that all are cared for."

"Treat all life with honour, all life with dignity and all life with unconditional love."

"Every moment must be a moment of exploration and discovery. Every encounter that you have with another life form, whether it be humankind or animal-kind, must be an experience of gaining understanding of the process of life."

A grave problem going green...

ONE day we are all going to pass on. Our purely temporary physical bodies lovingly put to one side, a funeral follows, but Spiritualism is the only religion which teaches the reality of spirit contact.

Not only does this offer evidence of survival after death, for communicators also prove that they have retained their character, personality, intelligence, memory and other attributes.

Proving one's identity through a third party such as a medium is not always easy. Often it is little details which jigsaw together to show that an individual has survived the great adventure called passing on.

Changing attitudes to funerals was investigated by *The Guardian's* Amelia Hill, who wrote: "Until recently, wanting an environmental funeral was a radical concept.

"Now, it's increasingly mainstream: a recent report by the National Funeral Directors Association found over 60 per cent of families said they would be interested in investigating green funeral options – up from 56 per cent in 2021.

"Even local councils are responding: the Association for Public Service Excellence recently found that over 61 per cent of councils across the UK already provide natural or woodland burial grounds, or plan to do so in the near future – up from 44 per



A GRANDMOTHER'S ashes were divided into five "joyous and celebratory" fireworks.



TIBETAN prayer wheels are used to accumulate merit, spread blessings, help all beings in the world and purify one's karma. (Photo: Donvikro)

cent in 2018.

"There are now an almost bewildering number of options available for those who want their death celebrated in a sustainable way."

Amelia explored various methods of dealing with people's earthly remains, including some which are novel and meaningful.

"My mum had cancer for five years and kept saying that she wanted to go up in a firework," said Caroline Murphy, of her mother, Jeanne. "I never even knew it was a thing but after she died, we discovered that it was."

Jeanne's ashes were divided into five fireworks, four of which have already been exploded in places significant to the family.

Her granddaughter, Gabriella, commented: "My grandmother always said she was going to watch over us. After seeing her explode in the night sky above us, I can believe that's true.

"Each time we let a firework off, it was really joyous and celebratory. It suited her character perfectly." What a lovely way to be remembered!

Amelia cited various ways that disposing of bodies often cause immense harm to the environment. Even going green has its problems, as many sustainable alternatives to a wooden coffin are made in China, then shipped all the way to the UK.

On the bright side, traditional funerals can cost upwards of £5,000 whereas green burials clock in for as little as £700.00.

Ideally, funerals should be a celebration of someone's life and achievements. As Spiritualists appreciate, those we love Beyond truly are only a whisper away, and will guard, guide and care for us if we watch, wait and listen.

To honour the Dalai Lama

AS an entrée to a feature on the Dalai Lama on page 14, here are some of his thoughts to inspire and uplift our spirits.

- Love and compassion are necessities, not luxuries. Without them, humanity cannot survive.
- If you want others to be happy, practise compassion. If you want to be happy, practise compassion.
- When you realise that everything springs only from yourself, you will learn both peace and joy.
- When we feel love and kindness towards others, it not only makes others feel loved and cared for, but it also helps us to develop inner happiness and peace.
- Because we all share this planet earth, we have to learn to live in harmony and peace with each other and with nature. This is not just a dream, but a necessity.
- Every day, think as you wake up: "Today I am fortunate to be alive. I have a precious human life; I am not going to waste it."
- As you breathe in, cherish yourself. As you breathe out, cherish all beings.
- The whole purpose of religion is to facilitate love and compassion, patience, tolerance, humility and forgiveness.
- Compassion and tolerance are not a sign of weakness, but a sign of strength.
- People take different roads seeking fulfilment and happiness. Just because they're not on your road doesn't mean they've got lost.

Spiritual healing minister takes tea at Buckingham Palace

A SPIRITUALIST minister has taken tea at Buckingham Palace as a guest at a prestigious Royal Garden Party.

Kathryn Grundy attended the exclusive, invitation-only event in recognition of her work as a Spiritualists' National Union (SNU) spiritual healer.

Writing a report for the union's website, Kathryn said: "I received a letter from the Lord Lieutenant's office in Lancaster, Lancashire, telling me that the Lord Chamberlain had requested a list of people she would recommend to receive an invitation to a Royal Garden Party, and my name had been put forward.

"I was asked if I would like to attend, and then a few months later I received the invitation. This was accompanied by a dress code and general information about the day.

"It was a wonderful day. I was pleased to be able to attend with my husband Tom." He holds the union's Certificate of Recognition (CSNU) and is also a Silver Long Service Award-holder.

"It was hot and sunny," said Kathryn. "We walked across the rear garden in front of the terrace that the King greeted the troops on after his coronation."



AS was to be expected, the garden party was filled with colour, pomp and ceremony. (Photo: Minister Kathryn Grundy)

Describing the scene, Kathryn added: "There were two marquees with bands playing at either ends of the garden and a huge marquee serving small plates of afternoon tea and refreshments.

"The bands started playing the National Anthem. Then the Prince and Princess of Wales, the Duke and Duchess of Edinburgh and Princess Beatrice and her husband walked down the long walk to the diplomatic tent.

"The crowds were lining the walk and the Royals walked down either side of the people talking to a few on the way."

Kathryn said everyone was very friendly "and we spoke to people representing new industries. There were a lot of clergy there.

"We were pleased to see a number of different religions being represented. There were a lot of service personnel there as well."

The minister was delighted "to be



KATHRYN GRUNDY was "delighted" to be spoken to by the Princess of Wales and "explained about my regalia, being a minister of the Spiritualists' National Union, about my healers' badge and the significance of my Silver Long Service Award."

(Photo: Minister Kathryn Grundy)

spoken to by the Princess of Wales as they made their way back to the palace. I explained about my regalia, being a minister of the Spiritualists' National Union, about my healers' badge and the significance of my Silver Long Service Award."

In 2013, *Psychic News* reported a session at the Arthur Findlay College when Kathryn was sitting watching a demonstration by Swiss medium Lillian Steiner-Iten. Detailed evidence was given, but nobody claimed the communication.

A former *PN* editor wrote: "A rather embarrassed voice was heard from behind the medium on the platform saying, 'I'm very sorry...'"

"Kathryn Grundy, who, I noticed, had been paying close attention to the message, finally spoke up, apologising profusely. She had recognised the description her fellow tutor was giving. The message was for her..."

"Generously, Kathryn invited Lillian to cut the message, but the spirit visitor was having none of it! Lillian stepped off the platform to face Kathryn and proceeded to give her very detailed additional information, which she appeared to accept readily."

Kathryn was the first female to be appointed Chair of the SNU Healing Committee. It was during her time in this role "that the national training of healers was formulated.

"We worked with UK Healers and the Prince's Trust to regulate the appointment,



LET there be music! Bands played at either ends of the garden at Buckingham Palace.
(Photo: Minister Kathryn Grundy)

training, upgrading, discipline and regulation of healers."

She was later Chair of the Accreditation Committee, tasked with assessing healers as they work through the various grades of understanding from Approved Healer to certificate and diploma grades.

Kathryn "took the basic programme we had devised for all healers working within the UK and adapted it to include our religion and how healing practice would work within the SNU." Although the programme has been updated, it is essentially still the same.

Serving on the union's National Executive Committee, Kathryn travelled abroad, "teaching SNU healing in various EU countries. I lectured about spiritual healing to the Royal College of Doctors."

Kathryn is still healing at her local

Fleetwood Spiritualist Church, which is north of Blackpool, Lancs. Summing up the garden party, she commented:

"It was a real honour to be invited to the palace, so that I could visibly promote Spiritualism to all those who asked about my regalia... We were able to promote Spiritualism to a wide circle of people.

"We hope that we interested more people in our religion and enjoyed being able to talk to others representing their religions too.

"It is so important that we get our message out there to the general public, as those we spoke to were unaware that Spiritualism is actually a religion. Every opportunity is a blessing not to be missed."

To read more about the SNU, please visit www.snu.org.uk

IN HONOURING THE LAND, WE RECLAIM OUR POWER.
WHEN WE RECLAIM THAT POWER, THINGS BEGIN TO SHIFT,
FOR US AND OUR WORLD

PROJECT
EARTHWORK

Join our free monthly meditation and energy activation
projectearthwork.org

Trance healer is reunited with his daughter in the Beyond

A FAMOUS trance healer will have been reunited with his daughter following her passing to the Higher Life. Lana Catherine Dodds, whose father is George Chapman, was aged 77.

Her brother Michael told *Psychic News*: "My sister passed peacefully to the spirit world after a short illness at a care home in Aylesbury, Bucks. Peter, her husband of 36 years, was at her bedside.

"Lana was the second daughter born to my mother and father – Vivian Margaret being the first. Vivian was born on July 22, 1945, and only lived for one month. She was the main reason that Father started his search for life after death."

George and his wife Margaret were devastated by their loss. Convinced "there just couldn't be a God who would let an innocent little baby die like that," George took part in séances and received assurance that Vivian was alive and well in the spirit world.

Developing his gift, George found himself entering a trance state. Eventually, well-known eye surgeon William Lang came forward to take control, explaining that his mission was to heal the sick.

Family members, former colleagues and patients he saw on Earth subsequently testified that it was indeed Dr Lang communicating via George.

Though etiquette-wise surgeons are known as Mr, patients always addressed him as Dr. Convinced of his identity, Dr Lang's family gave George numerous items of Dr Lang's furniture and supported him publicly.

For many years, George lived in Aylesbury, then moved to premises at Pant Glas, close to the market town of Machynlleth in Wales.

Deeply entranced for hours at a time, he treated thousands of people for 60 years before passing in August 2006, aged 85.

George travelled thousands of miles. As well as treating patients in the UK, he saw those in France and Switzerland. He also conducted spirit operations in the United States and India. Some affectionally called Dr Lang "The flying doctor."

After leaving school, George took up various manual occupations. During the Second World War, he served in the Irish



MICHAEL CHAPMAN is seen with his animal-loving sister Lana, who has passed aged 77.

Guards and the RAF, joining the Aylesbury Fire Brigade after being demobbed.

George grew up in the tough streets of Bootle, Liverpool between the world wars. Later, he became a professional boxer, but his first fights were with local children who were being cruel to cats and dogs.

He scraped together money from odd jobs to feed strays, gave sanctuary to as many as he could and tried to treat their injuries. Lana followed her father's animal-loving lead.

"Lana worked with Father for some time, travelling with him and acting as his receptionist," said Michael, "but her leaning was more towards animals.

"She was a great supporter of so many charities at home and abroad. She showed great love and compassion for animals. That was her way of healing."

Lana worked as a veterinary nurse and helped at the famous Tiggywinkles wildlife hospital in Haddenham, Bucks, which was founded in 1978. The centre is open 365 days a year caring for 13,000 sick, injured and orphaned animals annually.

Lana travelled the world working with animals. A great admirer of her father, the conservationist and committed Spiritualist Lady Michaela Denis Lindsay invited Lana to work at her home in Kenya. Sadly, Lana could not obtain the necessary permit.

While Lana was working in Switzerland, Michael recalled that she was visited by King Michael and Queen Anne of Romania, who were also good friends of George.

King Michael was the country's last monarch, having been forced at gunpoint to abdicate in 1947. In the foreword for George's 1973 book *Extraordinary Encounters*, the Queen wrote:

"We came to know personally George

Chapman and William Lang, and were most impressed by Mr Chapman's simplicity, sincerity and love for his fellow men, dedicating his daily life so that Dr Lang could work through him to cure and help us mentally and spiritually."

Lana returned to the UK and worked in the NHS, caring for children with special needs and the elderly.

"When Lana retired," Michael added, "she bought a little camper van and would travel to Pant Glas to visit our father, along with Peter and their dogs. Happy memories." On his floral tribute to his sister, Michael wrote, "We shall meet again."

The family healing tradition has continued through Michael, who works with William Lang and particularly with his son Basil, who passed in 1928.

Also an ophthalmic surgeon, Basil, who was born in 1880, died of pneumonia. He had married only eleven months previously.

When Michael was born 1952, Dr Lang wanted to see him. Through the entranced George, he declared that one day "Michael will be the medium for my son and so carry on the healing work."

Michael sees clients by appointment at Pant Glas and has a regular clinic at the Birmingham Holistic Health Centre, Kings Norton.

In October, he will run a clinic at the seaside town of Southport in Merseyside at the invitation of medium Bernice Robe-Quinn.

Michael also conducts distant healing sessions from his father's home in Wales. For information and contact details see www.michael-chapman.co.uk

Church opens its doors to help during fire

SPIRITUALIST churches in various parts of the country are making news, such as members of Bloxwich Temple of Light in Walsall, West Midlands, who provided shelter and support when a neighbouring building caught fire.

The Spiritualists' National Union (SNU) reported that a house fire "ragged out of control right next door to one of our centres.

"In true Spiritualist fashion, the team at Bloxwich opened their doors to take in injured neighbours and to help first responders.

"Those affected were given coffee, tea, soft drinks and cake, and somewhere safe to sit away from the dangerous situation."

Emergency services were called to Revival Street when a fire was started by accident in a garden shed.

Seeing the flames spread, fire fighters warned neighbours to close all windows and doors, and keep away. Four people escaped the house which was at the centre of the emergency.

The blaze spread to a car and doors and windows at the back of a house, and caused heat damage to two neighbouring properties.

A fire service spokesman reported: "Firefighters used three hose reels to fully extinguish the fire. There were no injuries or casualties. Crews damped down, and all resources had left this incident by 1.10 am."

The SNU statement added, "We are extremely relieved that the church itself is safe and was not affected by the fire, but our thoughts go out to those whose were, and whose homes were hit by the blaze."

Last month, Holywell Spiritualist Church in North Wales held a summer fair in aid of Hope House Children's Cancer Hospice. Cakes were a key component, with an afternoon tea provided and

goodies to take home in return for a donation.

The final proceeds were £1,100. A cheque, plus even more cakes for the children and staff, were handed over to the hospice.

Holywell church looks out over countryside and the Dee Estuary. It is not far from St Winifred's Wells, praised for their healing properties and often referred to as "The Lourdes of North Wales."

Its website states that healing "is a big part of both Holywell and our little community. We welcome all people of all faiths to visit us for healing and join in the services, events and workshops."

Holywell church is affiliated to the Greater World Association, which promotes Christian Spiritualism.

Elsewhere, plans have been submitted to turn a former Spiritualist church in Lancashire into a residential bungalow.

The Cup of Hope and Truth Foundation Independent Christian Spiritual Church on Blue Bell Place closed due to lack of attendance and was sold at auction to a developer.

Established in 1955 as the James Gardner Christian Spiritualist Church, named after its founder, the 50-capacity venue later became known as The Bluebell Christian Spiritual Church. The name was changed again around 2019, by which time the congregation had already dwindled.

Renovations in 2017 temporarily improved the deteriorating building. Former trustee the Rev Michelle Bailey told the Local Democracy Reporting Service: "I'd just like to say to those people



MEMBERS of Bloxwich Temple of Light provided assistance after a blaze at a neighbouring property. (Photo: Google)

who used to come that we tried our very best.

"Water started coming in and we had to get all the electrics changed, but in the end, we were spending too much money on it.

"I thought, 'The building doesn't want to live anymore, so I'm just going to let it go.' There was no-one coming anyway, so that was it."

Sheffield-based SK Houses 430 Ltd has submitted an application to Preston City Council for residential conversion of the building. The firm is proposing internal works to partition, repair and insulate the premises, which it claims have "limited scope for alternate uses."

In a Planning and Heritage statement, the company says the site "is a relatively non-descript single storey building which links through from the outbuildings at the rear of a public house to the workshops further up Blue Bell Place. There would be no adverse impact from the conversion to a single dwelling."

Preston Ethical Spiritualist Church continues to operate in Newton Road, Ashton-on-Ribble, Preston. Affiliated to the Spiritualists' National Union, it was formed in 1893. Its website is at www.preston-ethical-spiritualist-church.org.uk



A FUNDRAISING campaign was launched to cover the costs of medium's tombstone. (Photo: ISF)

New headstone marks famous medium's grave

A MEMORIAL headstone has been ceremoniously installed in a Scottish cemetery finally marking the physical resting place of a prominent medium.

John Campbell Sloan played a major part in furthering Spiritualism, but his grave had borne no tombstone since his passing in 1951.

After a fundraising campaign, the memorial stone was commissioned and a blessing service held in West Kilbride Cemetery in North Ayrshire.

Followed by an evening celebration, the event brought together representatives of the Spiritualists' National Union (SNU) and the International Spiritualist Federation (ISF) at the Glasgow Association of Spiritualists, which was John's home church.

John Campbell Sloan was born in 1869 in Dalbeattie, Scotland. From a young age he was often disturbed by rapping noises and strange voices which he did not understand. The manifestations increased, becoming "of a general and varied nature."

As Spiritualist and benefactor Arthur Findlay wrote in his 1931 book *On the Edge of the Etheric*, John's mediumship came to embrace "trance, telekinesis (objects' supernormal movement), apports, direct voice, materialisation, clairvoyance and clairaudience."

Mr Findlay described John as "a middle-aged man of slight build and a quiet manner. He has rather a dreamy expression. When sitting still and not speaking or taking part in a conversation, he seems to lose touch with his surroundings."

Employed as a packer in a warehouse and working as a shopkeeper to earn a living, John was vehemently against

accepting money for his mediumship.

Having experienced a demonstration of John's gifts in the Glasgow church, Mr Findlay kept returning because he could not believe that the phenomena he witnessed were genuine.

Asking somebody how much he should pay John, he was told: "If you suggest such a thing as paying him, he will be deeply offended; he does this as a duty, not to make money out of his mediumship."

Mr Findlay made a record of what he saw and heard while John was entranced, writing: "He speaks, but it would be more correct to say that his vocal organs vibrate the atmosphere, as no one can be with him long while this is taking place and think that his own personality is responsible for what is said."

"The voice is different, and the accent is different, and much of what is said is quite outside his range of knowledge."

John demonstrated direct voice mediumship during which "voices, claiming to be those of deceased people, speak, and when replied to, answer back intelligently, showing that there is not only a mind behind the voice, but that the intelligence is able to hear as well as speak."

Initially suspicious when he first attended a séance, Mr Findlay recorded that in the three hours, "Thirty separate voices spoke that night, of different tone and accent."

"They gave their names, their correct earth addresses and spoke to the right people, were recognised and referred to intimate family affairs."

This could not be faked, Mr Findlay concluded. On the "memorable night" of September 20, 1918, he heard a voice speaking in front of him, which declared itself to be his father Robert Downie Findlay.

The evidence he gave of matters known only to the father and son was the proof Mr Findlay needed. It led the businessman to establish the Glasgow Society for Psychical Research and to take part in the Church of Scotland's enquiry into psychic phenomena.

Subsequently, Mr Findlay bequeathed his mansion in Stansted, Essex, to the SNU to be used as a college for the advancement of psychic science.

John Sloan's spirit guide was White Feather, a Native American. The guide and other communicating spirit entities either spoke through John's vocal chords or via a séance trumpet, which were used to amplify voices.

Arthur Findlay transcribed 39 different séances with John Sloan. During that time, 83 separate voices spoke to those attending in 282 separate communications.

Mr Findlay classified 180 of them as "A1," containing information which was impossible for the medium or any other person present to have known about.

Despite his vast contribution to Spiritualism, John left little money when he passed, so there was not enough to mark the final resting place of his earthly remains. The grave also contains the remains of John's wife Agnes, who was a regular sitter in the physical circle.

Following a ceremony to bless the new headstone, a celebration of John's legacy was held at the Glasgow Association of Spiritualists.

ISF President Robin Hodson explained: "Our knowledge of John's unmarked grave was brought to our attention by British physical medium Stewart Alexander, who discovered it many years previously."

Stewart visited Scotland on a pilgrimage, sought out John's grave in West Kilbride cemetery and was "incredulous" to find that it had no memorial. Robin expressed pride that the ISF raised the necessary funds to put right the omission.

A video tribute by Minister Jackie Wright, President of the SNU, included an amusing tale. She said a group of sitters were relaxing at John's home after a séance.

"Amongst those people was a gentleman called William Jeffreys," said Jackie. "As he sat there comfortable in the chair, he remarked: 'There's only one thing missing from this evening. And that is a good cigar.'"

Apparently, John swiftly went into trance. White Feather came through and said: "Dim the lights. Give us a couple of minutes and we will see what we can do."

Jackie continued: "Within a couple of minutes, landing at the feet of Mr William Jeffreys was a lit cigar. It was very clearly the tip of it that could be seen glowing in the darkness."

Jeffreys picked it up, wiped the end with his handkerchief and began to puff on it with great relish. After a short while, he asked White Feather, "Where on earth did you get this from?"

The guide replied: "There is a gentleman walking through George Square. We took it from his mouth and brought it here. He is still looking for it right now."

Sean Taylor, President of the Glasgow Association of Spiritualists and Director of the SNU's National Executive Committee, added that Sir Arthur Conan Doyle, the famous creator of the detective Sherlock Holmes, was a keen advocate of John Sloan. His support helped to spread the word about his astonishing mediumship.

Sean also paid tribute to Agnes Sloan, saying: "Due to her love and unstinting support, the mediumship of John Campbell Sloan was able to reach so many more people than would otherwise have been the case."

"Her love and encouragement extended beyond the veil, so that during séances she would return to inspire John to continue with his mediumship."

Prior to the ceremonies, John made his appreciation known through a direct voice medium in France. He commented that he was "fine" with the new stone and happy his wife would be remembered with him.

'Misfortunate properties' attract new buyers

A FEATURE in the *South China Morning Post* reported that in Japan homes with dark histories have started to attract new buyers.

"Once shunned, 'misfortunate properties' – the sites of murders or suicides – are becoming hot commodities in Japan's surging property market," it reported.

The cause has been a surge in property prices, driven by increases in construction material and labour costs, as well as an influx of overseas investors.

In the capital Tokyo, small apartments have climbed in price by more than a third in a year, now fetching around half a million pounds.

Homes where murders or suicides have occurred are described as *jiko bukken* or "misfortunate properties" that most tenants or buyers would not go near in the past.

Where a body lay undiscovered for some time – a tragic event that is increasing in these times of social isolation – the property has been rejected by prospective buyers. A national survey found nearly 21,900 such cases last year.

An unfortunate repercussion is that older people may be turned away from renting a property as the owners fear they might pass unnoticed and blight the place.

"Modern thinking around *jiko bukken* has been shaped by Japan's ancient Shinto religion, which holds that when a person dies with regrets, their spirit lingers on Earth, often at the site of their death, bearing grudges or overwhelmed by grief," the paper said.

In 2021 the government stepped in, recommending that three years after such an event, homes should not be labelled *jiko bukken*. However, owners and agents still need to disclose all aspects of a property's history to prospective buyers or tenants if they ask.

The article featured property consultant and paranormal investigator Kazutoshi Kodama, who runs a business named Kachimode.

"Finding renters used to be virtually impossible," he said, "but with rising real estate prices, people have begun considering *jiko bukken* as an option."

One property where, seven years ago, an elderly woman hanged herself in the bathroom suffered another tragedy last year when her son passed alone and his body was not discovered for over a week.

Mr Kodama has stayed overnight at the house near Tokyo nearly twenty times, monitoring with video cameras, a thermal camera, an electromagnetic field meter, an air pressure gauge, a thermometer and a sound recorder. He recorded readings every hour.

If he experiences nothing of concern, he will issue a certificate to say the property is free of unhappy spirit beings. Meanwhile, the house is being rented out.

Other real estate brokers are looking at promoting the blighted properties, with or

without a clean bill of spiritual health.

They have found that some younger people are less concerned about potential paranormal activity while many speculators are attracted by the potentially high rent income.

"Investors don't care about the property's history because they won't live there," said Akira Ookuma, founder of property broker Happy Planning.

Buyers might also consider bringing in a Buddhist monk to perform a releasing ceremony for the "trapped" soul.


There appears to be a perceived scale of misfortune: agents commented that whereas the site of a murder may have to be sold for 80 per cent below regular market prices or even fail to sell at all, for other *jiko bukken*, the discount can be just twenty per cent.

With an ageing demographic, property experts predict that the number of Japan's *jiko bukken* will increase.

The *Morning Post* explained that "People aged 65 or above living alone currently account for fourteen per cent of all Japanese households, but in twenty years' time, they will form one-fifth of the total, the National Institute of Population and Social Security Research estimates."



MONKS perform ceremonies at blighted properties.



THE Dalai Lama: "All these years I've worked for the good of Tibetans... My life has been worthwhile."

Dalai Lama looks to the future, but hints of possible turmoil

THE Dalai Lama of Tibet has turned 90. Amidst birthday tributes and celebrations, he declared that the next leader – believed to be the reincarnated predecessor – must be identified in the traditional manner. His words hinted of spiritual and political turmoil to come.

"Although I am now 90 years old, I'm physically healthy and well," said His Holiness. "All these years I've worked for the good of Tibetans and the Dharma... My life has been worthwhile."

"As far as the institution of the Dalai Lama is concerned, there will be a framework for it to continue."

The Dalai Lamas are believed to be manifestations of Avalokiteshvara or Chenrezig, the bodhisattva of compassion and the patron saint of Tibet.

Bodhisattvas are enlightened beings who wish to attain Buddhahood for the benefit of all sentient beings; they have vowed to be reborn in the world to help humanity.

The Dalai Lama's role is to promote compassion, forgiveness, tolerance, contentment and self-discipline. As a Buddhist monk, His Holiness is committed to encouraging harmony among the world's religious groups despite their philosophical differences.

Named Tenzin Gyatso, he is the fourteenth Dalai Lama. He was born on July 6, 1935 to a farming family in a small hamlet in Taktser, Amdo, northeastern Tibet.

At the age of two the child, then named Lhamo Dhondup, was recognised as the reincarnation of the previous leader, Thubten Gyatso, who passed on in December 1933.

Tenzin began his monastic education at the age of six, learning logic, fine arts, Sanskrit grammar and medicine, with the greatest emphasis given to Buddhist philosophy. He also studied poetry, drama and astrology, and passed his final exams

with honours when aged 23.

After China's invasion of Tibet in 1950, His Holiness was called upon to assume full political power. He met with Chinese leaders, but was forced to escape into exile in 1959 following the brutal suppression of the Tibetan national uprising in Lhasa by Chinese troops.

Since then he has been living in Dharamsala, northern India, continuing to press for a peaceful way for Tibetans to retain their culture and freedom.

In 1989, the Dalai Lama was awarded the Nobel Peace Prize for his non-violent struggle for the liberation of Tibet. He has also voiced his concern for global environmental problems.

His Holiness has travelled to more than 67 countries; he has received over 150 awards, honorary doctorates and prizes, and written or co-authored over 110 books.

Dalai Lamas have functioned as both political and spiritual leaders of Tibet since 1642. However, in 2011 His Holiness effectively resigned as head of state.

He drew up clear guidelines for the recognition of the next Dalai Lama, insisting the Chinese government should play no part in it. He warned that no recognition should be given to any candidate chosen for political ends.

The BBC recently reported that the Communist Party of China now governs more than six million Tibetans, commenting: "China has invested heavily in the region, building new roads and railways to boost tourism and integrate it with the rest of the country."

"Tibetans who have fled say economic

development also brought more troops and officials, chipping away at their faith and freedoms." Anyone who appears to support the Dalai Lama "could end up behind bars."

In the years that followed the annexation, more than 150 monks, nuns and others set fire to themselves in protest.

"China has cracked down harder since, making it nearly impossible to determine what is happening in Tibet or Tibetan areas," the BBC added.

"Beijing has spoken loud and clear: the next reincarnation of the Dalai Lama will be in China, and approved by the Chinese Communist Party."

China insists that Tibetans are free to practise their religion, but countless citizens have been detained for staging peaceful protests, promoting the Tibetan language or even possessing a portrait of the Dalai Lama.

All under-eighteens must now attend Chinese state-run schools and learn Mandarin. They cannot study Buddhist scriptures in a monastery class until they are adults.

In the face of this, the Dalai Lama has watered down his earlier proposals, advocating for more autonomy rather than full independence for his homeland. Beijing believes he "has no right to represent the Tibetan people."

When the Panchen Lama, the second highest authority in Tibetan Buddhism, passed in 1989, the Dalai Lama identified a successor to that post in Tibet, but the child disappeared.

Beijing was accused of kidnapping him, although it insists that the boy, now an adult, is safe. It then approved a different Panchen Lama, who Tibetans outside China do not recognise.

Politician tells of being 'strangled' by medium

THE new chairman of Reform UK, the right-wing party headed by Nigel Farage MP, says he was "strangled" by a medium when he was a host of the paranormal TV show *Most Haunted Live!*

David Bull, 56, was born in London, but grew up in Framlingham, Suffolk before studying medicine at Imperial College London. He gained a Bachelor of Medicine degree, a Bachelor of Surgery degree and a Bachelor of Science honours degree in 1993.

Dr Bull left the medical profession in 2009 as his television career took off, although his licence was temporarily restored to allow him to help during the Covid crisis.

He began working on-screen as a guest expert on Sky's *Travel Show*, giving health advice to those travelling abroad. Dr Bull then joined the BBC's long-running children's news programme *Newsround* as a presenter and producer of segments regarding young people's health.

Following a string of jobs on TV aimed at viewers of all ages, Dr Bull hosted Live TV's highest rated series, *Most Haunted Live!* from October 2002 to October 2005.

The three-hour instalments featured paranormal investigations broadcast live, with interactive sections involving the audience.

In a recent interview with hosts Richard Madeley and Susanna Reid on ITV's *Good Morning Britain*, Dr Bull said he was once "strangled" by medium Derek Acorah because "my dead grandmother was with me."

Asked by Richard if he believes in ghosts, Dr Bull replied: "I do you know, Richard, I do, and I'll tell you why: because I've had some very odd experiences in the paranormal."

"When I was doing *Most Haunted Live!*, which was the world's largest live ghost hunt, we had all of these people watching, but when we came off air, some things happened that I cannot explain."



DR DAVID BULL: "I've had some very odd experiences in the paranormal."
(Photo: Jenny Smith)

After Susanna Reid wanted to know more, Dr Bull added: "For example, I was driving through a wood. It was pouring with rain, and I knew someone was in my car."

"I stopped the car in the middle of the wood, opened the boot, couldn't find anyone, got back into the car and drove really fast to the hotel."

"Derek Acorah, who was the show's medium at that time, came up to me in the bar and said, 'You didn't come here on your own, did you?' I asked, 'What do you mean?' and Derek said, 'Your grandmother is with you.'"

Dr Bull added that Derek "then changed facially. He started to channel her, that's what he said, and then jumped on me and tried to strangle me."

Seeing the shocked expressions on the faces of the hosts Dr Bull insisted: "I'm not kidding. I had bouncers in those days. They

pulled him off me, and then I went to bed."

The next day, Dr Bull asked Derek, "Would you like to explain why you tried to kill me?" Derek replied, "Well, when I was talking to your grandmother, it was then hijacked by another evil spirit."

Dr Bull ended his appearance on *Good Morning Britain* by telling viewers, "I've got a lot of stories like that."

The appointment of Dr Bull as chairman was announced by Reform UK after businessman Zia Yusuf resigned from the position following an internal row over the party's position on potentially banning the wearing of burkas.

Dr Bull was previously a member of the European Parliament for the Brexit Party representing NW England. He also formerly served as Reform UK's Deputy Leader from 2021 to 2023 and as Co-Deputy Leader, alongside Ben Habib, from 2023 to 2024.

Speaking at a press conference, Mr Yusuf, who had re-joined the party, said he was "hugely excited" that Dr Bull was taking the role, commenting:

"The reality is, what we need now in a chairman is someone who is an incredible communicator, someone who's loved universally across the party ... someone who's going to I think do a better job than me at energising volunteers on the front line."

Nigel Farage said Dr Bull would come to the chairman's role with "terrific verve, energy and enthusiasm."

He described Dr Bull as a "terrific communicator," adding that his "job is not to get involved with admin or tech," but to "give leadership to that volunteer army out there of people."

Mr Farage said it is "very good" that the new chairman has television experience, telling reporters that "message delivery and simplicity of message in politics is very important."



THE six celebrities in the new TV show are Suzanne Shaw, Nancy Dell'Olio, Gary Numan, Simon Weston, Beverley Callard and Antony Cotton. (Photo: Facebook)

Famous faces named for fifth series of TV programme

SIX famous faces have been signed up to appear on a fifth series of the hit paranormal programme *Celebrity Help! My House Is Haunted*. The stars are hoping that researchers will get to the bottom of unexplained happenings in their homes.

TV streaming channel discovery+ has just announced the new series, which will see investigators taking a look at the residences of Nancy Dell'Olio, Gary Numan, Suzanne Shaw, Beverley Callard, Simon Weston and Antony Cotton.

Nancy is an Italian-American lawyer and media personality. She first came to public attention as the partner of football manager Sven-Goran Eriksson.

The former England manager passed last year at his reputedly haunted home in Sweden, as reported in *PN's* October edition.

The pair separated in 2007 by which time Nancy was a celebrity in her own right. She has featured in reality shows such as *Celebrity Big Brother*, *Celebrity Masterchef* and *Strictly Come Dancing*.

She currently serves as an ambassador for the Italian region of Puglia, which is believed to be where the team will visit her potentially haunted home.

Singer-songwriter Gary Numan is best known as frontman for the 1970's new wave band Tubeway Army, later becoming a solo artist. His hit records include *Cars*, which reached number one in the 1979 charts.

A post on Facebook page *A Natural History of Ghosts* says: "When Gary Numan was fifteen, he saw a ghost. The experience of that few moments has coloured songs and influenced a couple of record covers too."

"He was on his way to buy his first guitar

with a friend. They were some of the last passengers to leave the train at Piccadilly Circus and walk through the station.

"There was an old man in front of them dressed in a long coat and a trilby hat. As the two boys chatted, they walked after him: he seemed to know the way.

"As they followed him round the corner, they briefly lost sight of him and found themselves alone in a part of the walkway that had been blocked off years earlier. The old man in a hat had completely vanished into thin air."

Gary has since referred to apparitions throughout his music career, although he does not appear to have mentioned living in a haunted home.

Also starring on the show will be singer Suzanne Shaw, a former member of the band Hear'Say, and *Coronation Street* actors Beverley Callard and Antony Cotton.

A surprise guest is Simon Weston, CBE, the Welsh veteran of the British Army who is known for his charity work and recovery from severe burn injuries suffered during the Falklands War.

Simon was on board the *RFA Sir Galahad* when it was destroyed in 1982. The Welsh guardsman sustained serious burns to 46 per cent of his body; he has undergone almost 100 surgical procedures on his disfigured face and body.

Well-known for his struggle to overcome his injuries, Simon has become a campaigner and role model for those facing adversity and disability.

In 2016, in recognition of all his charitable work, Simon was given the honour of a CBE at Buckingham Palace by Her Majesty the Queen.

The celebrities will be joined by a team of paranormal experts trying to determine what may be causing disturbances in their homes, from a historic Highland castle to a sprawling Italian estate.

Seasoned researchers Ian Lawman, Barri Ghai and Jayne Harris will be joined this time by Katrina Weidman, an American paranormal investigator.

According to the online site Higgypop, Pennsylvania-born Katrina is "best known for her work on *Paranormal Lockdown*, in which she spent 72 hours locked inside haunted locations alongside fellow investigator Nick Groff. The show ran for more than 30 episodes before ending in 2019."

Barri Ghai has been the programme's resident technical wizard since the first series of the non-celebrity format in 2018. Jayne Harris joined a year later. Ian Lawman has served as the show's medium since 2021.

The new series will follow the familiar celebrity format with the famous faces inviting the team into their homes to set up monitoring equipment in search of answers.

Series five of *Celebrity Help! My House Is Haunted* will be available to stream on discovery+ from November. Previous seasons are currently available on the channel.

OVER the last century, the lights have claimed at least 47 lives.

Mysterious marsh lights 'terrorise' fishermen

FISHERMEN in Bengal are being "terrorised" by mysterious lights, according to *Prameya News*, which covers the Odisha region of Eastern India.

Similar to the British will-o'-the-wisp, the Aleya, or marsh ghost-light, is a strange phenomenon occurring over the marshes.

Scientists attribute the lights to marsh gas, typically occurring in monsoon months, but Senior News Editor Kalpit Mohanty reported a recent surge in sightings "well into the dry season, puzzling both locals and researchers."

Kalpit wrote that the flickering balls of light which "emerge in the marshy regions of West Bengal and Bangladesh have caused many deaths. Recent sightings suggest that the phenomenon is intensifying.

"Over the past month, five fishermen from the Sundarbans region have gone missing after reporting encounters with these otherworldly illuminations."

Local authorities have reported a 300 per cent increase in Aleya light sightings since early May 2025.

Fisherman Ratan Das, 45, who said he suffered a "dance with death" recently, added: "I was returning home when I saw three bright lights floating just above the water. They were blue-green, like nothing I've ever seen.

"The lights seemed to follow me and I lost my way completely. By some miracle, I found the shore at dawn."

Local legend suggests these lights are the apparitions of fishermen who lost their lives on the marshes.

Mr Mohanty said the fishing community has "long regarded these apparitions with a mixture of reverence and fear, believing these lights belong to those souls who died due to being trapped in the swamp."

The Coast Guard has warned fishermen to avoid the worst affected areas, particularly remote channels near the

Bangladesh border where most recent incidents have occurred.

Dr Anirban Ghosh, an atmospheric physicist from Jadavpur University, has studied the phenomenon for over a decade. "What's particularly intriguing about this year's sightings is their persistence and intensity," he said.

"We're seeing reports of lights that appear for hours rather than minutes. They're exhibiting behaviour patterns we haven't documented before."

The scientific explanation is that as gases rise from the soil and water, methane mixes with phosphines and creates the blue lights seen hovering over the swamps.

The Aleya ghost lights may result from the oxidation of phosphine, diphosphane and methane, chemicals formed during organic decay that emit photons and create the mysterious glow.

Some people suggest that breathing the gas causes disorientation, potentially leading fishermen to lose their way and drown.

However, witnesses insist there seems to be an "intelligence" to the lights' movement, almost deliberately leading people astray.

"The combustion theory explains the basic luminescence," said Dr Ghosh, "but it doesn't explain the coordinated movement patterns or why they seem to respond to human presence."

Kalpit Mohanty found that according to local police records, the Aleya lights have claimed at least 47 lives over the past century.

"It is considered to be one of the most haunted places in West Bengal and India," Mr Mohanty wrote, "with victims typically found drowned in remote parts of the

swamp, often miles from where they were last seen alive."

Superintendent of Police Madhab Chandra Mondal has sent additional patrol boats to the region, adding: "We're treating this as a public safety issue.

"Whether supernatural or natural, these lights are leading people to their deaths. We cannot ignore that reality."

The recent surge of activity has attracted international paranormal researchers and atmospheric scientists to the region. Dr Sarah Matthews, a professor of solar physics from University College London, travelled to Kolkata to study the phenomenon firsthand.

"Similar lights have been reported worldwide from the Marfa lights in Texas to the Min Min lights in Australia," Dr Matthews commented.

"The Aleya lights of Bengal appear to be uniquely interactive with human presence, which makes them particularly fascinating from a scientific standpoint."

Local government leader Sunil Kumar Halder has organised a publicity campaign to raise awareness of the issue, although he acknowledged the challenge of balancing scientific explanation with deeply held cultural beliefs.

"For generations, our people have lived with these lights," said Mr Halder. "They're part of our identity, our folklore. But when they start taking lives, we must act."

The West Bengal government has announced plans to install a network of monitoring devices throughout the affected marshlands to study the phenomenon.

It also set up a 24-hour telephone helpline for fishermen to report sightings or request assistance in the affected areas.

Mayor cuts ribbon at opening of new crystal shop

A REIKI practitioner in Wiltshire has opened a shop offering crystals, incense and more, marking a huge step forward in her personal journey of healing.

Louise Muir-Sage named her outlet in Royal Wootton Bassett High Street Something Kind of Woo, alluding to the description of all things spiritual as “woo woo.”

As he cut the ribbon at an opening ceremony, the town’s mayor Cllr Steve Bucknell joked: “We’re thrilled to see Louise putting some ‘woo’ into Royal Wootton Bassett.”

“I’m sure she’ll do well, given her attention to detail, the quality and variety of her stock, and her engagement with neighbouring retailers.”

His comment confirmed Louise’s belief that “crystals are far more mainstream now than ever before.”

She added, “Customers come in because they love them as ornaments or shiny objects, because they want to find out about crystals and their properties, or they have embraced the power of crystals for many years.”

Louise has talked openly about issues which have troubled her in recent times. She “spent twelve years working in the weight loss industry, deciding to take a step away after struggling with my own health both physically and mentally.”

Three years ago, she realised “my alcohol consumption had become out of control and I needed help. This is when I really started to bring crystals into my life.”

“I wanted something to help me calm the nerves and see away the insomnia. I discovered selenite and amethyst, and things really took off for me.”

The following year, Louise was diagnosed with binge eating disorder, which “put me in a position where I felt I couldn’t help people with weight loss without helping them understand the reasons behind their dysfunctional eating because that was the position I was in.”

At the end of 2024, Louise began



LOUISE MUIR-SAGE with Cllr Steve Bucknell, the mayor of Royal Wootton Bassett, who made a clever quip at her shop’s opening ceremony. (Photo: Fiona Scott)

offering “coffee and crystals” sessions in a local café, and soon found the events sold out.

An opportunity then came up for her to take over a space of her own. Her intention for the shop is to “harness Earth’s healing gifts to help balance modern life’s challenges.”

“Through carefully selected crystals and expert guidance, discover a gentler path to physical and emotional wellbeing.” There will be special events, workshops and one-to-one sessions available, as well as reiki.

“My work is all about helping you connect with your intuition, energy, and the natural magic of the world around you,” Louise explained.

A feature in the June edition of *Woman’s Own* magazine told the story of Louise’s struggles with addiction and the eating disorder.

“For me, it was never about publicity,” she wrote on her website. “It was about people. Having always worked in environments where I have provided support to others, it felt the right thing to do.”

“If opening up about my journey can help even one person feel less alone, less ashamed or more empowered to seek change, then it’s worth every second of discomfort.”

“I believe we break stigma by talking, not by hiding; by owning our stories rather than letting shame narrate them for us.”

Louise added: “We live in a world where alcohol is often glamourised or brushed off, and yet for many it’s a silent

struggle.

“I wanted to speak up not just for myself, but for anyone who’s ever felt trapped by it or unsure of how to begin again.”

“Sharing this part of my life publicly is part of owning who I am today and showing that healing and growth are possible.”

Louise said the *Woman’s Own* article “only scratches the surface of my full journey, but it’s a start. A step towards connection, honesty and helping others find their own voice in the silence.”

“If you’re struggling or have your own story brewing quietly inside you, please know you’re not alone. When you’re ready, your story can be a light for someone else too.”

Openness and empathy are just some of the qualities that drive Louise to help others. She ended:

“From my crystal-filled shop – both physical and online – I offer a carefully curated collection of high-vibe items to support your spiritual journey, healing and daily rituals.”

“Whether you’re just starting out or deep into your practice, there’s something here for every seeker.”

“I also run workshops that create space for exploration, learning and connection – delving deeper into the world of crystals and how they can help physically, mentally and emotionally as well as how they can protect you, your home and more.”

The website for Louise’s new venture is www.somethingkindofwoo.co.uk

CAN YOU HELP?

AS YOU may know, we have been running an appeal for funds to secure the future of *Psychic News*. It is the very last Spiritualist publication in print and available to the general public.

Like all publications, following the Covid pandemic and the current cost of living crisis, times are difficult, as they are for everyone these days.

The appeal is going well, thanks to kind and generous donations from individuals and a Spiritualist charity, but we still do need your help.

Each and every reader and subscriber is vital to us achieving our goal. Here are just a few ways you can help to preserve this historic Spiritualist publication.

INDIVIDUALS

As well as buying or subscribing to the magazine or making a donation, if your local church or centre does not stock the magazine please ask them to consider doing so. They receive a package that includes free advertising and support, and it helps raise funds for them.

If you prefer not to ask them direct, please let us know how we can contact them.

It would also be appreciated if you could share our Facebook posts to your social media pages or let your followers know you read *Psychic News* and what you enjoy about it.

Why not consider giving a subscription as a gift for birthdays, Christmas, celebrations etc. It's the gift that keeps arriving month after

month.

We have been posting the names of the generous people donating to the appeal on our social media pages, but from next month we will also be printing the names (only) of donors in the magazine. Hopefully, friends and relatives will see your name in the list and also be inspired to donate.

Of course, you can also donate anonymously, and your name will not appear. Just mark your donation "Anonymous."

CHURCHES AND CENTRES

If you do not stock *Psychic News*, would you please consider it? As already mentioned, we have a full support offer for you when you take out a supply.

If you already stock the magazine, would you be kind enough to mention it at the end of services and events and remind visitors that it is for sale at £1 off the cover price and raises funds for you? Please mention that we really do need the support.

Are you able to organise an event to raise funds for our appeal? If you are, we will provide free advertising in the magazine and on social media for the event.

MEDIUMS

Are you able to offer your services to your local church or centre for a fundraising event for the appeal? Again, we will provide free advertising in the magazine and on social media for the event.

Would you be prepared to let your followers on social media and your website know about *Psychic News*? We would be truly grateful if you could. We would share any posts etc to our own pages – just e-mail us when you have posted.

DONATIONS

Post: You can send a donation by cheque to our office address – see page 4. Please make cheques payable to **Psychic Press Ltd.**

Telephone: You can make a donation over the phone using a credit or debit card. Please call **01376 56309.**

Online: You can make donations by card or PayPal from our **GoFundMe** appeal page. Go to **www.gofundme.com** and search 'Save *Psychic News*.'

Bank Transfer: You can send donations directly into our bank account.

Sort Code: **20 36 98**

Account No: **63272923**

Account Name: **Psychic Press Limited**

Please mark payments as a 'Donation'

Our contact details can be found on page 4.

Thank You



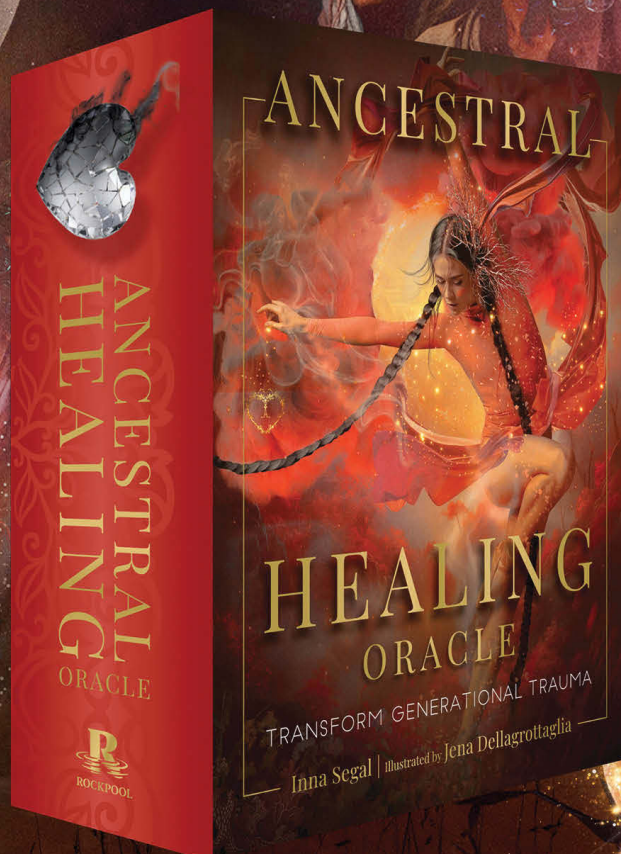
for your Kindness

RRP
£20.99

ANCESTRAL HEALING ORACLE

TRANSFORM GENERATIONAL TRAUMA

Ancestral Healing Oracle ISBN: 9781923208049



ROCKPOOL
rockpoolpublishing.com

Haunted couture is now in fashion

FORGET the French term haute couture, which denotes expensive clothes produced by leading fashion houses, as the latest trend is haunted couture.

"The look of the summer is going to be kind of haunted," wrote fashion editor Rachel Tashjian in her spring newsletter *Opulent Tips*.

By coincidence, Dior's *Cruise 26* show in Rome featured spectral gowns alongside a film featuring ghosts called *Les Fantômes du Cinéma*.

The Dior website described clothing created by Maria Grazia Chiuri, Creative Director of Dior women's lines, as "Disguise, to break the rules and free us from ourselves."

"Crossing the blurred line, both real and figurative, between living characters and ghosts. A profusion of luminous friendships."

"The ensemble comprises metaphorical pieces, the clothing elements from the history of fashion and costume merging with a contemporary syntax."

Writing in *The Guardian*, internationally recognised investigative fashion journalist Lucianne Tonti described the final three outfits, commenting:

"A white tulle gown that was only half there; a high-necked dress beaded so it moved like snakeskin; and another in embellished silver as resplendent as Tolkien's mithril" (a fictional, magical metal).

Lucianne explained that haunted couture is "aptly phantasmic (read: hard to define). It is a mishmash of last year's bloomer obsession, underwear-as-outerwear and cottagecore, each with a tatty edge."

"It's a worn-out wedding dress or a dishevelled, see-through gown. It's floaty, sumptuous fabric – silk chiffon, taffeta, lace – but the styling is a little chaotic, an exposed, extravagant bra strap or a nightgown worn out-of-the-house."

"It's sexy matron: full skirts, full sleeves and high necklines, but without a slip, so everyone can see your underwear."

US fashion website fazbuy.com added: "The result is a visual language that delights in ambiguity."

"These are not costumes for Hallowe'en, but statements of presence and absence, of beauty and unease. The wearer becomes a living apparition – an embodiment of modern anxieties and timeless longing."

"The haunted couture trend draws deeply from the well of cultural memory. In literature, ghosts have long served as metaphors for grief, memory and unresolved conflict."

"Gothic novels, from *Wuthering Heights* to *The Turn of the Screw*, populate their pages with spectral women in flowing white, forever caught between worlds."

Suggesting that the trend is a response to our current uncertain times, the site added, "Haunted couture offers a form of protective ambiguity: to dress as a ghost is to be present and absent, visible and invisible, all at once."

Dr Catherine Spooner, a professor of literature and culture at the University of Lancaster, is currently working on a book about the white dress in Gothic literature and film to be published by Bloomsbury this year.

It explores the horrors and fantasies of whiteness as expressed through fashion and costume from 18th century French Queen Marie Antoinette to Melania Trump, wife of American President Donald Trump.

Dr Spooner also has current research interests in the cultural afterlife of the Lancashire witches, folk horror and vampire narratives.

"Marie Antoinette really pioneered

underwear as outerwear," the professor commented.

Beheaded in 1793, the last Queen of France caused a scandal when she chose to have her portrait painted wearing a white loose-fitting undergarment ten years earlier.

Dr Spooner believes there are many historical influences behind the latest spectral aesthetic trend.

"I think the most important influential figure... is not actually a ghost, it's Miss Havisham in *Great Expectations*," she said.

"It seems the tragic, spiteful, jilted spinster, forever dressed in her decrepit wedding gown, from Dickens' *Great Expectations*, has influenced a number of ragged-looking outfits this year."

The Guardian article said that at Nicol & Ford's Australian Fashion Week show, "the feeling of haunting was deliberate."

"The colour progressively drained from each look so that by the show's end, dresses were translucent and tattered, as though the wearer was being erased."

"In this context ghostly garb might feel nihilistic – designed for a sad, debauched, final-days party – but Dr Spooner says solace can be found in small rebellions."

"Since it 'feels inappropriate because it's often overtly intimate' haunted couture is 'implicitly revolutionary as well.'"

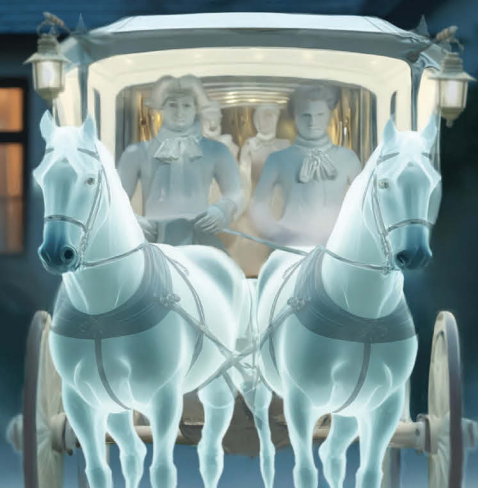
Dr Spooner specialises in Gothic literature and culture from the late 18th century to the present with a particular interest in fashion.

She is the author of three books – *Fashioning Gothic Bodies*, *Contemporary Gothic*, and *Post-Millennial Gothic: Comedy, Romance and the Rise of Happy Gothic*.

All are available on Amazon and from bookshops.

DIOR

THE ghostly stagecoach has been both seen and heard.



Spectral stagecoach is seen passing former rectory

A FORMER rectory in Suffolk has been in the same family for 100 years. During that time, a spectral coach and horses has been known to pass by in the dead of night. Current owner Rose told "PN" about the phenomenon and other unexplained activity in the three-storey house.

MY Great Aunt Violet bought the property in 1923 and ran it as a residential guest house. It has seven main bedrooms and three rooms in the attic for servants.

When my mother Pat was three years old, she was brought to the house to live here, supposedly to ease the strain on her parents, who had five other children.

When Mum was young, she watched what she described as a highwayman walk straight through the garden wall – there's an arch that has been bricked in.

This was in broad daylight. She said he had high boots and a tricorn hat. Dressed in that way, I suppose he could have been a vicar from olden times.

They must have seen more because after my parents inherited the place, they arranged for someone to come and exorcise it, before my brother and I were born in the 1950s.

It clearly didn't work. When I was a baby, I was sleeping in a cot at the end of Mum and Dad's bed. They slept in what had been the butler's bedroom – it was warm from the fire in the room down below.

Dad woke up in the night and saw what looked like a butler standing over my cot. He had a pair of trousers over his arm and was brushing them while looking down at me.

Father saw him in detail. He said to the ghost, "Don't you touch that baby!"

Dad might have been a bit psychic because when he was working on his uncle's farm at dusk he spoke to a man he thought was his Uncle Lionel, the farmer. When the man didn't answer he looked

again.

He looked at the man's feet, but as his eyes moved up to the torso the man disappeared. They believed it may have been a man who committed suicide there some years before.

Dad was very religious, but also superstitious. Before the stroke of midnight, at New Year, he'd have a piece of coal in his hand and spit on it.

"He would go outside and walk around, then come back in after twelve o'clock to bring good luck. Even now, if I see two knives crossed, I have to separate them otherwise it's believed to be bad luck.

When Dad was sowing seed on the farm, if he missed a bit, he would have to fill it in with extra seed as the corn came up because he said a gap in the crop was a sign of a death coming to the family.

After the electricity was put on at the rectory in 1959, Mum became fed up with the Bakelite switches being flicked on and off when nobody was near them. One night my brother heard one of the switches on the landing click, but he didn't venture out to see if anyone was there.

The main road used to be closer than it is now, as it was straightened some years ago. When Mum's sister Dorothy was staying here, they were all in bed and heard the sound of brass and jingling, with leather straps rattling.

Mum got out of bed, pulled the curtains back and saw this luminous white coach and horses. It had all the people on it: the driver and coachman. The lights were swinging on it.

She called our dad, Frank, but he was too tired to get out of bed. Her sister Dorothy was in the next room. They both watched the vehicle go down to the corner and up the main road.

When she talked to other people about it, a local farmer reckoned he'd seen it come into his yard and pass out again one night.

When I was ten years old, I slept in a bedroom which backed onto Mum and Dad's. One night I woke up and saw a luminous monk standing in my room reading a book. His hood up, I could see that he had the full habit on.

There was no moonlight coming in, but I could see him clearly. He was near an armchair in the corner by the end of my bed. I pulled the covers up and froze. I didn't tell Mum until after school the next day.

My parents had been given the armchair from an old house in the next village. They must have thought he had come with it, because they moved it out of my room. This was in 1972.

Our mother died of cancer four years later. Towards the end of her life she was in a bed downstairs. Again, Aunt Dorothy was staying in a room upstairs.

In the morning, Mum said to Dorothy that she had heard the coach and horses go by. "Did you hear it?" she asked her sister.

"I more than heard it," said Aunt Dorothy. "I looked out of the window and saw it."

Eventually, I inherited the house. It doesn't bother me to be here because ghosts aren't going to hurt you, are they?"



Trace your family tree with psychic ancestry

By Terri Blair

Currently living in her hometown of Milwaukee, Wisconsin, Terri Blair is a non-fiction writer, amateur genealogist and business owner with over 40 years of psychic training.

Terri has had articles on past lives and the tarot published in a magazine, and is now working on a project about the Spiritualist movement and allied topics.

Her new book "Psychic Ancestry: A Magical Link to the Past Using Unconventional Methods" explores the exciting intersection of traditional genealogy and mediumship.

In this specially written feature for "Psychic News," Terri describes some of the wide array of ancestors she discovered and outlines how you, too, can try and link with forebears in the Larger Life.

AS I stepped into a labyrinth on a hot summer day, my long dead great-grandmother spoke to me, saying, "You must write our stories." Little

did I know I would soon become obsessed with discovering my ancestors.

Ancestry research takes patience,



AS well as traditional means, using mediumistic methods can also play an essential part when researching family trees.

perseverance and luck. I started with traditional sources such as ancestry websites, birth and death records, old newspapers, family stories, historical societies and graveyard visits.

Over the course of two years, I discovered a cast of characters: pirates, sea captains, artists, psychics, Freemasons, farmers, enslavers, clockmakers, factory workers, inventors, musicians and whisky barrel makers.

As I was learning about my family, conventional sources often left unanswered questions, mysteries and dead ends. At times my intuition told me something did not seem quite right, but I couldn't figure out why.

I was at my wits' end when a thought occurred to me: why not use mediumship and my psychic skills to connect with my ancestors? Maybe this could help solve family mysteries.

My journey into the psychic world started when I was five years old. This came in the form of unexplained hauntings, apparitions and other paranormal activity.

Throughout my twenties I studied psychic development at famous medium Edgar Cayce's Association for Research and Enlightenment in Virginia and with other qualified teachers.

Currently I was studying mediumship at a 150-year-old Spiritualist camp in the midwestern United States. I was excited to try and connect with my ancestors.

The first mystery I could not solve was the true parentage of my Scottish great-grandmother, Annie McIntosh, who spoke to me that day in the labyrinth. Annie missed boarding the ill-fated *Titanic* and sailed to America two months later in 1912.

I discovered that Annie never knew

who her true family was or her real age. Through my research I learned that a servant girl named Eliza was Annie's real mother. But who was Annie's father? There was not a father's name listed on her birth record.

I was getting frustrated at the lack of information. This is when I turned to mediumship. I sat quietly one night by the



TERRI BLAIR: "I saw a woman in my mind's eye."
(Photo: Saturn Lounge)

fireplace and focused on my intention that an ancestral spirit visitor would bring me some insight.

Suddenly, I saw a woman in my mind's eye. She looked a lot like my great-grandmother when she was young, with a slender figure and long curly red-gold hair.

The woman said her name was Eliza, and she was Annie's mother. I thought I would get right to the point, so asked her who was Annie's father. Telepathically she gave me the name "Jimmy."

I decided to trust Eliza's message and investigate. This turned out to be an important clue since I didn't have anyone with this name on my radar.

With a bit more digging into census records and a random hint from an ancestry site, I was able to connect the dots and confirm that a man named James (Jimmy) was her father. With this knowledge an entire new family line was uncovered.

Wow, it worked! I was excited by this success and now realised I had another tool to bring to ancestry research. As I built each part of my family tree, I found more opportunities to connect with ancestors by using psychic skills.

I did this often, but only when all other methods failed to give me the answers I sought. It certainly added some intrigue and excitement.

One ancestor was a Freemason in life. I asked him to share one of his Freemason's secrets with me.

Another female ancestor let me know she did not die in a poorhouse in Scotland as I thought, but a woman with her exact same name did.

In a mediumship session she told me to look again at my records... and sure enough she was right.

An ancestor named William told me to stop my year-long research into his heritage. Shortly after, I learned all my findings were wrong and needed to start over.

Another question involved the parentage of my favourite uncle. In life he didn't know who his real father was. There were some clues written on the back of family photos and many stories in the family, but no proof.

The spirit of his real father came to visit

me one morning. He was a tall man dressed in military clothing from the 1930s but would not tell me his name. His identity is still a mystery waiting to be solved.

These happenings made me wonder if I had other ancestors who were psychic like me. Perhaps it makes sense that this gift would be passed down the family line. If so, how would I ever know?

My great-grandmother Annie was said to have ESP, but what about her mother? As I was sitting at my desk one day, I felt spirit beings around me.

I wasn't sure who they were, but knew they wanted to tell me something. I decided to allow them to communicate with me using automatic writing.

I sat down with a notebook and pen in hand, and cleared my head of all judgement as best I could. I listened telepathically to their words. I sensed it was three women, but the message came as one voice:

"We are Mary Ann, Lizzie and Eliza.

Psychic gifts, we were born with. It goes way back in time when our distant ancestors cultivated this. There was no fear like the fear we felt. We knew the lives of others at a glance. It wasn't hard to see.

"The witch trials were not that far behind us, so it was ever in our thoughts. We were on guard. We kept our gifts to ourselves.

"Lizzie could see spirits. They seemed to always be in the room talking to her. Old soldiers and sometimes their animals. We hushed her so she would not speak of it with strangers.

"We kept this in the family. We could see if a woman would have a difficult birth or if a child would die. We made charms for luck, created spells with song and hoped it would not happen. This is not an easy gift to have."

This was a remarkable message from my ancestors. From their names, I knew these spirit beings were Annie's mother Eliza, her mother and grandmother.

The three Highland women lived as crofters on the hill of the old Blervie Castle in Scotland in the 1800s.

I sensed the strong link of my family lineage and psychic abilities. It was great to connect with these women in a way I never dreamed possible, but more surprises were to come.

By interviewing my living relatives, I found there are more psychics in the family than me. My aunt and her children have and continue to experience many psychic and paranormal events.

Perhaps there is an ancestor you are curious about – a family legend, an eccentric granduncle or maybe a third great-grandmother from the distant past.

The practice of communicating with ancestors can be surprisingly insightful. I've learned family history that was

completely unexpected – and so can you.

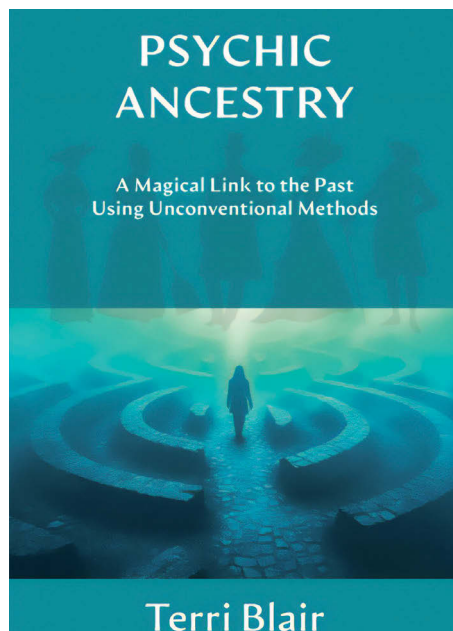
My years of psychic development helped me in the process. However, I believe anyone can do this. I hope to encourage others to explore their own psychic potential. Here are a few ways you can connect with your ancestors:

Connect through meditation

If you are someone who meditates, this should come easily for you. If not, no problem: you can still use this technique.

Simply sit quietly, close your eyes and centre yourself by taking a few deep breaths to clear your mind. If outside thoughts come in, gently push them aside.

In your mind's eye, visualise a beautiful wooden door. Focus on the door and count to three. At the number three, the door will swing open and one of your ancestors will be standing there. It can be a person you know or someone you have never met.



What do you see? Is it a man or a woman? What are they wearing? You may see their hair or clothing, or maybe they are holding an object.

In your mind, ask them who they are and if they have a message for you. The communication could be visual or you may hear words telepathically.

Spend a few minutes in this relaxed state of mind and see what comes to you. When you feel your time with your ancestor is complete, thank them for coming.

You might see them walking away enveloped in a bright white light. Record your experience immediately while it is fresh in your mind.

Automatic writing

This is an easy method anyone can use. Automatic writing is a way of connecting

with an ancestor to receive messages. All you need is a quiet place where you won't be disturbed, a notebook and pen or pencil.

Write down your intention at the top of a blank page in your notebook. For instance, "I intend to connect with an ancestor now."

When you're ready, clear your mind and allow words to flow into your consciousness. Do not judge the words that are coming: just write them down.

This is not easy but try not to analyse. If you do it may stop the flow of information coming through. Continue writing until you feel you're finished.

Now read the message. You will be amazed at what is given. You might get a name or may instinctively know the ancestor with whom you have connected. There could be something specific they want you to know.

Focus on a photograph

If you have a photograph of an ancestor that you didn't know much about in life, this can be a fun exercise. You'll get impressions simply by spending some time tuning into a photo of them.

Sit quietly and take a few deep breaths. You can either hold the photo or look at it digitally if you don't have a physical copy. It works either way.

Begin to acknowledge the thoughts coming into your mind. Write them down. Again, don't judge what you're getting.

You may discover facts about this person that you can later verify by talking to family members or doing your own research. It works!

These suggestions and exercises can be helpful, especially if you're involved in genealogy research or have some unsolved family mysteries. Again, I believe anyone can do this.

I've witnessed many people in classes who have never done an intuitive exercise achieve great results with these simple techniques. It's fun and can be a very rewarding experience.

Running to 190 pages, "Psychic Ancestry: A Magical Link to the Past Using Unconventional Methods" is published by Standing Stones Press.

It costs around £14.00 and can be ordered from London's Foyles bookshop or www.amazon.co.uk as a printed version or an e-book.

To read more about Terri, visit www.terriblairauthor.com

Soul midwives give birth to peaceful passings

By Felicity Warner

After her parents divorced at six, Felicity Warner went to live with her free-spirited grandmother in a grand house by the sea in Falmouth, Cornwall. Her father, Conservative MP David Mudd, was a distant presence.

For seven unforgettable years, Felicity lived in joyful chaos surrounded by artists, professors and even princesses. Her bold and unapologetic grandmother smoked and drank with flair, living entirely on her own terms.

When cancer came, she kept it secret. At just fourteen, Felicity cared for her grandmother alone right up to her final days in a crumbling TB sanatorium. This raw, intimate experience became the foundation of her deep understanding of death.

Later this month sees the publication of Felicity's book "The Soul Midwives' Handbook." In these extracts from the revised version, Felicity gives an overview of a soul midwife's role in helping to ensure that those who seek their help experience a peaceful passing to the Higher Life.

ALTHOUGH soul midwives have esoteric knowledge of certain aspects of dying, they are also practical and down-to-earth, and work alongside medical teams.

There are soul midwives who specialise in working with children, with people with learning disabilities, those with Alzheimer's or other mental health problems, or in just about every situation you can imagine.

There have, of course, always been people who have sat with the dying. Traditionally, soul midwifery (although it didn't have the name then) was a sacred service passed to adepts by their masters through outer and inner teachings based on an oral tradition.

The techniques were practised by only the very highest initiates once they had proved their dedication to others and their self-mastery.

My own quest for knowledge has led me to wise elders, holy men and women, nuns, priests, musicians, healers, artists and celebrants. I have scoured every religion, from Buddhism to Islam, Paganism and various forms of Christianity, absorbing the wisdom of their traditions.

I believe that many of the rituals and holistic practices observed for thousands of years by Indigenous groups to nurture and soothe the dying hold clues to helping us all to die well.

I learned some important lessons that totally altered my understanding of death:

- Death is an illusion. The body dies, but the soul does not.
- There is survival of consciousness.
- Death is a process involving mind, body and soul.

- A good death is a wonder. It is a healing experience for everyone involved – something to be celebrated.
- Dying is a process of shedding and releasing: each shift enables a different set of experiences to be resolved.
- We expect pain, fear and sadness amongst the dying, but there can also be a strong sense of the soul blossoming, a quickening and transformation, and a divine sense of grace.
- There is a divine rhythm to the whole dying process.
- When we make friends with death we are shown how to truly live.
- Somehow, strangely, modern Western medicine had no concept of this.

Sitting with someone who is close to the end is always a privilege, and the role of the soul midwife is one of service. We do not fix or rescue; we are there to support and to give tender loving care.

Although many soul midwives do have a background in nursing, the majority are complementary therapists and counsellors, or just ordinary people who want to serve.

At the simplest level, soul midwives sit and keep someone company in the long dark hours which so often occur at the end of life. We will be there for as long as is needed, often standing in for friends or family to give them a rest, or becoming a special friend if there are no real ones.

But at the other end of the scale, we are highly skilled energy medicine practitioners with a precise knowledge of the dying process. Many of us are



SOUL midwives employ a variety of comforting practices as someone approaches their final earthly hours.

also experienced holistic therapists, counsellors and celebrants.

There are many different ways of practising the craft of soul midwifery, and we each bring to it our own talents and skills.

We support our dying friends from diagnosis to death and beyond. Death is usually a slow and gentle unravelling process akin to birth labour. It can be characterised by a series of important stages. Soul midwives can offer support throughout the process:

- In the pre-active stage of death, when the friend is still fairly well and able to make decisions about death planning.
- During the four elemental stages of dying.
- In the active dying stage.
- At the point of death and afterwards.

Soul midwives often work with people from the point of diagnosis, when they are still feeling quite well, but know they have an illness that will shorten their life.

If the soul midwife can work with the friend at this early stage, the therapeutic relationship can begin before the difficult times. Having plenty of time also enables the friend to plan for the type of death they want.

This can be a very empowering process. Together, soul midwife and friend can make an end-of-life plan which can

become a flexible map for the future.

However, before we can discuss the fact that someone is dying (even if it is very obvious, e.g. they have been admitted to a hospice), we have to be sure that they have accepted that they are dying and are comfortable talking about it.

This doesn't always happen. Sometimes it only arises in the final few hours before death. Whatever the timing, the friend must always be able to control the content and pace of the discussion.

Once the discussion has begun, the soul midwife may be able to introduce a different perspective. For instance, if a friend has faced the shock of being told that there is no further medical treatment available, gentle questions may offer a new approach:

- Are there any memories that you would like people to have regarding the way you approached your illness and death?
- How do you hope to be remembered in the future?
- How do you hope your grandchildren will remember you?

In addition, one of the skills a soul midwife should have is facilitating and sometimes initiating difficult conversations, such as what to expect during the dying process.

At this stage, soul midwives will also help the friend to create memories for their families, such as recipe books,

family albums, collections of favourite personal anecdotes, songs, poetry and family histories. And whenever necessary, they will offer comfort.

Comfort

A good soul midwife knows how to comfort and help the dying person by anticipating how they are feeling on all levels (physical, mental and spiritual), as well as supporting the family gently and acting as a wise and tranquil companion and caretaker.

Helping friends relinquish their fear of dying is important work. Sitting with them for as long as it takes, holding hands and reassuring them that all is well will go a long way to dissolving the anguish.

Spiritual companionship

As well as sitting with the dying and offering one-to-one care and support, soul midwives also offer spiritual companionship.

Our definition of the word "spiritual" is both loose and wide: we are non-denominational, multi-faith and work alongside the beliefs of the person we are caring for.

If they have no beliefs, that is fine too. Soul midwives should, however, have an understanding of the main wisdom, teachings and rituals of the major world religions, as they will be caring for friends of all religions.

Whatever their beliefs, many dying people want to talk about the meaning of their life and death. Soul midwives can help to ease emotional concerns by listening and participating in these conversations. They can also offer:

- Support for the beliefs of the person they are caring for
- Simple celebrancy at the bedside, such as blessings, prayers and anointing
- Heart-centred focus on understanding the friend's family and relationship dynamics
- Help in healing soul wounds – the scars on our psyche inflicted by life, and in some cases past lives
- Soul midwives can also enter into conversations about spiritual ideas and, if asked, introduce the idea of working with guides/ancestors/spiritual figures to assist their friend's inner resources.
- Therapeutic and holistic care
- Eventually the friend will move into the active dying phase, usually in the last week or final few days of life. When this happens, the role of the soul midwife shifts from pastoral care to therapeutic and holistic care.
- At this time, a soul midwife uses

a detailed model of the dying process which gives an idea of the feelings that the friend might be experiencing, psycho-spiritually, emotionally and physically.

- An experienced soul midwife should be able to conduct a simple examination of the friend to see how they are progressing, and how best to help them during the final days.
- Soul midwives are skilled holistic practitioners for the dying and will use touch, sound, breathing techniques, essential oils, simple handholding and stroking to alleviate fear and pain.
- I expect many people will have had the experience of witnessing a loved one dying and will remember how it is the simple things that seem to bring the most comfort at the end: the presence of family and pets, their own bed, clean sheets, a bedroom with fresh flowers and a window open.

What people don't want is to have their peace disturbed by clattering machines, unnecessary medical checks and a loud television in the background.

Good pain relief and symptom control are vitally important, but the comfort of simple contact, soft lights, gentle music and a friendly presence are also of huge benefit in helping the dying to become less fearful and more accepting of the process.

Creating a good environment is vital wherever the death is happening, whether it is in a hospital or in someone's home.

Soul midwife pathways

Today, there are three main pathways that weave together to form soul midwifery: healing work, the priest/priestess/celebrant path and that of the wise elders.

Healers

Soul midwives with these qualities and skills perform holistic healing throughout the dying process.

It may be offered as bedside work, distant healing, one-to-one, deep soul work and companionship to anyone facing the end of life. This group includes healthcare professionals.

This path attracts healers, reiki practitioners, channellers, bodyworkers, flower- and gem-remedy practitioners, energy practitioners, nurses, doctors, sensitives, empaths, Indigo and crystal archetypes, shamanic practitioners, homeopaths, herbalists, clairvoyants, psychopomps, sound, colour and light therapists, aromatherapists, reflexologists, mindfulness practitioners, meditators and past-life therapists.

Priests/priestesses/celebrants

The priest/priestess/celebrant path relates to working as spiritual companions, thresholders (people who assist others in extreme states of mind, such as those who work on psychiatric wards), psychopomps and shamans. It involves soul work, journeying, working with soul wounds, grief and bereavement, and deep inner work.

This path attracts celebrants, priests, nuns, shamanic practitioners, thresholders, lay chaplaincy, multi-faith ministers, ritualists, humanists, spiritual companions, past-life priests and nuns, mediators, counsellors, psychotherapists,



FELICITY WARNER: *"The body dies but the soul does not."* (Photo: © Alex Freeman Photography)

clairvoyants, members of organised religions, and people with a strongly defined faith such as Quakers, Buddhists, Catholics and Anthroposophists.

Wise elders

The wise elder soul midwives are earthy and practical. They are reliable, good at organising, cooking meals, filling the kettle, tidying the sick room, walking the dogs, buying food, sitting and just being available.

They are good listeners, a warm shoulder to cry on, a person to laugh with and share stories.

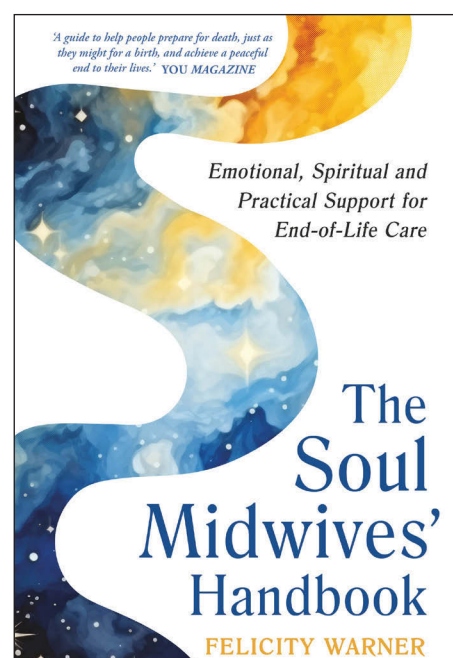
They are usually good at creating memory work. These are salt-of-the-earth soul midwives with endless reserves of love and patience. They will sit for as long as it takes at the bedside of a dying person with a cup of tea and a warm heart.

This path appeals to sons and daughters, mothers and fathers, grandmothers and grandfathers, care workers, companions, death planners, educators, trainers, wise women and men, soul midwives already working within mainstream institutions such as palliative care, nurses and auxiliary carers, physiotherapists, occupational therapists, storytellers and teachers.

To sum up our many roles, these are the twelve principles of soul midwifery:

1. To guide and support a dying person, and to help them achieve a loving, dignified and peaceful death.
2. To support and recognise the individual needs of the dying person, and ensure they feel loved and supported.
3. To create and hold a sacred and healing space for the dying person (whether in a hospital, a hospice or at home).
4. To respect and honour our friend's religious/spiritual/atheist/agnostic beliefs.
5. To work as non-denominational, multi-faith practitioners who do not impress their beliefs about life, death or the afterlife on their friends.
6. To listen, with empathy not sympathy.
7. To serve our friend, not aim to fix or rescue.
8. To be humble and work without ego.
9. To give healing, using sound, touch, colour or sacred oils as required.
10. To keep a loving vigil.
11. To work with the spirit and soul of our friends at all levels and stages of transition.
12. To give loving care with a human touch.

"The Soul Midwives' Handbook" (Revised edition) is subtitled "Emotional, Spiritual and Practical Support for End-of-Life Care." Produced by Hay House Publishers, it costs £14.99 and can be obtained from various sites on the internet or ordered from bookshops.



How to develop gradual gratitude

By Sandra Francis



We face many challenges in our lives, such as a loved one's passing, serious illness or the breakdown of relationships. It can be very difficult to move forward and recover our joy in life.

Sandra Francis knows all these feelings very well, but when she set out to explore her psychic abilities in middle age, she soon found herself on a spiritual journey which brought genuine healing. Here, she shows us how.

IN his book *Gratitude and Beyond*, Allan G. Hunter writes, "If you can find one thing to be grateful for, one small aspect of your life even when you are suffering, it will help to lead you out of hell."

It's a great piece of advice because if we're really up against it, when we may even think there's no point to life anymore, and everyone around us is telling us how much we still have to be thankful for, the last thing we want to be bothered with is gratitude.

Sometimes there are so many bad things going on that we can't see past them. This is where "gradual gratitude" comes in.

If we can find just one thing to really

appreciate, it kickstarts the energy shift which enables us to move from a dark place of fear and lack into the beautiful energy of love and abundance. Find that one little thing, and we're back on the path to joy which we all deserve to tread.

Alice thought life would never improve for her. Much to the distress of her family and close friends, she often voiced the opinion that she had nothing left to live for.

A stroke three years earlier transformed Alice from an independent, sociable 70-something into, in her eyes, an old lady with vastly reduced mobility and confidence who had lost so many

things that brought her joy.

Alice stopped going out because it was so difficult to get around and enjoy herself. As a result, she became less mobile and more anxious, and a couple of unfortunate accidents didn't help.

Living with constant pain and anxiety for her future, Alice became increasingly depressed. When both legs gave out without warning and she was admitted to hospital with a suspected second stroke, Alice truly felt she wanted to die.

A scan revealed an undetected broken vertebra, the legacy of one of her accidents. The consultant told Alice that if the fracture had been a millimetre or so in another direction, she would have been permanently paralysed.

Given her physical and mental state, this news could have broken Alice, but it turned out to be the beginning of her physical and spiritual healing from the stroke and everything that had happened since.

"When the consultant finished speaking," she explained, "I realised I didn't want to die. I'd spent three years regretting that I couldn't go for hikes, go camping, swimming or walk on the beach with the sand between my toes.

"When I was told I could have been in a wheelchair for the rest of my life, I was grateful that I wasn't. It made me realise that instead of grieving for what I could no longer do, I should be seeking out different ways to enjoy life. Once again, I felt glad to be alive."

Fast forward a year and Alice was in a much better place physically, emotionally, mentally and spiritually. She was almost back to being able to swim again after the stroke had affected her buoyancy.

With the help of a flotation aid, Alice's confidence was returning in the water and out of it. She walked more and relied less



FINDING something to savour can be as simple as the first cup of coffee of the day.

on her mobility scooter and other people.

It began with being grateful for not being in a wheelchair, and now Alice is enjoying life to the full again.

Does this resonate with you? Your circumstances may be very different to Alice's, but if you feel that your life is hell on Earth and you dread the dawn of each day, then gradual gratitude can help.

Don't put yourself in the situation of trying to be grateful just because it's expected of you. Start with something simple.

Find something to savour. Maybe it's the feeling of fresh, clean bed linen on your skin when you awake or the way the sun shines through a window. Perhaps it's hearing birdsong or that first cup of coffee or glass of fruit juice.

If you can enjoy it and give it your full attention, even for a few moments, you're shifting your energy from focusing on what may be lacking in your life.

When we focus on what we're lacking, it tends to be the big things like good health, wealth, a fulfilling career, a happy family and relationships, and a secure home.

Because they play such a major part in our lives, these things can generate a false sense of failure. But let's step away from the big stuff and concentrate on the minutiae of daily life.

In a tarot deck, there are 22 Major Arcana cards and 56 Minor Arcana. The major cards represent the big life moments, and the minor are for day-to-day living.

Most of our existence consists of the everyday stuff, so that's where our attention should be focused. This is what we need to concentrate on: what's here now, not what we think we're missing out on.

Waking up to the sensuous feel of freshly laundered sheets? Check. Catching a glimpse of a beautiful sunrise? Check. The fresh, sharp taste of freshly squeezed orange juice? Check.

Strong, hot coffee that just hits the spot? Check. A walk in the woods with our dog, listening to the birdsong as he sniffs out the smells of nature? Check.

We don't need to actually say "Thank you" for each thing we enjoy: just notice and savour it, and consider what it means to us, and how it adds value to our day and our life.

We could set the alarm a little earlier, so we're not doing everything automatically and unthinkingly as part of our regular morning routine. Then, as we head for work or get the rest of the household in motion, we're enjoying the glow of appreciation and enjoyment.

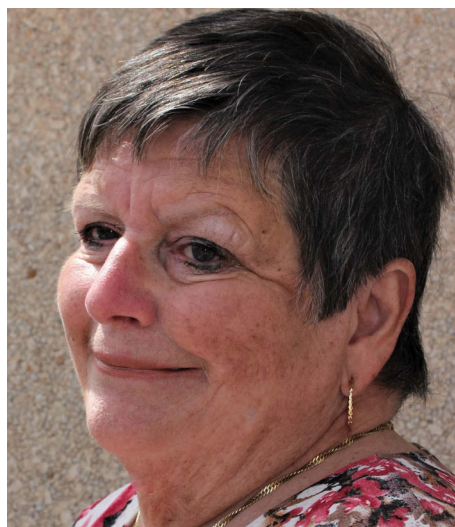
If our boss is cranky or our child has a meltdown because he or she can't find their gym kit, we're insulated because our good experiences have brought us into positivity and raised our energetic vibration.

Whilst we may be irritated by the way others are behaving, they can't ruin a day that's already started so well for us. That's the power of gradual gratitude.

This way of thinking is also helpful if we're grieving the loss of a loved one whether it's a human or a pet. There's an initial tsunami of loss when it feels like life will never be the same again.

Of course, it won't be because an integral component of life as we know and relish it has gone for good. Indeed, at first we may feel that our own life isn't worth living without them around.

However, for those of us left behind life goes on and we have to find a way to live



SANDRA FRANCIS: "If we can find just one thing to really appreciate, it kickstarts the energy shift."



VOLUNTEERING to help sick animals helped a pet owner come to terms with her dog's passing.

with our losses. Each day, if we can uncover a small memory to cherish or do something that reflects our connection with a lost loved one, we will soon be on the path to healing.

However, we must try not to focus on big moments, like our first meeting, the birth of our children or our first home together because at this stage these things can tend to magnify our loss rather than help us learn to live with it.

For example, if we've lost a beloved pet, we may feel that we can't handle the grief of loss after such a relatively short time together, but maybe we could volunteer at a shelter to honour our cat or dog.

When Sherry lost her Border Collie named Patch to illness at just five years old, she vowed she would never put herself through that loss again.

However, when Sherry went to the local animal shelter to donate what remained of Patch's stuff, she realised how grateful she was to have him in her life, even for such a short time.

Sherry volunteered to foster sick animals until they could be found forever homes. It helped her deal with the guilt of not being able to save Patch, and she felt he would have wanted her to do that in his memory.

After some months of fostering, Lacey came to Sherry. She formed such a deep connection with the terrier that she couldn't bear to part with her when she was well again.

Helping to heal other sick animals helped Sherry to live in the present and be grateful for her time with Patch rather than regretting the brevity of it. The experience of nursing a sick pet also helped Sherry

to save other lives and find Lacey. It was a healing journey on different levels for so many souls.

After losing her husband Jim to cancer, Joan was so grateful to the charity which supported them both through Jim's illness that she took some of his clothes along to the local charity shop.

On that particular day, the shop was busy. A couple of staff were absent due to illness, so Joan ended up helping out rather than just dropping off her donation as she'd intended.

Joan was persuaded to join the team of volunteers. As a result, she now has a new interest and a whole bunch of new friends, many of whom have lost loved ones to cancer and are able to support each other when necessary.

"It was that feeling of gratitude for Jim's care," she said, "which motivated me to finally sort out his stuff and donate it to the shop.

"Until then, I was consumed by my loss and couldn't see how life could be without

him. Of course, I wish Jim were still here with me, but I now have so many new blessings in my life.

"It all happened because I wanted to help the people who helped me when I needed it most."

Conventional advice on gratitude can be very useful, but sometimes it just seems like too much to cope with too soon.

For example, the idea of a gratitude journal is great because writing down what we are thankful for makes it more real somehow.

However, we may be put off when asked to record five little things we are grateful for each day. That's a lot when we're feeling there's nothing good in our world right now.

Let's do journalling, but know that it's fine just to write down one thing if that's all that comes to mind.

This is not an obligatory "Thank you" note to the universe because it's only good manners to be grateful: it's a radical and permanent change to our mindset. What works for other people may not work for us, and that's okay.

True gratitude comes from the very soul and changes how we see the world and how we live in it.

That's what set Alice, Sherry and Joan on their individual journeys of discovery and healing, and is what Allan G. Hunter means when he speaks about being "led out of hell." It's gradual gratitude – and it works!

Sandra Francis is the author of "The Soul Cave," showing how to rise above life's challenges with love, acceptance and gratitude. It is published worldwide by Local Legend for £9.00. See <https://local-legend.co.uk>

For health reasons, Sandra lives in Algorfa, a village in the Costa Blanca area of Spain. Her website is at www.sandrasoulcave.com



WRITING down "what we are thankful for makes it more real."

THE original peoples of North America lived in a world which was profoundly attuned to the natural and spiritual realms.



What Native Americans can teach us today

Over the years, various spirit guides came from a Native American heritage. To honour them, let's take an in-depth look at how America's Indigenous peoples lived with a respect for nature and accepted the reality of the spirit world.

LONG before skyscrapers towered above the clouds and engines drowned out birdsong, the original peoples of North America lived in a world which was profoundly attuned to the natural and spiritual realms.

Their days were not dictated by digital clocks or economic systems, but by the position of the sun, the whisper of the wind and the pulse of the earth beneath their feet.

In every footstep, gesture and word there was reverence for life, for ancestors and for the mysterious forces that bound all beings together.

In an age marked by disconnection from each other, ourselves and the world around us, there is much we can learn from the Native American way of life. It was not merely a culture, but a worldview; not simply a history, but a living, breathing wisdom that continues to resonate

today.

To understand their values and daily experiences is to be invited into a deeper conversation about what it means to live meaningfully and in harmony.

A typical day among Native American tribes

A typical day for Indigenous Indians was rooted in a sense of interconnectedness with family, tribe, land and Spirit. While practices varied widely across the more than 500 distinct tribes, there were common threads woven through the tapestry of Indigenous life: co-operation, ceremony and stewardship.

Men and women often had roles aligned with their strengths and the needs of the tribe. Men hunted, fished, trained for protection or

participated in councils while women gathered plants, cooked, raised children and maintained homes, but these roles were not rigid. They were dynamic and guided by mutual respect.

Children were cherished as future leaders and taught through observation, storytelling and example. Elders were honoured as the keepers of memory, wisdom and sacred traditions.

These daily rhythms were inseparable from spirituality. Morning prayers, offerings to the directions and ceremonial rituals weren't an occasional occurrence, but foundational elements of life integrating the sacred into the ordinary.

Time was also marked by community events like seasonal dances, sweat lodge ceremonies, council gatherings and storytelling around the fire.

Such gatherings not only bonded the tribe, but reaffirmed spiritual values and passed on traditions to the younger generation.

One lesser-known but powerful practice in some tribes was the dawn greeting – rising before the sun, turning to the east and offering words of gratitude for a new day. This wasn't just ritual, but a daily alignment with the cosmos, an act of humility and readiness to live in balance.

Was their life harsh by today's standards?

From the lens of modern convenience, Indigenous life could seem unforgiving. Harsh winters, long treks and the absence of modern medicine or infrastructure demanded resilience.

Yet from within their worldview, life was not simply about comfort, but encompassed purpose, connection and spiritual depth. Endurance was celebrated not as suffering, but as a rite of transformation.

Practices like the Vision Quest, involving solitude and fasting, underscored the belief that trials brought spiritual clarity. Even pain had its place in the cycle of life and renewal. Rather than seeking to escape hardship, many Native cultures embraced it as a teacher.

There was also an understanding that challenges forged character and fostered compassion. Rather than measuring life in possessions or achievements, the emphasis was on relationships with the land, each other and the unseen world.

Perhaps most notably, there was joy. Music, humour and play were not luxuries, but central to the human experience.

Laughter around the fire, songs shared between generations and dances which lasted long into the night were not escapes from hardship: they were how hardship was made sacred.

The sacredness of food

This deep spiritual engagement extended to the act of eating. Diets varied across landscapes. The Plains tribes relied on bison, the Hopi farmed corn, beans and squash, coastal peoples ate salmon and shellfish, and forest tribes harvested nuts, roots and deer.

What united them was the ethos of gratitude. When an animal was hunted, rituals of thanks followed. Hunters would often offer prayers or tobacco, acknowledging the spirit of the creature.

There was no concept of killing for sport. Instead, it was understood that



MUSIC, humour and play “were not luxuries, but central to the human experience.”

to take life was to enter into a sacred exchange. Every part of the animal was used; every meal was an act of communion.

In our current world of disposable abundance and factory farming, this reverence for sustenance offers a profound challenge and a necessary invitation to reawaken respect for our food sources.

Seasonal feasts were times of gratitude and storytelling. Sharing food was sharing life. Recipes, harvesting techniques and ceremonial meals were passed down as sacred knowledge, ensuring cultural continuity.

Some tribes also fasted intentionally not only as a health practice, but as a spiritual recalibration. Fasting was seen as a way to sharpen inner vision, quieten the mind and open the heart to spirit guidance.

In this way, food was not only

nourishment for the body, but also a portal to deeper spiritual connection.

Guardians of the Earth

This respect extended to the Earth itself. To Native Americans, nature was not a backdrop but a sacred relative. Mountains were seen as ancestors, rivers as arteries of the Earth, and animals as teachers and guides.

The concept of land ownership was foreign. Instead, land was a gift to be protected and shared, not parcelled or exploited.

Many tribes made decisions based on their impact on the seventh generation to come. Forests were harvested with care, not conquest.

Fire was used wisely to renew the land, not ravage it. Animals were not overhunted, and the natural cycles of the seasons were honoured and obeyed.

In today's climate crisis, such ancestral wisdom feels prophetic. Their worldview reminds us that sustainability isn't just policy – it's philosophy, practice and prayer.

This Earth-centred ethic was also embedded in storytelling. Myths and legends featured animals, stars and landscapes as characters, each with moral lessons and ecological insights. The natural world was both sacred scripture and daily companion.

Hollywood myths and cultural misrepresentations

Despite their rich traditions, Native Americans have often been misrepresented, especially in Hollywood. For decades, films depicted them as noble savages, violent antagonists or spiritual caricatures. These portrayals reduced vibrant, diverse cultures to stereotypes.

In truth, Native American societies were deeply intellectual and democratic. The Iroquois Confederacy influenced the US Constitution. Their diplomatic strategies, art and knowledge systems were sophisticated and adaptive.

Fortunately, a cultural shift is underway. Indigenous filmmakers, authors and activists are reclaiming their narratives, correcting misconceptions and illuminating their living cultures.

Today, Indigenous voices are challenging romanticised images and asserting a modern identity rooted in tradition yet evolving with time. Documentaries, novels and grassroots media now offer more authentic portrayals of Native life.

Belief in the afterlife

Central to many Native American belief

systems is the conviction that the soul does not end with death. The afterlife was often described as a journey to the spirit world where ancestors waited and harmony continued. Dreams, visions and signs were seen as channels of communication from those who had passed on.

Shamans and medicine people were revered as intermediaries between the physical and spiritual realms. Ceremonies involving drumming, dance and sacred plants enabled communion with ancestors and spirit guides.

This connection with the unseen wasn't feared but cherished. It allowed individuals to live in the awareness that they were part of something much larger than themselves.

The veil between worlds was considered thin. Spirit visitations, ancestral dreams and omens in nature were accepted as part of reality. Life and death were not opposites, but parts of the same great circle.

A relationship with the Great Spirit

At the heart of Native spirituality is the Great Spirit, known by many names and understood in many ways. This unifying force was not confined to a heaven above, but immanent in all things: rocks, wind, fire and breath.

Prayer was an act of communion, not supplication. Whether offered in solitude under a full moon or in community around a sacred fire, prayer was about alignment living in right relation with self, others and the Earth. The divine was not distant. It was as close as one's heartbeat.

This intimate relationship with the divine fostered humility, not hierarchy. Unlike many Western religions that placed humans above nature, Native cosmologies positioned humans as one thread in a vast sacred web.

Cherishing the young and honouring the elderly

In Native communities, children were not burdens to be disciplined, but gifts to be nurtured. They were believed to come from the spirit world with unique purposes. Their play was sacred exploration, their questions signs of awakening wisdom.

The elderly, in turn, were honoured as bridges between generations. Their stories were the vessels of cultural memory. To sit at an elder's feet was to receive living scripture.

This intergenerational reverence cultivated a sense of belonging. Everyone had a role, a place and a value.



AT the "heart of Native spirituality is the Great Spirit, known by many names and understood in many ways."

Elder teachings often came through story and symbol, not instruction. Lessons on life, love and loss were transmitted in ways that encouraged contemplation and moral growth.

Spirituality as a way of life

Spirituality wasn't confined to temples or days of worship. For Native Americans, it was the very fabric of life. Each act – gathering herbs, preparing food, dancing or storytelling – was potentially sacred.

Rather than doctrine, Indigenous spirituality offered relationships with self, community, the land and the spirit world. It was adaptable, lived and experiential. Ceremony and symbolism provided ways to remember, realign and renew.

Sacred bundles, vision quests, moon ceremonies and naming rituals were woven into the life cycle. Even humour, often overlooked, was seen as a gift of spirit used to teach, heal and unite.

What we can learn today

There is much in the Native American worldview that can inspire transformation today. Their legacy invites us to:

- Reconnect with the natural world and treat it as kin.
- Honour the wisdom of elders and the innocence of children.
- Eat with mindfulness and gratitude.
- Reintegrate Spirit into the everyday.

- Value diversity of perspective and tradition.
- Make decisions with future generations in mind.
- Approach challenges as opportunities for spiritual growth.
- Restore balance through community, ceremony and storytelling.

These lessons are not merely romantic ideals: they are urgent necessities for a world in search of balance.

Closing thoughts

The spirit of Native American life does not belong to the past. It is a pulse that still beats in ceremonies, stories and in the wind through the trees.

If we pause, listen and humble ourselves, we may rediscover a way of being that heals not only our hearts but the Earth itself.

In honouring the path of Native Americans, we might just remember our own and carry forward the sacred wisdom that circles through all time.

Let us listen not to appropriate, but to appreciate. Let us walk with care not to mimic, but to honour. In doing so, we may become better stewards of this shared Earth, and more whole as human beings.

Author offers ancient wisdom for modern times

By Rasha Barrage

Born in Iraq, Rasha Barrage grew up in Merseyside. After studying law at Oxford University and completing a master's degree at the University of Toronto, she worked at the United Nations Development Programme before going on to train and work as a lawyer for eight years.

Her latest book is "The Stoic's Guide to Life," which is subtitled "Timeless Wisdom on the Art of Living."

Featuring philosophical insights and actionable tips to inspire and uplift, it contains a treasure trove of wise words from giants of philosophy from Marcus Aurelius and Zeno to Epictetus and Seneca.

After giving a brief history of Stoicism, Rasha examines the virtues of wisdom, courage, temperance and justice.

Here are some highlights from the book, which, says the publisher, will help readers to find peace "even on the busiest of days."

WHAT is the meaning of life? It's one of the most profound and timeless questions, spanning centuries, cultures, religions and philosophical movements.

It seeks to uncover the purpose, significance and ultimate reason for human existence.

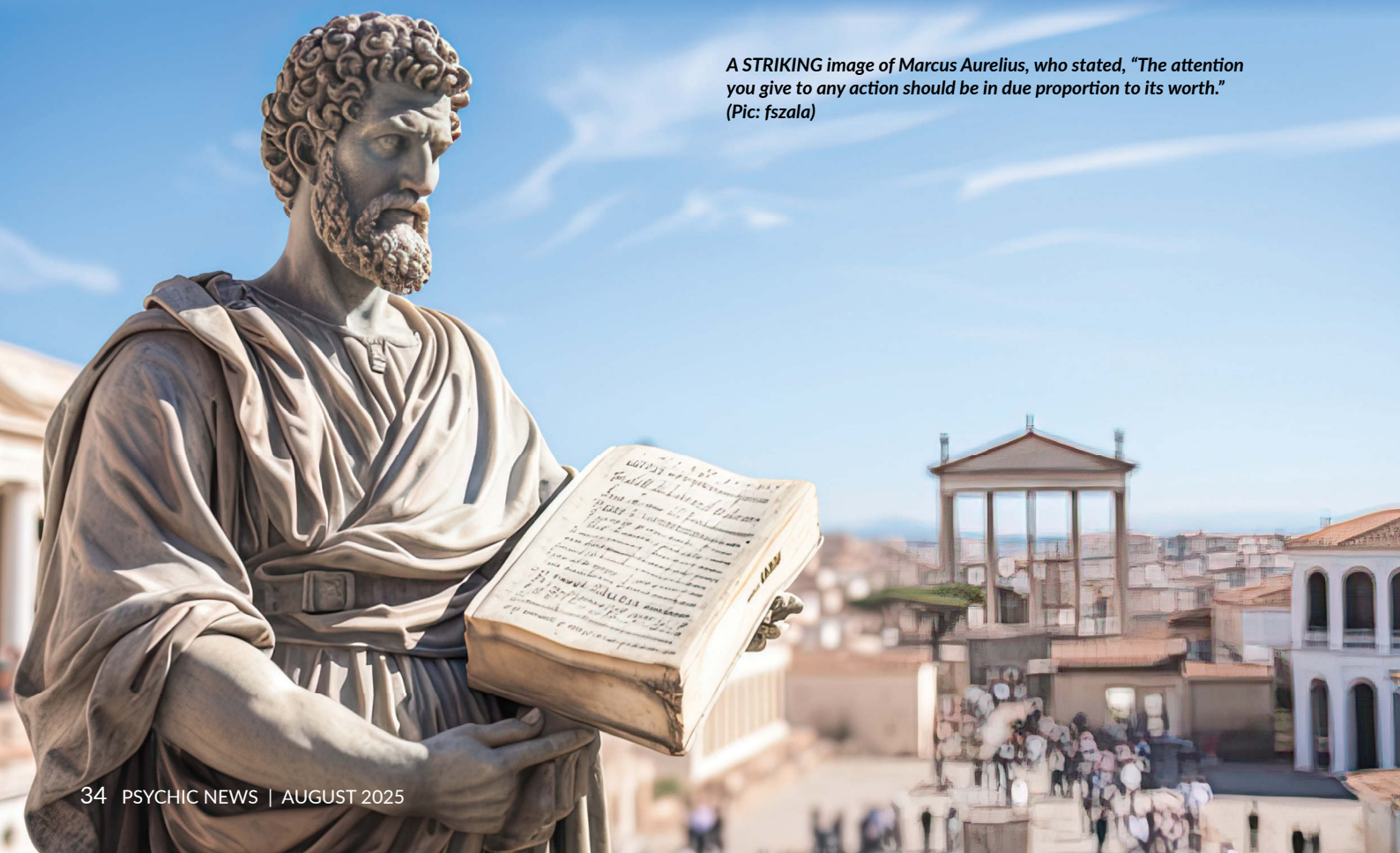
Though a definitive answer is yet to be found, there is one philosophical school that flipped the question and asked: "How do you give your life meaning? How should one live?"

The ancient philosophy of Stoicism dates back over 2,300 years and teaches more than just a way of thinking – it's a practical way of living.

It holds the keys to a life enriched with wisdom, courage, justice and self-discipline, ultimately aiming for eudaimonia – a state of flourishing and well-being.

Stoicism's enduring popularity rests on its ability to transcend time. In a world that constantly shifts, its core principles touch on the everlasting human search

A STRIKING image of Marcus Aurelius, who stated, "The attention you give to any action should be in due proportion to its worth." (Pic: fszala)



for balance, purpose and strength through life's hurdles.

This book brings together some of the greatest Stoic wisdom about how to find joy, manage negative emotions, exercise self-control and cultivate the four Stoic virtues.

Through a series of practical tips, wise words and meditations, you will find universal truths about how to think and live well.

As Seneca wrote: "Truth lies open for all; it has not yet been monopolised. And there is plenty of it left even for posterity to discover."

Your natural goodness

Marcus Aurelius believed that performing good deeds is what nature requires of us.

He wrote, "We ought to do good to others as simply as a horse runs, or a bee makes honey, or a vine bears grapes season after season without thinking of the grapes it has borne."

Animals and plants carry out their functions without conscious calculation; humans should act with a similar sense of spontaneity and goodness.

Make acts of kindness and virtue a fundamental part of your character, without seeking personal gain or acknowledgment.

You could try helping an elderly neighbour with household chores, supporting local charities, regularly complimenting and encouraging others or giving up your seat on public transport. Remember you have a duty as a human being to help others.

Act with humility

Wavering between success and failure is a necessary part of life. Stoicism teaches us to be modest in our successes and to foster humility.

Epictetus encouraged his students to recognise the limits of their control and to "be content to be thought foolish and stupid."

Embrace failures as valuable lessons that contribute to personal growth, admit when you don't know the answer, learn from those around you and never consider yourself superior to anyone else.

Adopt a mindset that values continuous learning and acknowledges the impermanence of success. Actively support



CHOOSE "forgiveness to maintain your inner peace. Empathise with the other person's perspective and recognise their own struggles and challenges."

others in their endeavours by offering encouragement and celebrating their achievements.

Recognise that shared success strengthens our collective human connections and expressing enthusiasm for others' accomplishments fosters a positive and supportive community.

Lead by example

Justice is not only an individual pursuit, but also a collective effort to create a fair and peaceful society. The Stoics recognise that people learn less from being told what to do and more from observing the actions of others.

Epictetus said, "On no occasion call yourself a philosopher, and do not speak much among the uninstructed about theorems, but do that which follows from them."

If you demonstrate fairness, integrity and ethical conduct in your actions and decisions, you serve as a role model for the people around you.

For instance, being honest in all your interactions, approaching decisions impartially and contributing to social causes sets a positive example for those around you.

Give to your community

Many people are engaged in online activism about things happening far away, which can lead to a sense of hopelessness or empathy fatigue.

To avoid taking well-intentioned but

ultimately fruitless action, the Stoics believe we should practise the virtue of justice within our immediate circles.

Direct your energy to the areas in life where you do have control and can have a direct impact on the well-being of society. There are many ways to do this including:

- **Environmental stewardship** – taking action to protect the environment, such as picking up litter, participating in clean-up efforts or supporting sustainable practices. This preserves natural resources for future generations.
- **Mentoring** – mentoring young people or providing guidance to those in need can help them access opportunities, promoting fairness and social mobility.
- **Volunteering** – by donating your time and skills to a local charity or nonprofit organisation, you can help people receive assistance and support in their time of need, promoting fairness and social equilibrium.

Contributing to your community exemplifies justice by creating a fairer, cooperative environment for all.

Forgiveness is freedom

In Stoic philosophy, justice entails treating others fairly, not seeking revenge and avoiding undue harshness.

Seneca said, "All cruelty springs from weakness" and this includes cruelty towards those who wrong you.

Seneca's book *De Clementia* (Of Clemency, also translated as *On Mercy*) used "clemency" to describe how the powerful should treat the powerless, particularly when the less powerful person is at fault.

Stoics believe that holding on to negative feelings like anger, resentment and hatred is destructive to well-being.



RASHA BARRAGE: "You have a duty as a human being to help others."



MAKE “acts of kindness and virtue a fundamental part of your character, without seeking personal gain or acknowledgement.”

For example, holding grudges against people who have hurt you can result in an excessive or vindictive response.

Instead, choose forgiveness to maintain your inner peace. Empathise with the other person’s perspective and recognise their own struggles and challenges.

Let go of the expectation of an apology; being forgiving is about your healing, not their acknowledgement.

Active listening

The Greek biographer Diogenes Laertius wrote that Zeno said to a young person who was talking irrationally, “The reason why we have two ears and only one mouth is so we might listen more and talk less.”

Stoics emphasise considering the perspectives of others, even when they differ from your own.

Practise active listening to truly understand others’ feelings, showing respect for their views.

You can do this by giving the speaker your full attention, maintaining eye contact, avoiding interruptions, asking open-ended questions and using welcoming body language, such as facing the person and maintaining a relaxed posture.

This not only deepens your connection with them, but also helps you respond more empathetically.

Take responsibility

The Stoics advised against excessive complaining and shifting blame onto other people; they believed that both habits hindered personal growth and social harmony.

Instead, they promoted taking accountability for your actions and seeking fairness in your interactions with others. To foster a sense of empathy and focus on the choices you have, you can try the following:

- Understand the motivations and circumstances of people – be curious towards others rather than judgemental.
- Think about how you can change negative situations that arise in your life – avoid complaining about them and be proactive instead.

As Epictetus said: “Small-minded people blame others. Average people blame themselves. The wise see all blame as foolishness.”

Identify what’s important

In the twenty-first century, constant access to world events and others’ personal lives can be overwhelming.

Today, the average person consumes as much information in one day as a highly educated person read in their whole lifetime 500 years ago.

While technology was different in the time of the ancient Stoics, the temptation to procrastinate was the same.

Marcus Aurelius wrote, “The attention you give to any action should be in due proportion to its worth.”

To avoid frittering life away, the Stoics urge you to always ask yourself, “Is this necessary?”

Your time is limited and should not be wasted by mindlessly scrolling through social media, binge-watching irrelevant content or engaging in unproductive gossip; focus your words and energy on essential and enriching tasks.

Challenge injustice

Throughout history, Stoics have demonstrated a commitment to creating a more just world. Marcus Aurelius described justice as “the source of all the other virtues.”

Contrary to the misconception that Stoicism promotes indifference, Stoics

do not passively accept injustice; they courageously confront it by using the means at their disposal. This is a testament to their unwavering dedication to do the right thing.

During his 27 years of imprisonment, Nelson Mandela read *Meditations*. After his release, Mandela embodied Stoic principles in his leadership and reconciliation efforts in post-apartheid South Africa.

In 2019, following the massacre of 50 Muslims by one gunman in Christchurch, New Zealand, Prime Minister Jacinda Ardern travelled to the area affected and wore a hijab to display her respect, declaring:

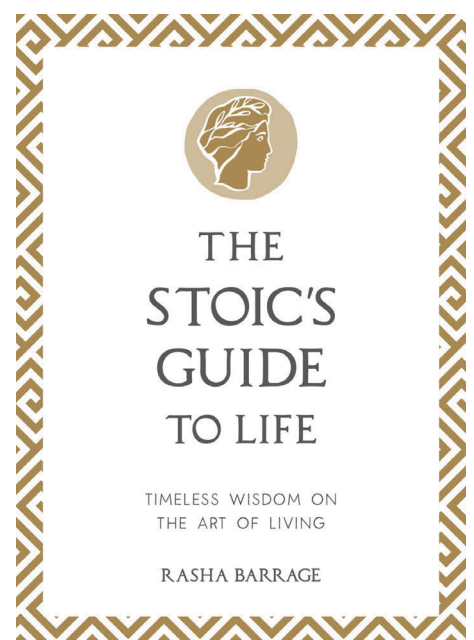
“Speak the names of those who were lost rather than the name of the man who took them. He may have sought notoriety, but we in New Zealand will give him nothing – not even his name.”

You don’t have to be a world leader to actively challenge injustice. In your everyday life, you can speak out against discrimination, support sustainable practices, ensure fair treatment in your workplace and address disputes calmly.

The outcome is not the focus; what matters is that you do your best to create a more peaceful and virtuous society.

“The Stoic’s Guide to Life” costs £9.99 and can be ordered from bookshops or sites on the internet. It is published by Vie Books, an imprint of Summersdale Publishers.

Rasha has also written titles on racism, anxiety, anthropology and palaeontology. For further details, see summersdale.com



SUDOKU COMPETITION

This month we have copies of Barbara Meiklejohn-Free and Flavia Kate Peters' deck titled *Spirit of the Drum Oracle* as prizes for five lucky winners.

The publisher writes: "In the beginning was the sound of the primordial beat that was birthed from the great void, the Big Bang. This sacred resonance created sound, vibration and tempo.

"This 44-card deck focuses on listening to the voice of the spirit of the drum as it guides us on an incredible journey from the first drum created in an ancient cave to using the drum in its varied forms today.

"Through the messages of the cards discover the mental, emotional, physical and spiritual aspects of how drumming can change your life.

"Each card holds a message from a drum, its history and a journey, meditation or exercise.

"Authors Barbara Meiklejohn-Free and Flavia Kate Peters are known as the Highland Seer and the Fairy Seer respectively. Bestselling authors, they both delight in teaching the Old Ways and regularly present on the mind, body, spirit and pagan circuits."

For your chance to win one of the decks, 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

Or post your entry to our new address:

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

The closing date for entries is 8th October 2025

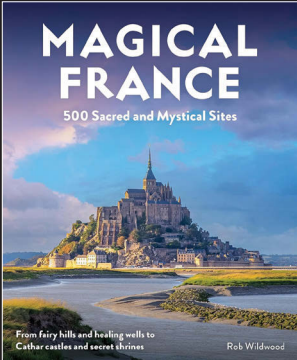


		1			5			
6			1	3	8	4	5	
3			4	2		8	9	
	1	3		6	9			
			7		4			
			3	5		9	1	
	5	7		8	3			2
	8	6	2	9	1			3
			5			6		

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 MAY 2025 sudoku competition are:
Julie Conrad, Manchester
James Tarrant, Essex
Ewan Irvine, Scotland
Linda Crawford, London
Sandra Matthews, Cornwall



The winning numbers are: 915 762 438
Each winner receives a copy of Rob Wildwood's beautifully illustrated book *Magical France*
For further details of Rob's work, visit:
www.themagicalplaces.com



‘True religion is to give service’ says spirit guide

As well as being the founding editor of “Psychic News,” Maurice Barbanell was also the trance medium for his much-loved spirit guide Silver Birch.

Over the years, many visitors made their way to Mr Barbanell’s flat in St John’s Wood, NW London to hear Silver Birch speak and ask him questions.

Below is part of what occurred when two children, Ruth and Paul Harris, went to meet the guide. Over the years, their journalist father Paul wrote many features for “PN.”

In this extract, Ruth asked Silver Birch, “Could you tell us some things we do when we sleep?”

“Every night you leave your physical bodies behind,” began the guide. “Your experiences are divided into two kinds. One is instructional and the other is purely entertainment.

“On the instructional side, you are taught about the equipment of your spiritual body, which will come in very handy in the years that are yet to unfold.

“On the entertainment side, you visit many of the halls of activity to see what is



GUIDE tells child that during his sleep state he was taken to a hall of music in the spirit realms.

going on.

"Last night, Ruth, you were taken to see some of the gardens in our world, and Paul was taken to the hall of music."

"Isn't it a shame we cannot remember?" commented Paul.

"Yes, I know," said Silver Birch. "You are trying to put an out-of-the-body experience into a bodily understanding. The glass cannot hold all that is in the jug, but if you watch your dreams you will get very valuable clues."

"How must we account for dreams without sense and reason?" was another question.

"Do you mean distortions?" said Silver Birch. "They are the result of the attempt of the brain to remember. The brain is like a little bag.

"When your spirit returns and the bag tries to capture the whole of the experience, it cannot get into the bag.

"In the process of trying to cram it all in it gets all out of shape. Your dream is not a transcription of what occurred, but a memory of what occurred."

"We would like to know what we can do to help you in your work," said young Paul.

"Give me your love always," was the reply. "Trust me and send me thoughts of goodwill. Those are my food and drink.

"I only want love and goodwill. If I can earn those I am happy. But don't you worry about my work. I can take care of it."

Then followed a digression begun by a sitter, who said that children seemed to follow spirit teachings more easily than their parents. Silver Birch told his young friends:

❏ I cannot help that, but I will be a good influence on those who have their whole

manhood and womanhood in front of them.

I cannot say to you that life will be all sunshine. There will be shadows; rain will sometimes beat down upon you.

You will have difficulties; you will meet with trials. Life is not one long monotone; it is full of colour and variety. You will meet with obstacles.

You will have good moments when all seems well and other times when all seems hopeless. That is how character grows in the variety of experiences of which life is composed.

If the whole of life were easy, if there were no difficulties to conquer, no trials to master and no obstacles to overcome, then there would be no development.

The race is worth running because it is a race. The prize is worth receiving because

it is received not with ease, but after you have deserved it. Deserve it!

There is no worry that you cannot defeat; therefore do not worry. There is no difficulty which you cannot conquer; there is nothing that can happen to you that is beyond your power to overcome.

Learn the lesson from every experience. If it seems hard, do not flinch, but steel yourself and you will be stronger as a result.

Remember always that you are spirits manifesting through bodies, and that nothing which happens, nothing, can harm or hurt your eternal spirit.

You must say to yourself: "I am part of the Great Spirit. Part of His divinity is within me and part of His divine strength is at my disposal when I want it." In hours of weakness call on that strength and it will



TRUE education "should consist in the dissemination of that knowledge which will enable children to be citizens of the world in which they live."



A YOUNGSTER ought to be taught “to live an honest, unselfish life, desiring to help the world in which it dwells and so be true to the Great Spirit of whom it is an integral part.”

help you.

It does not matter if you become what the world calls successful: the prizes of physical success are so easily tarnished.

What does matter is that you should be loyal to the highest of your own spiritual natures, never to deny that which you know to be true, to be faithful to yourselves and to obey your conscience.

Then, whatever the world may think, you will know that you have done the best you can. When the time comes to say farewell to Earth, you will do so knowing that you are ready for what awaits you. ¶

At a different circle meeting, Silver Birch gave his views on children’s religious education. He told those present:

¶ Let us begin with the very obvious truism that the child of today is the man or woman of tomorrow.

Thus we realise quite simply that all the education it receives should be an adequate preparation for the life which lies ahead beyond schooling, so it is equipped and ready to face the tasks that citizenship imposes upon all adult lives.

True education should consist in the dissemination of that knowledge which will enable children to be citizens of the world in which they live. It should instruct them in all the natural laws of the universe.

It should make them aware of all the faculties with which they have been endowed, so that an unfolding of them will be of the greatest service to their own lives and to the world in which they live.

The child is malleable; its mind is as yet unformed in judgement; it has no instinctive means of reflection and judgement, of weighing up whether statements which are taught are true, are

false or contain but a portion of truth.

The mind of the child is very plastic. Being trusting, it accepts as truth that which is inculcated into its mind at an age when it is too early to question the instructions which are given.

Thus you are dealing with very precious and very delicate material, for you are helping to form impressions that will become part of the warp and the woof of the child’s own being.

You are reaching the subconscious mind of the child, and everything which is being taught to it will colour its thinking in later life.

Those who, for whatever reason, deliberately inculcate doctrines which are false are guilty of a very grave disservice to the future of civilisation.

If you are ignorant of the child’s many potentialities, if you are unfamiliar with spiritual realities, and, as a consequence, are unable to teach it the truths about its own being, its own nature, its relationship to the Great Spirit and its relationship to the vast cosmic plan of life, then the child will be handicapped. It will go through life not as fully equipped and armed with knowledge as it should.

It does not fall within my province to deal with the essential requirements for the physical life.

These are well known, for it is obvious that there should be tuition in all the sciences and the natural phenomena of life, in all that would help to cultivate the mind to appreciate the riches of literature, and all the arts and refinements of your world.

So I come to the question of religion, which, seeking to give guidance to the soul so that it can be prepared to face and to

conquer all life’s battles, obviously plays a paramount part in education.

Because every child is part of the Great Spirit, because it is in essence a spiritual being, it is intended to live with all the benefits that freedom brings.

If you cramp or restrict the soul of the child at an early age, you are denying it its elementary rights of freedom; you are condemning it to serfdom; you are making it a spiritual slave.

Freedom is the essence of all education. As I see it, the child will grow in freedom if it is taught the truths about religion.

If those who are teachers give instructions based upon a desire not to give the child freedom, but to teach it loyalty to ancient myth and fable, then they are poisoning the springs of the child’s mind.

No service is rendered to religion, to education or to the child by teaching it discarded creeds, which, if it is intelligent, it will reject at the earliest possible age.

Then there will come the inevitable reaction. It will turn its back on all those whom it considers misled it at a time when it had no means of resisting them.

The young sapling is intended to grow stalwart and straight as a tree, but if you give it nurture which is false, then you are helping to tamper with the very roots of its being and the growth will become stunted.

We oppose all those whose desire is not to teach the truths about the spirit, not to teach about the relationship between all spiritual beings and the Great Spirit of life, but whose desire is to strengthen their tottering churches and to fill their emptying pews.

The truth about religion is that no religion possesses the whole of truth. Each has seen but a glimpse and that, alas, has become distorted with the centuries or falsified by the creedalists.

The child must be taught that true religion is to give service, to ignore all the elaborate phrase-making of priestcraft and to live an honest, unselfish life, desiring to help the world in which it dwells and so be true to the Great Spirit of whom it is an integral part. ¶

For a full list of Silver Birch books which are available, please visit www.spiritualtruthfoundation.org

Details of how to obtain e-book versions of Silver Birch’s teachings can be found at <http://whitecrowbooks.com>

The Greater World Christian Spiritualist Association

Founded in 1931 as a result of the two-world partnership between medium Winifred Moyes and her guide Zodiac, The Greater World Association is still flourishing

DISTANCE HEALING

Please send your loved ones' details by email so we can add their names to our long distance healing list

Friendship fee £12.50 p.a.

A free Newsletter is issued to all members quarterly

CONTACT US: Tel: 020 3011 0893

www.greaterworld.net

Have a look at our bookshop

email: greaterworld@btconnect.com

3-5 Conway Street, London W1T 6BJ

THE GREATER WORLD OWNED CHURCHES

LEEDS GREATER WORLD SANCTUARY

14 Clarendon Road,
Leeds,
West Yorkshire
LS2 9NN

President:

*Margaret Bellamy
See Facebook page for
service days and times*

TEMPLE OF LIGHT

221 New Road
(Luton Arches),
Chatham,
Kent

ME4 4QA

President:

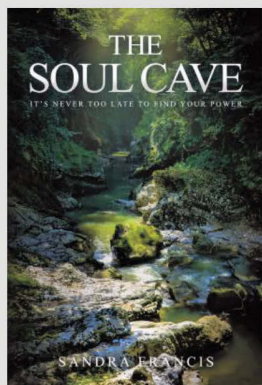
Rita Davidson

Visit:

*www.greaterworld.net
for details*

SPIRITUAL BOOKS

to guide you on the path



Every one of us has far greater abilities than we realise, with untapped skills to harness. And we have the power to create the beautiful, fulfilled and peaceful lives that our souls crave and deserve. We can learn to rise above life's challenges, to heal the past and to create happier relationships.

And it's never too late! Sandra is living proof, discovering her psychic gifts in middle age and setting out on a spiritual path of loving acceptance, forgiveness of her own and others' mistakes, and gratitude for all that life offers us. Her beautifully written book shows us that we can all become much more than we ever thought possible.



Exciting paperbacks & eBooks
<https://local-legend.co.uk>



**Reliable
Informative
No-nonsense**

**Psychic phone &
written readings**

PSYCHIC • MEDIUM • TAROT



**Elizabeth
Francis**

Call +44 117 969 9945

Phone readings from £27.99 for 20 minutes
A variety of written readings available

www.elizabethfrancis.co.uk





Your paranormal and spiritual questions answered

BY GRAHAM JENNINGS

The Green Man has a colourful past

Recently, I saw a representation of the Green Man three times on one day whilst on holiday in Norfolk. Can you tell me what he represents? – Paul McKenzie, Guildford, Surrey.

The Green Man or “foliate head” is one of the most enduring symbols of life, death and rebirth. In ancient times, many such representations were to be found among rural and national deities.

In the Greek and Roman world, every spring, river, woodland and glade had a *genius loci* or guardian spirit in addition to the general deities of nature such as the Greek gods Dionysus and Pan and their Roman counterparts Bacchus and Faunus.

In his *Odes and Songs*, the Roman poet Horace declared that he owed his life to Faunus, who “lightened a blow” from a falling branch that would otherwise have killed him.

These rural deities were typically portrayed wearing leafy crowns, masks or cloaks, and occasionally with a rustic staff or animal horns. Their functions included fertility, protecting crops and livestock, and ensuring a bountiful harvest.

They oversaw the annual cycle in nature of life, death and rebirth. Dionysus had a dual role as a god of the underworld.

The Greco-Roman deity Okeanos, associated with Dionysus, was also a god of death and rebirth. His acanthus-sprouting head, dating from the 5th century BC, was found in the Turkish city of Mudanya. A leafy statue of Dionysus of the same period was discovered in Naples.

In Egypt, the deity most associated with life, death and rebirth was Osiris. Originally, he was the legendary pharaoh who taught the people agriculture. There are various legends concerning his murder, death and resurrection.

His wife Isis is said to have found his scattered body parts and put them together again and, with the help of Thoth, resurrected him.

He is thus likened to the scattered grain in the fields, germinating and bringing forth life anew. In that sense he was the prototype Green Man.



THE Green Man “is one of the most enduring symbols of life, death and rebirth.”

Representations of similar foliate deities have been found in other eastern countries with different religious traditions. They include Lebanon, Iraq, India, Borneo and Nepal.

In Islam, Khidr – or the Green One – was known as a righteous servant of Allah and the possessor of great wisdom.

The various deities of antiquity were assimilated in Western Europe and became what we call the Green Man. His image is found in churches and cathedrals in the UK and across Europe.

In Germany, he is *der grüne Mann* and in France *tête de feuilles*, *cracheur de feuilles* or *masque feuillu*. Surprisingly, the Church authorities, who would have forbidden the representation of any other pagan deity, allowed these strange non-Christian foliate heads.

The title the “Green Man” is relatively new in the UK. It appears to have been coined by folklore enthusiast Julia, Lady Raglan in 1939 in an article for the journal *Folklore*. The Green Man is also associated with the eighteenth-century “Jack in the Green.”

He is as symbolic of the eternal cycle in nature of life, death and rebirth as he was in ancient times, and his image is carried on May Day at folk festivals.

Recently, there has been a revival of interest, and modern artists represent him in various sculptures, carvings and ornaments.

It is also a common name for pubs and restaurants, so I’m not surprised you saw his image three times in Norfolk: there seems to be a Green Man something-or-other in every town and village.

Figuring out superstitions from mirrors to magpies

A friend of mine is celebrating her 65th birthday soon and I would like to compile a book of British superstitions, as she's fascinated by them. Could you suggest some to include? – Audrey Dawson, by e-mail.

In bygone days, the agricultural year ended in the autumn with Harvest Home. Whilst customs varied in different parts of Britain, they were broadly similar.

Representing the spirit of the fields, the last of the corn was left standing and ceremonially scythed and tied in a sheaf.

It was then decorated with ribbons and green boughs, placed on the harvest wain with the last load of corn, and accompanied into a barn with shouting and blowing of the merry harvest horn.

Next, it was sprinkled with water – it no longer mattered if it rained! – and hung up in the barn or farmhouse until the sowing season. In some areas it was woven into various shapes, a more modern variation being the harvest doll.

Made homeless by the harvest, the spirit was thus provided with one for the winter months. It was hoped that the grateful being would produce a bountiful harvest the following year. Sometimes, the spirit was called Cailleach, a Celtic and Gaelic word for various female deities.

In Suffolk and Essex, the harvest workers of old used to solicit largesse from passing strangers; they expected shillings. The lord o' the harvest, the elected headman (foremost with the scythe), solemnly placed the coins on the ground.

All would gather in a circle while, as custom dictated, he stood a few paces apart and "hallered" (hallowed) it with "Hello Largesse!" In Suffolk dialect it is recorded as, "Holla lar, holla lar, holla lar-jees!"

The rest inclined their heads and accompanied him, prolonging the "o" sound. They also prolonged the final "lar" while lowering their voices, then threw up their heads and yelled "jees!" as loudly as possible.

This saying was thought to derive from "à la largeasse," a term used by medieval peasantry to solicit bounty from the nobility.

Each donor was afterwards thanked by name. The day ended with everyone shouting, "Lar-jees, lar-jees!" From neighbouring farms and hamlets the cry "Lar-jees!" was returned.



BLACK cats are said to bring both good and bad luck.

In Suffolk at the horkey (the Harvest Home supper hosted by the farmer), the same lord o' the harvest was crowned with a pair of rams' horns. They were painted and decorated with flowers – shades of the Green Man?

A recent survey found that many of the superstitions of old survive in newer forms and are observed by millions, although their origin and associated beliefs seem to have been forgotten.

For instance, we all know that breaking a mirror brings seven years' bad luck, but in the first year of life it is unlucky for a baby to see its reflection in one. Once she is fully dressed, a bride, too, should avoid looking in a mirror on her wedding day.

Did you also know that in a house where a person has passed on, you should cover the mirrors as well as open the doors and windows, so that the soul may escape?

Returning to babies, it is believed that a lock of hair from its first haircut should be kept for good luck, but the hair must never be cut in its first year nor, according to an old couplet, must nails – "Cut not its nails until a year has gone; then, mother, have no fear." However, the nails may be "bitten short."

It has long been believed that certain animals are harbingers of good or ill. A rabbit's foot has always been considered lucky, but only, says received wisdom, if certain conditions are fulfilled. It is the left hind foot that is lucky and only if the animal has been captured or killed in a cemetery, preferably over a grave.

Is it really unlucky for a black cat to cross your path? Not necessarily. If it crosses from left to right and walks towards you, it is lucky. However, if it walks away, the cat takes the luck with it.

Two or more magpies are a good omen, but a solitary one is always bad. This may be averted by a salutatory bow or by spitting. As the old rhyme has it, "One for sorrow, two for mirth; three for a wedding, four for a birth."

According to a recent poll, the robin is Britain's best-loved bird. Beware, though, if you see it approach a window, for this is not merely unlucky, but presages a death. So, too, does a blackbird pecking at a window or a pigeon settling on a house.

Even a pigeon's feathers were considered unlucky. In Lancashire, their presence on a bed or pillow was indicative not only of a passing, but a lingering one.

Fowl crowding together under a bush foretold a human quarrel. Hearing a cock crow before midnight was bad enough, but if you were male and heard a hen crow then heaven help you, for "A whistling maid and a crowing hen, Are neither good for God nor men."

There were many superstitions concerning death especially in the countryside of long ago. A Suffolk belief was that if you stood in a church porch on April 25, which is St Mark's night, you would see the apparitions of those who would suffer some life-threatening complaint in the year ahead.

They would glide up the path and through the locked church door. If an apparition reappeared, the person would recover, the time spent inside being an indication of how long recovery should take. If it did not reappear, the individual would pass on.

In the days of log fires, coffin-shaped cinders presaged a death in the household, as did a candle wick curling towards someone, which was suggestive of a winding-sheet.

In Suffolk, when a body was laid out at home, it was known as "lying against the wall." If there was an intervening Sunday, there was an old saying, "If one lies against the wall on a Sunday, another will lie there afore long."

Also, if a body was found to be still supple at the time of burial, that, too, was indicative of another passing in the

household.

An enduring superstition concerns shoes. It is considered unlucky nowadays to put new shoes on a table, but in the past, it was lucky to throw old ones. They were thrown after departing honeymoon couples, tied to a car bumper or even an aeroplane.

This custom was English. In other countries, a pair of presumably new shoes was given by the bridegroom to the bride or her relations.

In a few districts of Yorkshire, a slipper was thrown at a bride as she neared her new home or more alarmingly a cake on a plate.

This was for good luck – if she escaped injury! – but if the plate was not

broken or at least chipped, it was a bad omen. The bride was then lifted over the threshold and sometimes carried a pebble in with her for luck.

Meanwhile, in London boiling water was sometimes poured over the doorstep of a house where a wedding reception had been held to “warm the threshold for the next wedding.”

It is usual for a modern bride to throw her bouquet for a lucky bride-to-be to catch, but in the past a pin from the bridal veil would also ensure a marriage.

A piece of wedding cake passed through the wedding ring was believed to bring dreams of future weddings if the ring were placed under the pillow at night. Conversely, it was thought to be

unlucky ever to remove it from the finger.

Finally, the number thirteen is popularly held to be unlucky, especially where thirteen people dine at the same table. Could this be because Jesus and his disciples at the Last Supper numbered thirteen and the last person to be seated was Judas? Friday the 13th is especially unlucky, perhaps because Jesus was crucified on a Friday.

The paradox is that the number thirteen features in some orthodox Christian festivals, saints and feast days, and similarly in other religions. Make of it what you will!

The eyes have it with iridology

I have a few problems with my eyesight despite seeing an optician. A neighbour suggested that iridology might prove of benefit. Can you tell me something about it? – Simon Marshall, by e-mail.

Iridology is the study of the human iris. By examining it closely with a slit lamp, penlight or magnifying glass, a practitioner can diagnose activity in the body in general as well as in specific areas or organs.

The advantage of such a diagnosis is that the various markings, signs or discolourations of the iris can indicate adverse medical conditions while they are in the early stages of development.

Although iridology is purely a diagnostic tool, iridologists are generally herbalists as well as naturopaths or homeopaths – or practitioners of another complementary therapy – and can suggest appropriate remedies to alleviate the conditions.

In the UK, the Guild of Naturopathic Iridologists International is the umbrella organisation for colleges and courses. Its website at www.gni-international.org has a register of qualified practitioners as well as courses, events and other activities.

The beginnings of iridology can be found in the *Chiromatica Medica* (1665) where without using the word



AN iridology practitioner can diagnose activity in the body in general as well as in specific areas or organs. (Photo: cocoparisienne)

iridology, the general appearance of the iris is equated with various conditions in the body.

The founding father of iridology as such was Hungarian scientist and physician Ignaz von Peczely (1826-1911). At the age of eleven, Ignaz tried to free a trapped owl in his garden and accidentally broke its leg. He made a splint for the bird, cared for it and kept the owl under observation.

Ignaz noticed that a black stripe appeared in an eye, and that as the leg healed the stripe changed to white lines.

During his medical career, through examinations and autopsies Ignaz had ample opportunity to observe iris appearances and corresponding bodily conditions at first hand. He published his Iris Chart in 1886.

In the 1860s, a young Swedish boy, Nils Liljequist, became ill as the consequence of a vaccination, followed by doses of quinine and iodine. He noticed the changes in the colour of his formerly blue eyes, as the drug spots appeared.

In 1870, Nils, who became a physician and priest, published a paper called *Quinine and Iodine change the Colour of the Iris*, which described his experiences.

Nils' book *Om Oegendiagnosen*, which was published in 1893, included an atlas with 258 black and white drawings and twelve coloured double iris drawings.

The book was later translated into English as *Diagnosis of the Eye*. It included an iris chart which was similar to von Peczely's.

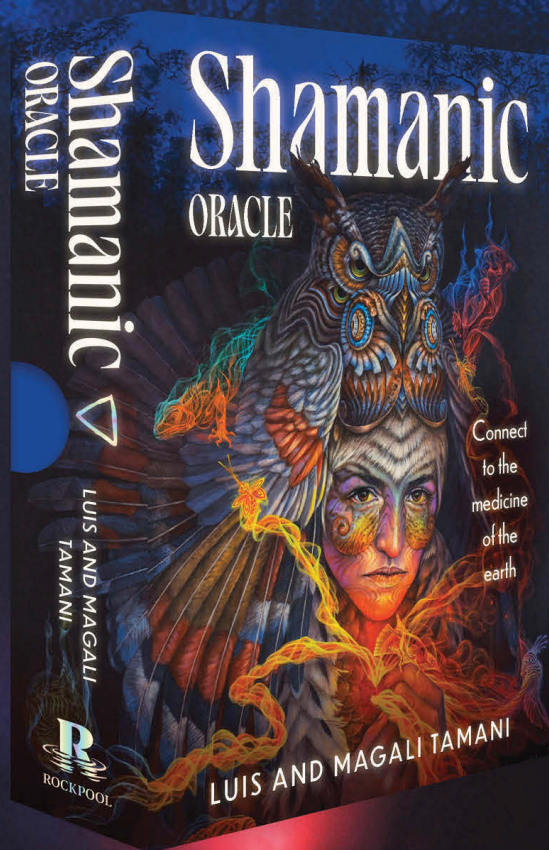
First, the good news. Graham Jennings is recovering from a recent illness and raring to go. Not so his computer. Having almost finished his August column, it broke down and has been sent for repair. To please Graham's many followers, we have reprinted an earlier feature, which still makes excellent reading.

Shamanic ORACLE



RRP
£19.99

Connect to the medicine of the earth



ROCKPOOL
rockpoolpublishing.com

Shamanic Oracle ISBN: 9781923009004

NEVER MISS AN ISSUE OF PSYCHIC NEWS MAGAZINE

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

Subscribe direct by phone: 01376 563091

Or at our new website address: www.psychicnews.uk

By post: Please send your details or the form below with payment to our new address:

Psychic Press Ltd, 124 City Road, London EC1V 2NX

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

UNITED KINGDOM

6 months = £32 ☐

1 year = £59 ☐

EUROPE

6 months = £49 ☐

1 year = £89 ☐

OVERSEAS OUTSIDE EUROPE

6 months = £55 ☐

1 year = £99 ☐

YOUR DETAILS

Name.....

Address.....

.....

.....Postcode.....

TelephoneNo.....

Emailaddress.....

I enclose a cheque for £ payable to Psychic Press Ltd

Or please charge my card: £

CardNo.....

ExpiryDate.....

Sec. No (last 3 numbers on reverse)



THE form of an elderly woman appeared and stroked an electrician's hair before over 20,000 volts were accidentally sent through the rails.

Tube workers tell of encountering Underground apparitions

By John West

LONDON'S Underground network is renowned worldwide. The system dates to the Victorian era. Its first stretch opened in 1863 linking Farringdon and Paddington.

Since then, the network has steadily expanded, offering passengers a fast and convenient way to cross the capital. However, severe overcrowding in recent years can make the experience less than pleasant, particularly during peak hours and hot weather.

When first proposed, some Victorian Londoners feared that digging deep into the city's soil might disturb supernatural forces best left undisturbed. This anxiety was heightened when several burial grounds – including plague pits – were unearthed by navvies.

Many now claim that because of these disturbances, the “dead” haunt several London Underground stations. If that's true, they were soon joined by other spectral presences – suicides, victims of accidents, train crashes and the Blitz.

Aldgate

In the 1950s, an electrician was working on the tracks when a colleague standing nearby was surprised to see an elderly woman stroking the man's hair. Moments later, 20,000 volts were accidentally sent through the rails, throwing the man backwards and knocking him unconscious.

The accident should have killed him, but he quickly recovered without any ill effects. Had the ghost of the woman saved him? Was she his guardian angel?

Aldwych

Aldwych opened in 1907. First known as Strand Station, it finally closed its doors in 1994. It was built on the site of the Royal Strand Theatre, which was said to be haunted

by the ghost of an actor.

Some believe that after the destruction of her beloved theatre, she moved into the station. Several cleaning staff claimed to have seen a figure suddenly appear on the tracks inside one of the tunnels.

The London Transport Museum now runs guided tours of the station throughout the year. Perhaps the ghost will appear for you if you decide to visit.

Becontree

In the summer of 1992, a supervisor at the station was working a late shift in his office when he heard the door handle rattle.

He was not concerned by this, as his office opened onto the National Rail platform, and it would often shake when trains were approaching. However, this time, no train arrived, and the rattling continued.

Opening the door, he was filled with a sense of unease. The supervisor decided to make his way up the stairs to find a colleague. Suddenly, he felt as though someone was walking behind him.

Turning around, he saw a woman with long blonde hair wearing a white dress, but she had no face. It was blank where her features should have been.

Terrified, he ran upstairs. His colleague looked at him and said, "You look like you've seen a ghost." The man replied that he had. His colleague then confirmed that he had seen the same ghostly figure.

Bethnal Green

Bethnal Green Station was the scene of the worst civilian disaster in wartime London. On March 3, 1943, an air raid siren sounded and people began to make their way down the stairs to the platforms.



WHEN the Tube was first proposed, some Victorian Londoners feared that digging deep into the city's soil might disturb supernatural forces.

A middle-aged woman and a child fell three steps from the bottom, causing others to tumble around them. A total of 173 people – most of them women and children – were asphyxiated.

Then Prime Minister Winston Churchill suppressed reports of the tragedy, fearing it would damage public morale and possibly encourage further German attacks.

A secret report revealed that in 1941, Bethnal Green Council had warned London Civil Defence that a crush barrier was needed on the stairway. The warning was ignored, as the expense was deemed unnecessary.

A later government report blamed the tragedy on public panic, but witnesses contradicted this, saying that people had descended the stairs in an orderly manner.

It was not until 1993 that a memorial was finally erected above the stairway where the tragedy occurred. Another

was unveiled in 2017 in Bethnal Green Gardens immediately outside the station.

One spring night in 1981, station foreman John Graham was closing up. After turning off the lights and returning to his office, he suddenly heard children crying, the screams of women, and shouts of panic.

The terrifying sounds lasted for about ten or fifteen minutes before John was forced to leave his office and remain in the booking hall for the rest of his shift. Had John heard the psychic echoes of that terrible night in 1943?

Elephant & Castle

The figure of a young woman in dark clothing has been seen boarding a train before disappearing. One evening, a crew member joined a train at the terminus and waited for the driver.

As he stood near the rear, a young woman entered the carriage. He stepped aside to let her pass. When the driver arrived, the two walked through the train to the cab, but the woman had disappeared.

She could not have left without passing him again, and there was no sign of her on the platform. Concerned, he mentioned the incident to the driver, who replied: "Oh, her. We hear about her all the time."

Footsteps have also been heard on the platform. One station worker heard them getting louder, then fading away. There was no one else on the platform to account for the noise.

Farringdon

Farringdon is said to be haunted by the ghost of a murdered child, who is known as the "Screaming spectre."

In 1758, thirteen-year-old Ann Naylor, an apprentice hat maker, was beaten to



AT Bethnal Green station, this "Stairway to Heaven" memorial honours 173 people who passed on after a crush during an air raid alarm. (Photo: Geoff Henson on Flickr)



FARRINGDON station is said to be haunted by the ghost of a murdered child, who is known as the "Screaming spectre."

death by her employer, Sarah Metyard, and her daughter.

They dismembered Ann's body and disposed of it at the site where Farringdon station was later built. Ann's sister suspected foul play and voiced her concerns only to be murdered as well.

Overwhelmed by guilt, years later Sarah Metyard's daughter confessed. Both women were arrested, tried and hanged at Tyburn on July 19, 1768.

After the station opened in 1863, people reported sudden chills and the terrifying screams of a child, usually in the early morning hours after the station had closed.

Hyde Park Corner

In November 1978, station supervisor Barry Oakley and a colleague locked up for the night. Around 2.30 am, they were disturbed by noises in the concourse.

Investigating, they found the escalator running despite the contact breakers having been removed and the power supply disconnected.

Barry then noticed the temperature had dropped so sharply that he could see his breath. He began to feel as though someone was watching him.

Turning to his colleague, he saw a man leaning against the wall, white as a sheet, in a trance-like state. When he came to, all he could say was, "Did you see the face?"

He claimed that a face had suddenly appeared out of nowhere and stared at them. The man went home and never returned to the station.

Ickenham

In 1951, an electrician working on the platform noticed a woman in old-fashioned

clothes, including a red scarf, watching him.

She waved and began walking toward the stairs. Thinking she needed help, he followed. As she reached the bottom step, she vanished. Shocked, the electrician reported the sighting.

The stationmaster informed him that the woman had been seen before and was believed to be the ghost of someone who had fallen onto the rails and been electrocuted. The apparition is said to appear only in winter.

Kennington

After passengers disembark, trains use a loop in the line to reverse direction. They sometimes have to wait in the Victorian tunnel for up to twenty minutes before they are allowed to continue their journey.

Drivers and guards waiting in the loop have reported an eerie atmosphere and heard doors opening and closing, as if someone is walking from the rear of the train toward the cab. A search of the train finds no one.

Some attribute the noises to tunnel wind, but one driver countered, "The wind doesn't open and close doors one after another."

The haunting began in the 1980s and is believed to be connected to a passenger who tried to board a moving train and was dragged into the loop to their death.

King's Cross

In May 1998, a passenger at King's Cross station saw a woman in her twenties with long brown hair, wearing jeans and a T-shirt.

She was kneeling by the side of a corridor with her arms outstretched. She looked as if she were crying. Suddenly,

another commuter walked straight through her... and she vanished

Liverpool Street

In the summer of 2000, on CCTV the line controller noticed a man wearing white overalls. He was standing on a Central line platform near the eastbound tunnel. This was unexpected, as it was 2.00 am and the station was closed.

Steve Coats, a station supervisor, was on duty that night and was asked to investigate the matter. He went to the platform and even looked into the tunnel, but could find no one.

He then used a telephone at the bottom of the escalators and reported to the control monitor that the station was empty. The man expressed surprise at this, as he had been looking at the screen and had seen Steve walk right past the figure.

Steve returned to the platform, but still could not see him. The control monitor said that Steve had been standing right next to the man. It would have been impossible not to have seen him.

Steve decided to take one last look at the platform. On the bench was a pair of white paper overalls. They had not been there before.

Moorgate

During the winter of 1974/75, a group of maintenance engineers saw a man in blue overalls approaching them on the line. Without warning, he vanished.

They believed the figure was the ghost of a worker who was known to have died there and feared it was a bad omen. Tragically, they were right.

On the morning of February 28, 1975, a southbound train on the Northern line entered Moorgate station at full speed and slammed into a concrete wall at the end of the tunnel.

Forty-three people were killed and seventy-four seriously injured. No cause was ever found for the driver's failure to stop.

After the crash, other workers admitted to seeing the same figure in blue overalls before the crash. Some speculated that the ghost might have even caused the disaster. Had the driver seen the apparition appear on the tracks and panicked?

South Kensington

In December 1928, a passenger disembarking from the last train of the evening saw another train suddenly appear on the track. This one was an old-fashioned steam train.

Hanging from its side was a man dressed in a reefer coat and flat cap. The train gave

a whistle and vanished into the tunnel.

Central line between Holborn and Chancery Lane

Drivers held at signals along this stretch have reported seeing a figure standing beside them staring ahead. As soon as the signal changes and the train begins to move, the figure disappears.

Bakerloo line

In 1983, Karen Collett took a photograph of her nephew while on a train between stations. In the reflection of the window behind him appeared the image of a man strapped into an electric chair, sparks shooting from his hands.

Maurice Grosse, a member of the Society for Psychical Research, was contacted and asked to investigate the matter.

London Underground confirmed that there were no posters matching that image in the tunnels. Further investigation revealed that the face belonged to a waxwork figure of Bruno Richard Hauptmann, who was executed by electric chair in 1936 for the kidnapping of Charles Lindbergh's baby.

Lindbergh was an American aviator who became world-famous after flying solo across the Atlantic in 1927.

Madame Tussauds confirmed that they had never released posters featuring Hauptmann, and that the wax figure never included sparks or any electrical effects.

Robert Cox, an expert from the National Museum of Photography, Film and Television (now the National Media Museum), examined both the negative and the camera.

He stated, "It's an amateur (point-and-shoot) camera, so to do manipulation of photographs – particularly in the '80s – you would have needed quite sophisticated equipment."

Later, while visiting a medium with a friend, Karen waited outside during the session. Unexpectedly, the medium came looking for her, saying she had a message:

"It's about your photo. I just want you to know that the man said, 'I'm accused of something I didn't do... but I did something else.'"

Hauptmann always denied killing Lindbergh's child. Several modern crime historians have questioned his conviction, even going as far as suggesting Hauptmann was framed by the police for the murder.

Lindbergh, on the other hand, always believed Hauptmann must have been involved in the kidnapping and murder of his son.

What caused the image of Hauptmann



THE odd image of a man strapped into an electric chair, sparks shooting from his hands, was photographed during a journey on the Bakerloo line. (Photo: fedi)

to appear in the photograph remains a mystery. Passengers on northbound trains have also reported seeing the reflection of someone seated next to them only to turn and find the seat empty.

Jubilee line

Bill, a patrolman, was walking the tracks between Baker Street and St John's Wood after hours. He stopped to rest only to hear footsteps approaching him in the dark.

Shining his torch, Bill saw footprints forming in the ballast between the sleepers, though no figure was visible.

The footsteps passed him and then stopped. When he exited the tunnel, pale and shaken, a colleague commented on how white he looked. Bill explained what he had witnessed.

The colleague said he'd also seen the footsteps appear in the ballast. It emerged that five maintenance workers died on this stretch of track, and one, not realising he's dead, still walks the tunnels.

Northern line

As part of his managerial training, Paul Fisher was instructed to walk the section of track between Oval and Stockwell after hours.

At one point, he encountered an elderly man using a Tilley lamp – a type no longer used on the Underground due to safety regulations.

Paul commented on the lamp, and the man replied that he preferred using it. Paul asked the man about this stretch of line and was told it was called South Island Place.

When he arrived at Stockwell, Paul reported that he had left the line and mentioned the old man. He was informed that no one was scheduled to be working

on the track that night.

Search parties from both ends were dispatched, but no one was found. It would have been impossible for the man to have exited the line without being seen.

Other staff later admitted to having seen the same man. He is believed to be the apparition of a worker killed in the 1950s while repairing a compressor at South Island Place. He had not seen an approaching train. The man was using a Tilley lamp.



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.



Milton's wise words still ring true

By Lionel Owen

WHILE sitting in a beautiful garden, I took in the sounds of nature and gazed in wonder at the lovely foliage. As I watched squirrels scampering around trying to persuade me to give them some nuts, the wonderful words of the poet John Milton popped into my head.

They read, "Through contemplation of created things, by steps we may ascend to God" and originate from Milton's *Paradise Lost*, specifically from a conversation between the angel Raphael and Adam in Book 5.

It suggests that by studying and reflecting on the natural world, humans can gain a better understanding of God and draw closer to Him. Though Milton wrote them many years ago, in this age which is so absorbed in all that is materialistic, his words are even more relevant.

We seem to have become inured to the average scientist or atheist describing everything in material terms and refusing

even to consider that life is more than just what registers on our five very limited physical senses.

Likewise, we also seem to have accepted that war and conflict are inescapable factors of our lives on Earth. Politicians appear powerless to resist the siren voices of the armaments industry, the military and power-mongers, who tell them, "Ours is the only way."

Hatred is once again replacing tolerance and understanding. We are so wrapped up in our day-to-day physical existence and in thrall to the ubiquitous and insidious news channels on TV, that even as Spiritualists we find it difficult to be still and do exactly what

Milton urges.

What would happen if we decided more often to contemplate who created things? For a start, we would find ourselves being much calmer because contemplation requires stillness on our part.

Next, we would discover that in the stillness of contemplation, our auras will expand. Consequently, we would become more and more aware of what I like to call "The secret life of nature," which is the essential spiritual side of the natural world.

As Spiritualists, we should know that everything in our physical universe is a muted or dulled simulation of what exists in the spiritual realms. Nothing physical exists that does not already have a spiritual counterpart.

When our auras extend, why does our awareness more easily connect to the spiritual side of nature? It is because our aura is part of our own spirit.

Expanding it automatically increases our awareness of hidden things. This is why mediums need to practise extending their aura to link with those in the spirit world wishing to communicate with loved ones on Earth.

As our awareness grows, we become conscious of the true beauty of the natural world and come to recognise the spiritual light which is an integral part of all living things.

This interacts with the light of our own spirit, and we exchange true spiritual love and light with the natural object we are contemplating.

Thus, we can be reenergised when feeling low and feel inspiration to achieve goals that we may have previously considered beyond our abilities.

However, while such spiritual contemplation is fine for Spiritualists, Milton's words can and should be followed by the more materialistic individuals of this world. If they were, amazing transformations could take place.

Compare the creations of nature with those of humanity. In nature one cannot escape the sense of wonder that no matter what, beauty and order are always present.

While constrained within a physical body, could the human mind design a leaf which is even half as beautiful or incredible as the real thing?

Not only do leaves possess beauty, but they perform a vital task for an entire plant. Leaves convert sunlight to nutrients for a tree, a process which is almost magical.

Everything designed by nature not only performs essential tasks impeccably, but also possesses an innate beauty. Nowhere in nature does utility exist without beauty.

Even when tree leaves die, their hues

are so beautiful that they inspire poets and lead thousands of people to drive hundreds of miles to see the autumn colours. If only that were so in the creations of humanity.

Scientists congratulate themselves on being able to clone sheep. They portray it as "creating life" in a test tube or laboratory. Nonsense!

All they have done is to use their limited understanding of the laws of nature, designed by beings far superior to us, to create offspring of a sheep in a different way. The development process is no different from that which occurs within the womb.

If instead of trying to play God, scientists sought to understand the spiritual basis of all life by examining



LIONEL OWEN: *"We really do know more and more about less and less."*

the human mind more critically, their efforts would be of much greater long-term benefit to us all.

They could start by accepting that the mind is not a physical section of the brain, but the reasoning part of our eternal spiritual selves.

At last, some scientists are taking reluctant, hesitant steps in the right direction through the vehicle of quantum physics. The trouble is that their training precludes them from reaching the right conclusions.

Even as they establish through quantum experiments that several non-physical dimensions exist beyond the four physical ones we acknowledge, they will still jump to the wrong conclusions.

Science has become far too specialised. Consequently, we really do know more and more about less and less.

The secret of unravelling the spiritual nature of all life is to be found in generalism, not specialism. Originally, science, art and religion were all part of philosophy, as they were in Milton's day.

Thus, a holistic approach was then the

norm. Although religion in particular fell prey to the corrupting influence of power, there was a much greater acceptance of the true fatherhood of God than there is today.

Many of us luxuriate in the physical benefits provided for us by scientific specialisation while being uniquely ignorant of the presence of the power of the Spirit in all things. Nothing is more destructive.

Increasingly, in our pampered luxury so many of us unwittingly add fuel to the negative, all-consuming power of consumerism.

Consequently, generations can – and are – denied the opportunity to develop their spiritual natures properly while on Earth. Instead, money and power become twin gods.

By persisting with the wrong notion that life occurred by accident in primordial mud, we blind ourselves to the facts.

Even if it were true that primordial mud gave rise to the first single-celled examples of sentient life on Earth, this begs the question that inanimate life (mud for instance) is also an aspect of life.

It is similar to arguments put forward for the "Big bang" theory proposed by astronomers. They claim that everything began with this. If that is the case, how come there was anything to go "bang" in the first place?

It is far safer and more sensible to conclude as did Silver Birch, the great philosopher from the spiritual world, "I know of no beginnings; I know of no endings."

As we examine the wonders of nature or, as poet William Cowper advised, "go mark the matchless working of the power that shuts within the seed the future flower," we cannot fail to be convinced of the power, majesty and ingenuity of the mind or minds that "planned this scale of beings."

Accident indeed. Rubbish! Spiritualists accept the truism that nothing dies, especially human beings. What happens upon death is merely a change of form.

Scientists accept this regarding matter, but because to most of them mind and Spirit are figments of the imagination, they cannot and will not accept it in relation to life itself.

How sad, and, in relation to the growth in intolerance which seems to be an inescapable side effect of materialism, how deadly. Give me Milton's enlightened view any day...



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

SPIRITUAL AWAKENING

A guide to navigating the great consciousness shift from science to spirituality

By Eric Magnifico and B. Scott Fitzgerald

RRP UK £10.20 US \$12.99

178 pages

The publisher writes: "Discover the groundbreaking results of merging science and spirituality in this revolutionary book.

"Learn how to navigate the global consciousness shift and use spiritual and scientific principles for personal and global advancement.

- Experience a profound sense of purpose and fulfillment as you embrace the great consciousness shift
- Feel empowered and connected as you tap into the quantum realities and spiritual practices that will shape humanity's future
- Transform your life and the world around you by applying practical ways to activate multidimensional awareness in your daily life.

"In this book, you will find:

- A clear understanding of the global consciousness shift and its implications for personal and societal growth
- Insights into the merging of science and spirituality and how it can enhance our daily lives
- Practical guidance for future generations and redefining the concept of the divine
- A deep dive into the difference between human and artificial intelligence and its impact on communal awareness
- Twenty actionable ways to embrace the quantum shift and live a more fulfilling life."

THE MINDFUL BODY

How to build emotional strength and manage stress with body mindfulness

by Noa Belling

RRP UK £14.99 US \$16.95

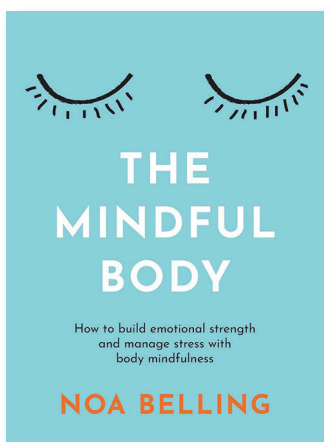
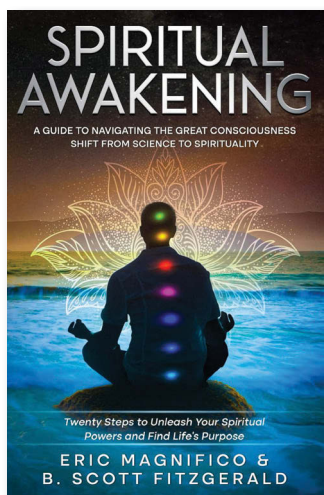
216 pages

The publisher writes: "Be present, be you, love your body and reclaim your vibrant life.

"Discover the transformative power of body awareness with Noa Belling, a bestselling author and psychologist.

"Use your body as a direct path to mindfulness and mindful living and unlock the potential to improve your physical, mental and emotional well-being.

"Backed by psychological and neuroscientific studies, this book provides practical opportunities to tap into your body's empowering and intelligent resources."



THE WHITE LIGHT MEETS THE THIN BLUE LINE

A Spiritualist medium inside the Los Angeles Police Department

By Russell Chan

RRP UK £12.99 US \$16.99

198 pages

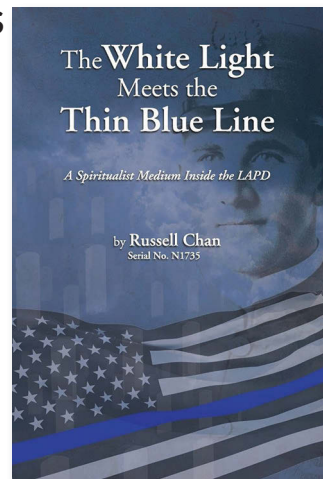
The publisher writes: "In a career in which a person claiming psychic powers like talking to the dead would bring the pity of delusion at best, and suspicion of fraudulent activity at the worst, a police employee searches for the truth.

"In an attempt to earnestly seek credentials to become a Spiritualist medium for his church, he chose to practise and experiment his abilities on people that are usually the most sceptical – fellow cops and detectives – before practising on the public.

"Although now certified with the church, this book is written from a student's perspective during those formative years.

"Within its pages can be found information useful to first-responder workers who are interested in paranormal abilities but don't feel comfortable talking about it, and students also studying mediumship.

"This is where the white light meets the thin blue line."



THE TRUE AND THE ETERNAL

Experiences with the Divine

By Lars Muhl with Naleea Landmann

RRP UK £16.99 US \$24.95

208 pages — Hardcover

The publisher writes: "The book starts with the experiences the author had when he was a child, where he developed an opening of a way of 'seeing.'

"After his little sister's death this took off and he started to be able to see and feel other people's pain and whether they were truthful or not.

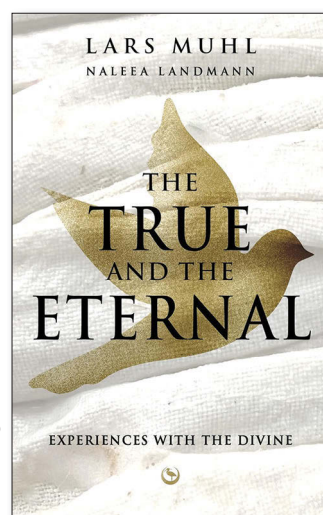
"It tells about the apparitions of Yeshua/Jesus that appeared to him as well as contact with his guardian angel.

"The book is filled with plentiful explanations on how our connection to the etheric field is the most important thing right now.

"It tells how Lars learned to use his intuition and what it actually is.

"There are several profound practices throughout the book, and a summation of Lars' mystical outlook and what he has learned.

"There is a chapter on the process of death that should act as a balm for those who are afraid of it."



THE JOURNEY OF BECOMING THE SOUL ALCHEMIST

A sacred journey of reclaiming your power, remembering your light and embodying your truth

By Kay Sanders

RRP UK £14.99 US \$19.99

395 pages

The publisher writes: "What if your deepest struggles were never a sign that you're broken – but an invitation to awaken?"

"In *The Journey of Becoming the Soul Alchemist* – written in just 11 days through a profound channelled process – Kay Sanders offers more than just insight; this is a living transmission.

"A book that doesn't simply inform but activates. A sacred companion for the soul-led seeker ready to move beyond patterns of survival and step fully into the truth of who they are.

"This book is for the ones who've felt like outsiders. The sensitives, the deep feelers, the spiritual rebels who've always known they were here for something more. If you've been walking the path of awakening but still feel blocked, overwhelmed or disconnected from your true essence, this book was written for you.

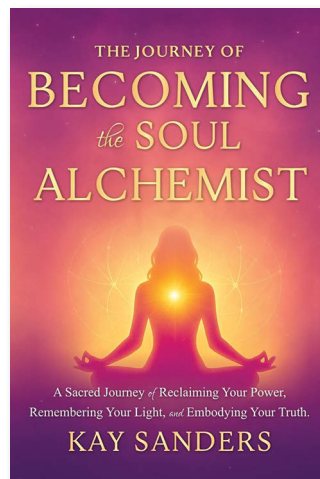
"Through potent teachings, personal stories and multidimensional guidance, you'll be taken on a journey of remembrance – one that reconnects you with your inner wisdom, your divine power and your soul's unique frequency.

"Each chapter is encoded with an energetic activation to help you dissolve subconscious blocks, reclaim the parts of you that were lost to fear and transmute old wounds into embodied light.

"This book is a map and a mirror. A remembrance of what you already know, but may have forgotten.

"It's not here to fix you. It's here to remind you that you were never broken. You were becoming.

"Let this book be a lighthouse on your path. Let it ignite your radiance, awaken your gifts and anchor you into the truth of who you've always been."



CHAKRAS, THE VAGUS NERVE AND YOUR SOUL

Journeying to wellness through subtle energy and your nervous system

By C.J. Llewellyn MED, LPC

RRP UK £16.99 US \$18.99

288 pages

The publisher writes: "A follow-up to *Chakras and the Vagus Nerve*, this book features a myriad of ways to raise your awareness and bring calm to your body.

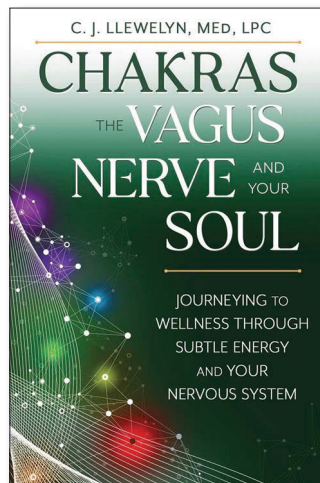
"C.J. Llewellyn's previous book covered questions about what the chakras and vagus nerve are. This book covers how.

"How to understand internal messages from your body, how to not act against what your body is doing and how to live a more balanced and peaceful life.

"The chakras and vagus nerve are mirrors of each other: learning to tune into what they are telling you is vital.

"C.J. Llewellyn shares meditations, writing prompts and visualisations in every chapter, each of them designed to meet you where you are and help you move forward.

"With more than 45 exercises to enhance your learning, this book teaches you to trust your inner wisdom."



Oracle Decks

FOLKLORE ORACLE

By Hadas Knox

RRP UK £19.99

US \$26.95

44 gilded edge cards

& 128-page booklet

The publisher writes: "Explore the rich symbolism within folk wisdom, mythology, custom and superstition, acknowledging each symbol as a key to unlock the hidden pieces of the psyche using *Folklore Oracle*."

"This deck is in the vein of *Women Who Run With the Wolves*, but with a practical eye on insight into the seeker's own hidden depths.

"Each card will be a literary exploration of an image, a symbol, an item, a habit or a phenomenon found in folklore and regional tradition and can be used to highlight aspects of the soul that need to be brought out from the murky subconscious into the light of consciousness.

"Author Hadas Knox is a New York-based writer inspired by history, mythology, motherhood, magic and, of course, folklore.

"Illustrator Giada Rose is a Kentucky-based designer interested in the gossamer threads that stretch between magic, nature, femininity and art.

"Her work is infused with a longing for the old ways and a love of the seasons, mythology, historical customs, tarot and folklore. Giada has illustrated several children's books, including *Giants in the Clouds* by Maria Muscarella."



THE WIZARD OF OZ TAROT DECK

By Erica Davis &

Davide Ortu (Illustrator)

RRP UK £22.00 US \$27.99

78 cards & guidebook

The publisher writes: "Celebrate 85 years of *The Wizard of Oz* and follow the yellow brick road with Dorothy and the gang during your next tarot reading with this beautiful, fully illustrated tarot deck and guidebook.

"Containing both Major and Minor Arcana, this official tarot deck set comes with a comprehensive 128-page guidebook to help tarot practitioners of all skill levels travel over the rainbow.

"Fans of *The Wizard of Oz* can use this deck to perform fun and informed readings, complete with card meanings and instructions.

"The 78 custom illustrations for this tarot deck display the distinct Americana aesthetic and timeless, colourful visual style of the film and feature images of fan-favourite characters, from Dorothy, Toto, and The Tin Man to Glinda and The Wicked Witch of the West.

"Packaged in a sturdy, decorative gift box, this compelling tarot deck is perfect for fans of *The Wizard of Oz*'s magical, fantastical world and tarot enthusiasts alike."



CLASSIFIED ADVERTISING

READINGS

PSYCHIC POSTAL READING
£15

KELLY CUMMING
24 Baglan Heights,
Port Talbot
Wales
SA12 8UF

JAMES - Medium
Telephone Readings £15
by appointment
Telephone:
0788 065 4071

SANDRA YVONNE
A caring Medium
with over 35 years'
experience
Offers Tarot, Runes,
Crystal Ball,
Mediumship/Clairvoyance
and More
Face to Face, Telephone
and Postal Readings
Call me for direction and guidance
on: 020 8765 9049
Email:
diamond27@talktalk.net

PAUL CISSELL
Psychic Medium
offers
30 years' expertise from
the world of mediumship
www.paulcissell.com

NICK DEANE
Spiritual Medium
Over 30 years' experience,
SAGB trained.
Gloucester, London, Online.
Email:
nickdeanetoday@gmail.com
Website:
www.spiritualsitting.co.uk

LOUISE
Mediumship and Flower Readings
On Zoom or by phone
Telephone:
01983 211964
or visit website:
www.gypsyrosedivination.com

HOWARD JAMESON

Psychic & Medium
Over 30 Years' Experience
Founder of the British Psychic and
Medium Association



Accurate Readings
providing guidance
and direction

One-to-One &
Phone Readings
Central London

Call: 07921 168169

www.howardjamesonpsychic.com

London & South East England
Prestige Awards Winner:
**PSYCHIC PROFESSIONAL
OF THE YEAR 2024/25**

THE SPIRITUAL PATHWAY
Past, present and future guidance
from the Divine Source of Life.
Please include an up-to-date photo if
possible (returnable) and £30
Send to:
Mr D. Spencer,
22 Skylark Rise,
Tavistock,
Devon PL19 9FT
Email: spiritalker46@yahoo.co.uk

VIOLET MOON PSYCHIC MEDIUM



ONLINE READINGS
ONLINE CRYSTAL SALES

Pre-booked Readings via
Zoom, WhatsApp, Messenger
(Virtual Readings) or by Phone
To book appointments
Mobile: 07930 809172
Email:
lorraine@violetmoonpsychic.com
or
violetmoonpsychic@outlook.com
Website:
www.violetmoonpsychic.com

ASSOCIATIONS

**THE BRITISH
PSYCHIC AND MEDIUM
ASSOCIATION**

www.britishpma.co.uk

Listing Directory of Psychics,
Mediums and Church Services

New members welcome

BOOKS

MORE ABOUT LIFE IN THE WORLD UNSEEN



Further detailed descriptions of
the Afterlife given to medium
ANTHONY BORGIA
from
**MONSIGNOR
ROBERT HUGH BENSON**

Available through Amazon
and booksellers
For more details, visit:
www.snppbooks.com

HEALING

MICHAEL CHAPMAN
Healer practitioner
By appointment only
Telephone:
(0044) 01970 832696
Email:
chapmanhealing@gmail.com
Website:
www.michael-chapman.co.uk

SITTERS WANTED

**MEDIUM REQUIRES
DEDICATED SITTERS**
for weekly
Transfiguration/Physical Circle.
Walsall Area.
Enquiries please contact:
hev.welch@yahoo.co.uk

SOUL MATES

THE FREE SPIRITS CLUB

For friends, romance or pen pals
Well-established - UK-wide
Postal friendship club
No internet needed
For free information pack
Call Rebecca:
01633 526523

SPIRIT ARTISTS

NIGEL COOPER SPIRIT ARTIST

Spirit Portrait and Reading
£30 including postage
Email:
nigel.spiritart@gmail.com

BRENDA CUMMING

Psychic Portraits £10
24 Baglan Heights, Baglan,
Port Talbot SA12 8UF

TRAINING & DEVELOPMENT



Online

Development Circles

Psychic & Mediumship
Advancement

Platform Development

Please visit our website below
www.darrenhartmedium.co.uk

**CLASSIFIED
ADVERTISING RATES**
60p per word inc VAT

Website address = 4 words
Email: pntemp12@gmail.com
or call: 01376 563091

HARRY EDWARDS HEALING COLLEGE

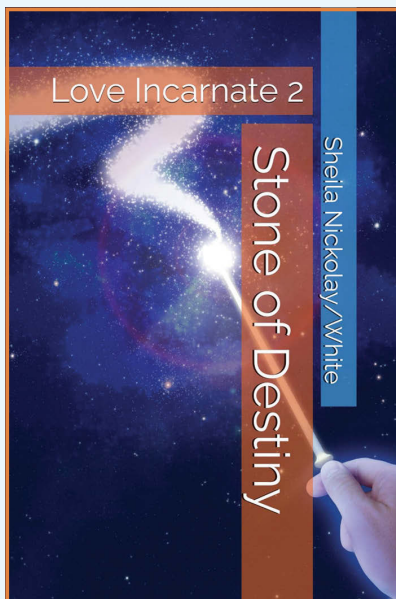
Contact Shelley for more information:
college.administrator@burrowslea.org.uk

Telephone: 0770 602 7141
or 01483 202054



Harry Edwards Healing Sanctuary,
Burrows Lea, Hook Lane,
Shere, Guildford, Surrey GU5 9QQ

www.harryedwardshealingcollege.com



Stone of Destiny – Love Incarnate 2

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

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

AVAILABLE FROM AMAZON

LEE CLAIRVOYANT

I am an independent psychic with
over 35 years experience

I get straight to the point in my phone
readings with honesty and details

My customers return time and time again
Specialist in love and relationship readings

Call my landline phone:

01273 671796

Credit & debit cards accepted. Entertainment.

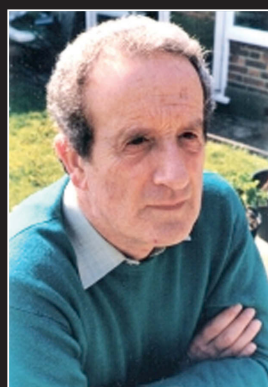
DISPLAY ADVERTISING RATES CAN BE FOUND ON PAGE 57
DISCOUNTED CHURCH & CENTRE CLASSIFIED RATES ARE ON PAGE 60



WEBSITE LISTINGS

**Advertise your website here
for just £25 a year
Call: 01376 563091
or email: pntemp12@gmail.com**

www.colourpsychologytoday.com	www.chrisratterpsychicsurgeon.com
www.larrymedium.com	https://positone.co.uk
www.aurasunrise.co.uk	www.bsnuc.co.uk
www.michael-chapman.co.uk	www.academyofselfdiscovery.com
www.bearpawholistics.com	www.crystalclearmeditation.com
www.siobhanh.com	www.petrene.com
www.eternallifechurch.co.uk	www.andrewandmickey.co.uk
www.greaterworld.net	www.sagb.org.uk
www.findmeamedium.com	www.collegeofpsychicstudies.co.uk
www.masterenergycolourhealing.org	www.daviddrew.co.uk
www.findmeamedium-directory.com	www.valeriehardware.com
www.divinelight.org.gr	www.wendydove.co.uk
www.angelicreikiuk.com	www.tomjohnston spiritualistmedium.com
www.joanfrew.co.uk	www.healingangels.co.uk
www.emmalmather.com	www.gypsyrosedivination.com



RONALD HEARN

Born on June 9, 1927, Ronald Hearn (pictured left) became one of this world's greatest tried-and-tested mediums. Apart from public demonstrations, he reached countless thousands of people through highly accurate taped sittings and many TV and radio programmes

The author of three books, London-based Ronald worked in the USA, Canada, Sweden, Australia, Germany and New Zealand as well as the UK

Ronald passed to the spirit world on June 5, 2016

To read about his unique gifts, please visit the official Ronald Hearn website at:

www.ronaldhearn.com

What's On at Spiritualist Churches & Centres

ENGLAND

BERKSHIRE

MAIDENHEAD SPIRITUALIST CHURCH

River View Lodge,
Ray Mead Road,
Maidenhead 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
Web: readingsnucentre.com
Sundays
Doors at 6pm for 6.30pm
Divine Service
Free Will Offering
Mondays 7.30pm - 9.30pm
Open Circle
£6 (£5 for members)
Wednesdays
6.30pm - 8.30pm Healing
Thursdays Doors at 7pm
Demonstration Evening
£4 per person
*Plenty of parking and
disabled facilities available*
All Welcome

DISPLAY ADVERTISING RATES

Just £5.59p per single column cm
+ VAT at current rate
(4 columns to one page)

Block booking Discounts:
2-3 adverts = 5% 4-6 adverts = 10%
7-12 adverts = 20% Over 12 = 30%

*Churches and Centres receive
discounted rates*

For further details email:
pntemp12@gmail.com
or call: 01376 563091

COUNTY DURHAM

HORDEN SNU SPIRITUALIST CHURCH

Yoden Way, Horden, Peterlee,
County Durham SR8 4RD
The church is behind the
Prestige car wash and next
to the new Aldi Peterlee
store on Yoden Way
Sunday 6pm Divine Service
Thursday 6pm - 7pm
Healing
Followed by 7.15pm
Open Circle
For mediums serving the
church and details of our
Specials on Tuesdays, please
see our Facebook page:
Horden SNU Spiritualist
Church
All Welcome

CORNWALL

PENZANCE CHRISTIAN SPIRITUALIST CHURCH

Bread Street,
Penzance, Cornwall
Telephone:
07800 812973
07800 813533
Mondays:
7pm sharp
Open Healing Circle
Sundays: Service 7pm
See Facebook
For Further Details
All Welcome

DEVON

BRUNSWICK SPIRITUALIST CHURCH

1 Keppel Place,
Stoke, Plymouth,
Devon PL2 1AX
Telephone:
01752 561167
Website:
brunswickspiritualistchurch
plymouth.org.uk
Email: brunswickspiritualist
church21@gmail.com
Sundays 6.30pm
Divine Service
Thursdays 7.30pm - 9pm
Mediumship Demonstration

Healing

Mondays 1.30pm - 3.30pm
(except Bank Holidays)
Donations appreciated
Development Groups
In church and online
Contact the church for
information
See our website or Facebook
page for a list of Mediums
serving the church and
Special Events:
**Official Brunswick
Spiritualist Church**
All Welcome

DORSET

BOURNEMOUTH SPIRITUALIST CHURCH

16 Bath Road,
Bournemouth,
Dorset BH1 2PE
Telephone: 01202 551751
Website: www.bsnuc.co.uk
Every Sunday at 10.45am
Service with Mediumship
First Sunday of month
at 6.30pm
Service with Mediumship
Thursdays at 3pm
Demonstration of Mediumship
Open Circle Tuesdays at 7pm
*Visit our website for
details of our other events
and names of mediums
serving the church*
All Welcome

RINGWOOD SPIRITUAL CONNECTIONS

The Annex,
St Leonards & St Ives
Village Hall,
Braeside Road, St Leonards,
Dorset BH24 2PH
See our Facebook page:
Ringwood Spiritual
Connections
Telephone: 01202 951405
Mobile: 07958 509971
Spiritual Connections
Demonstrations of
Mediumship & Open Circles
Sundays
Divine Service at 6pm
*Please see our Facebook
page for details of mediums
serving in August, 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
AUGUST 2025
Sunday Service
at 10.45am
3rd KARLA HAYNE
10th KAREN MARTIN
17th EMMA EVANS
24th DEB CLARK
31st RICHARD HUNT
Thursday Service
at 7.30pm
7th LAWRENCE SAVILL
14th HAZEL M^CLISTER
BREWER
21st ANDY FORD
27th ELAINE ASTIN
Healing In person
Tuesdays 10.00am - 11.30am
Special Events
Saturday 9th August
10am - 12 noon
1-1 Private Readings
See website or phone
centre for details
of other Special Events
Church accessible for
wheelchairs and has a
loop system for
hearing aid wearers
All Welcome

KINSON SPIRITUALIST GROUP

Howe Croft
Community Centre,
1 Turnbull Lane,
(off Holloway Avenue)
Bournemouth,
Dorset
BH11 9BG
Telephone:
01202 735346
Facebook page:
www.facebook.com/
KinsonSpiritualistGroup
Fortnightly Sunday
Divine Service at 6.30pm
with a Medium
*See Facebook for specials
and other events*
All Welcome

EAST RIDING OF YORKSHIRE

THE ETERNAL LIFE CHRISTIAN SPIRITUALIST CHURCH

Driffield Community Centre,
Mill Street,
Driffield,
East Riding of Yorkshire
YO25 6TR
Telephone:
07809 291928
Website:
www.eternallifechurch.co.uk
Every Sunday at 7pm
Demonstration of Mediumship
Spiritual Healing available
All Welcome

ESSEX

NEW HAVEN SPIRITUAL CENTRE

Belmont Hall,
Parker Road,
Grays,
Essex
RM17 5YN
Every Sunday Admission £5
Doors open at 6pm
for 1-1 Readings and
Free Healing
(Readings only £6 for 15 min)
Then at 7.30pm
Mediumship Demonstration
For mediums serving the
centre and special events
please see our Facebook
page: **New Haven
Spiritual Centre**
All Welcome

PYRAMID OF FRIENDS SPIRITUALIST CENTRE

NEW VENUE ADDRESS
The Paddocks
Community Centre,
Pound Lane,
Laindon,
Basildon,
Essex SS15 5SP
(4th turn on the left!)
Tel: 07983 428872
2nd Wednesday in month
6.30pm - 9pm
£8, includes refreshments
Readings available
Healing and Stalls
8pm - 9pm Guest Medium
See Facebook for mediums
serving the centre and
special events:
**Pyramid of Friends
Spiritualist Centre**
All Welcome

GLOUCESTERSHIRE

CHELTENHAM NATIONAL SPIRITUALIST CHURCH

Bennington Street,
Cheltenham,
Gloucestershire GL50 4ED
Telephone: 01242 703 288
Registered for Funerals,
Weddings, Blessings,
Naming Ceremonies,
Commitment of Union
www.snu.org.uk/cheltenham-spiritualist-church
Facebook: Cheltenham
Spiritualist Church
Sundays at 11am
DIVINE SERVICE
Thursday 7.30pm
Open Awareness and
Development Group
Friday 1.30pm - 2.30pm
Healing
Saturday 7pm
Evening of Mediumship
Specials and Workshops
Every six weeks
All Are Welcome

HAMPSHIRE

BITTERNE SPIRITUALIST CHURCH

(Top of Lances Hill),
390 Bitterne Road,
Bitterne, Southampton,
Hampshire SO13 1DR
Telephone: 07731 938587
Email: info@bitterne-spiritualistchurch.co.uk
Website:
www.bitternespiritualistchurch.co.uk
Follow us on Facebook:
Bitterne Spiritualist Church
Official Services Offered:
Spiritual Naming,
Weddings (including
Same-Sex Marriages),
Renewal of Vows, Funerals,
Memorial Services
AUGUST 2025

Sunday 3rd 6.30pm
Divine Service with
STEPHEN MAYGER
Sunday 10th 6.30pm
Divine Service with
ELAINE BEVAN
Sunday 17th 6.30pm
Divine Service with
GEOFF HAYWARD CSNU
Sunday 24th 6.30pm
Divine Service with
MYRA JACKAMAN
Sunday 31st 6.30pm
Divine Service with
JEANETTE FOOTE

Crossroads Development Group

Every Tuesday 7.30pm - 9pm
with ALISON POWELL
Healing Service Offered:
Every Tuesday
2pm - 4pm & 5pm - 7pm
Last booking at 6.30pm
Special Events
Saturday 16th 10am - 4pm £25
Mediumship & Meditation
Workshop with
GEOFF HAYWARD CSNU
Please bring a packed lunch
Refreshments provided
Don't forget your
notebook and pen
Contact Linda on 07804
252753
Friday 29th 7.30pm - 9pm
Philosophy Evening with
ELAINE BEVAN
Saturday 30th 10am - 1pm
Coffee Morning
Private Readings &
Spiritual Healing
All Welcome

HERTFORDSHIRE

CARPENDERS PARK CHRISTIAN SPIRITUALISTS

Great Gaddesden
Parish Hall,
Dagnall Road,
Great Gaddesden,
Hemel Hempstead,
Hertfordshire HP1 3BW
(Opposite Hemel
Hempstead Garden Centre)
Free parking available onsite
Contact Elaine Federico:
07746 730082
Sundays 10.30am
Divine Service
(except first Sunday in month)
Healing Available
An activity table
is provided for children
All Are Welcome

ISLE OF WIGHT

COWES SPIRITUALIST CHURCH

Newport Road, Cowes,
Isle of Wight PO31 7PA
Facebook:
Cowes Spiritualist Church
Telephone: 0758 5227 348
Sundays at 6.30pm
Divine Service followed
by Healing
Thursdays at 7pm
Open Circle
(alternate weeks)
£4 (£3 members)
For Special Events please
see our Facebook page
All Welcome

KENT

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

Or see us on Facebook
AUGUST 2025

Sunday
Divine Service at 6.30pm
3rd EMMA BOAKES
10th SHARON FORDE
17th SHERRIE HARDAKER
24th PAULINE LOCKEY
31st TINA STEWART
Tuesday Service at 2pm
5th REV. NICOLA HARWOOD
12th JAN MAWSON
19th SUE POOLE
26th JULIE SINCLAIR
Spiritual Healing
Tuesdays 7.30pm - 8.30pm
Free (Donations accepted)
Open Circles
No Monday circles in August
NOW Every Wednesday
12noon - 2pm £5
Open Platform
Wednesday 20th August
7.30pm - 9pm £5
with SHERRIE HARDAKER
Special Events
Saturday 16th 1pm - 4pm
Donations welcome
Foundation in Christian
Spiritualism - Part 2 of 4
with CHRIS PURKISS
Wednesday 27th August
7.30pm - 9pm £5
(Please arrive by 7.15pm)
Evening of Mediumship
with INGRID KELLY
See website for details
All Welcome

INDEPENDENT SPIRITUAL GROUP

Orpington, Kent
Enquiries: 07879 820125
or 07734 793640
Website: www.independant-spiritualgroup.uk
Sunday Service 6.30pm
At Liberal Hall,
7 Station Road,
Orpington BR6 0RZ
Wednesdays 7.30pm
Open Circle at
Conservative Hall,
6 Sevenoaks Road,
Orpington BR6 9JJ
See Facebook for Events
and Workshops

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
AUGUST 2025

Sundays 6.30pm - 8pm
Divine Service (Donations)
3rd Medium
10th Medium
17th Medium
24th Medium
31st Medium
Friday Evenings of
Clairvoyance 7.30pm - 9pm
£4 (Members £3)
1st Medium
8th Medium
15th Medium
22nd Medium
29th 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
Mediums' Secretary:
Sharon Harris
Telephone: 07731 815220
AUGUST 2025

Sunday Services at 6.30pm
(doors open 5.50pm)
3rd LAINEY BAINE
10th To be confirmed
17th CIRCLE SERVICE
24th KAREN WOOD
31st CAROLINE HACKETT &
RYAN THIRKELL

Evenings of Mediumship
Wednesdays 8pm
£5 (£2.50 members)
6th CALLUM CORDELL
20th LINDA HOTCHINS
Special Events

*For Workshops: tea and coffee are
provided, bring a packed lunch
or use near by cafes and shops*

Please book in advance
Saturday 9th August
9.30am - 4pm £20
Tuning Forks Workshop with
STEPHEN GRAVES
Saturday 16th August
7.30pm £15

Evening of Mediumship with
ALAN MITCHELL-SLEIGHT,
LAINEY BAINE & BRIAN OXLEY
In aid of Gay Pride Day
Saturday 23rd August
10am - 4pm £20

Mediumship Workshop with
KAREN WOOD

Open Circles in person
Tuesdays 5th, 12th & 19th
7pm - 8.30pm £5
Thursdays 7th, 14th & 21st
7pm - 8.30pm £5

Private Readings
Thursdays by phone or online
For details call
Alan Mitchell-Sleight on:
07949 633259

Spiritual Healing
Wednesdays 1pm - 2.30pm
And before the service on
Sunday from 5pm - 6pm
(providing healers are
available)

Open Platform
4th Tuesday of each month
26th August 2025
7pm - 8.30pm £5
Call Callum: 0790 210 9639

Website:
www.westwickhamspiritualistchurch.co.uk
All Welcome

LANCASHIRE

CLEVELEYS SPIRITUALIST CHURCH

93 Beach Road,
Thornton Cleveleys,
Lancashire FY5 1EW
Call us on: 07756 967803
See us on Facebook
Monday 7.30pm

Clairvoyance & Open Circle
Wednesday
12.15pm - 1.15pm Healing
Wednesday 2.30pm
Clairvoyance Service
Tuesday 7pm - 8pm
Awareness Class
Thursday 7.30pm - 9.30pm
Development Circle
(Must be a church member)

Friday 7pm - 8pm Healing
Sunday 2.30pm
Divine Service
Healing Sunday 2.30pm
Every Third Sunday
of the Month
Meditation Sunday 2.30pm
1st Sunday Alternate
Months from February
Private Readings on request
Readings Day Spring and
Autumn - See notices or
phone church number for
information

**We are Registered for
Namings/Weddings/
Same-Sex Marriages/
Funerals/Wedding Blessings**
All Welcome

LEICESTERSHIRE

LEICESTER PROGRESSIVE SPIRITUALIST TEACHING AND DEVELOPMENT CENTRE

Lee Circle, Leicester LE1 3RE
President: Marian Sawczuk
Services with Mediumship
Sundays 6pm
Divine Service
Mondays 7.30pm
Clairvoyant Hour
Healing

Saturdays 10am - 12.30pm
Sundays 5pm - 5.45pm
Wednesdays 12noon - 2.30pm

Special Events
Every Saturday morning
10am - 1pm
CAKE AND A CUPPA
with Readings and Healing
**Teaching Groups and Special
Events throughout the week**
Private Parties and Sitings
Available

Website: www.leicesterprogressive.com
E: spritchurch@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
Website: www.barnshealingchurch.co.uk
Email: barnshealingchurch@hotmail.co.uk

AUGUST 2025

Sunday Service of Mediumship
at 6.30pm
3rd SUSAN ROBERTS
10th BEVERLEY SWIFT
17th JOHN HOGG
24th LARRY DAVIDS
31st JEFF HEWITT

Healing
Tuesdays 7pm - 8pm
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
Website:

www.spiritualmission.co.uk
Telephone: 020 7229 2024
Sunday Services 6.30pm - 8pm
Wednesdays 7pm - 8.15pm
for Demonstration
of Clairvoyance
Spiritual Healing
Mondays 1pm - 5pm
Thursdays 5pm - 7pm

Animal Healing
Domestic pets welcome at
the Monday and Thursday
Healing Sessions
For Special Events,
Courses & Workshops
please see our website
All Welcome

CHINGFORD SPIRITUALIST CHURCH

151-153 Larkshall Road,
Chingford, London E4 6PE
For Enquiries call:
07956 328678

or send a message via the
Facebook page
Every Wednesday at 7.30pm
Evening of Mediumship
Doors open at 7pm
Entry: £4
Cash only please
AUGUST 2025

6th ROSANNA SMITH
13th ANDREA MILES
20th KAREN WARNER
27th BEVERLEY SWIFT
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
AUGUST 2025

*Sunday Divine Services in
Church at 6.30pm*

Our church is closed for most
Sunday services in August.
We re-open on Sunday
31st August at 6.30pm with
Divine Service and mediumship

*Thursday Online Zoom
at 7.30pm*

7th PETER GODDARD

14th WENDY LYON

21st DAVID HALE

28th MARTIN JONES

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, Oxton,
Birkenhead,
Wirral,
Merseyside
CH41 2UJ

Facebook: Birkenhead SNU
Spiritualist Church

Email: hello@bscwirral.uk

Sundays 6.30pm - 7.45pm

Divine Service

Thursdays 7.30pm - 9pm

Open Circle

Saturdays Occasional
Specials when advertised
All Welcome

DEADLINE

**The advertising
deadline for the
September 2025
issue is**

8th August 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

Website: www.lightonthehillharrow.co.uk

Email:

lightonthehill@live.co.uk

Telephone:

07528 348432

AUGUST 2025

In-Church Services

Wednesdays at 7.30pm

6th JOHN CHAFER

13th LOUISE HANDLEY

20th LEE ROBERTS

& LAURA WOOD

27th DENISE SHOREMI

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 7th August 7.30pm

Healing service

Last patient at 8.45pm

Saturday 23rd August

7.30pm - 9.30pm

£10 (Members £8)

Special Evening of

Clairvoyance with a

medley of mediums

DENISE PLUMMER,

NATHAN POOLE

& TANYA ELLIS

Facebook Group:

'Harrow Spiritualist Church'

for up-to-date news, events

and serving Mediums

All Welcome

NORFOLK

HARBOUR LIGHTS SPIRITUAL GROUP

Council Hall,
1 Yarmouth Road,
Caister on Sea,
Norfolk
NR30 5DL

Telephone: 07746 516181

Every Sunday at 7pm

Mediumship Demonstration

For further details see our

Facebook page:

www.facebook.com/caistercouncilhall

All Welcome

NOTTINGHAMSHIRE

EASTWOOD SPIRITUALIST CENTRE

Edward Road, Eastwood,
Nottinghamshire NG16 3EU

Sunday 6pm - 7pm

Divine Service

Monday 7pm - 8pm

Divine Healing Service

Tuesday 1pm - 2pm

Awareness Group

Wednesday 7pm - 8pm

Mediumship Demonstration

Friday 6.30pm

Educational Circle

For mediums serving the
centre and special events, see

our Facebook page:

Eastwood Spiritualist Centre

All Welcome

SOMERSET

ALCOMBE & MINEHEAD CHRISTIAN SPIRITUALIST CHURCH

Grove Place, Manor Road,

Alcombe, Minehead

TA24 6EH

Telephone: 0783 110 4896

Spring & Summer

(March to end of October)

Sunday Service at 6.30pm

Healing Groups,

Monthly Healing Day,

Healing Evenings,

Open Circles,

Evenings of Clairvoyance

all available on various days

during each month.

See our website for the full

day-by-day itinerary of what

our church can offer you,

including Groups,

Meditation & Healing

Winter

(November to end of February)

Sunday Service at 3pm

Website:

www.mineheadspiritualistchurch.co.uk

All Welcome

WESTON-SUPER-MARE NATIONAL SPIRITUALIST CHURCH

2 Stafford Road,
Weston-Super-Mare,
North Somerset
BS23 3BW

Facebook:

www.facebook.com/wsmspiritualistchurch

Website :

www.westonsupermarespiritualistchurch.co.uk

Telephone: 07872 581902

First Sunday in month
11am Divine Service
Sundays (except 1st in month)
6.30pm Divine Service
Mondays 7.30pm Open Circle
Thursdays 3pm
Guild with Demonstration
of Mediumship
4.30pm - 5.30pm
Spiritual Healing
7.45pm Awareness Group
For details of mediums
serving the church,
Special Events, Workshops
and Demonstrations
see our Facebook page
All Welcome

STAFFORDSHIRE

GOLDEN LIGHT SPIRITUALIST CENTRE

38-40 Bevan Lee Road,
Cannock,

Staffordshire WS11 4PZ

Sundays at 6.30pm £3

Healing after the Service

Psychic Surgery also available

All Welcome

TAMWORTH NATIONAL SPIRITUALIST CHURCH

18 Marmion Street, Tamworth,
Staffordshire B79 7JG

Tel: 07725 731245

Spiritualist Church offering

Divine Services, Mediumship

Events, Classes and Groups

for those interested in

Spiritualism

Sunday 6.30pm - 8pm

Divine Service

Freewill Offering

Wednesday 7.30pm - 9pm

Service £4

Healing

Before Sunday Service

5.30pm - 6.05pm

A freewill offering is

appreciated

For details of special events

and mediums serving the

church, please visit our

Facebook page:

Tamworth National

Spiritualist Church

All Welcome

**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
Email:
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/](https://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 CENTRE

112 Gordon Road,
Camberley,
Surrey
GU15 2JQ
NEW Website:
[www.camberley
spiritualistcentre.co.uk](http://www.camberley
spiritualistcentre.co.uk)
Telephone:
01276 409004
AUGUST 2025
Sunday Divine Service 6.30pm
3rd August with MARC IMPEY
(free will donation)
Evenings of Mediumship
Tuesdays at 7.30pm
£5 (£4 members)
5th LAURA WOODS
12th SARAH WARMAN
19th Charity Evening for
Phyllis Tuckwell with
CAROL DAWBER
26th LEE ROBERTS
Special Events
To book contact:
[bookings@camberley
spiritualistcentre.co.uk](mailto:bookings@camberley
spiritualistcentre.co.uk)
Saturday 9th August
7.30pm - 9.30pm £10
Doors open 7pm
Evening of Clairvoyance with
JENNY DOCHERTY
& SARAH NORRIS
Saturday 16th August
11am - 4pm
£25 (members £20)
Vision Board Workshop
with TRUDIE & SARAH
Please bring packed lunch
tea & coffee provided
Open Circle
Every Monday
7.15pm for 7.30pm start £5
Platform Mediumship Class
Thursday 28th 7.30pm £5
with SARAH NORRIS
Open Platform
Wednesday 6th August
7.30pm - 9.30pm
£5 to be on the platform
£3 for audience members
with GILL THOMAS
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

**FOLLOW
PSYCHIC NEWS
on Blue Sky Social**
[@psychicnews.bsky.social](https://www.facebook.com/psychicnews.bsky.social)

CROYDON SPIRITUALIST CHURCH

Chatsworth Road,
Croydon, Surrey CRO 1HE
Telephone: 020 8688 1827
Email: [croydonspiritualist
church@gmail.com](mailto:croydonspiritualist
church@gmail.com)
Website:

[www.croydonspiritualist
church.org.uk](http://www.croydonspiritualist
church.org.uk)

AUGUST 2025

Sunday 11am Service
3rd ED LINEHAN
10th STEPHEN BRAME
17th PAUL BEAUCHAMP
24th MICHAEL LENNON
31st MINISTER
DAVID BRUTON
& RACHEL CASSON
Wednesday Evenings
of Mediumship at 7.45pm
Members: £2.50
Non-Members £5
6th IAN WILSON
13th ANN THEATO CSNUT
20th INGRID KELLY
27th KATHLEEN
CUNNINGHAM

Community Coffee Morning

Tuesday 5th August 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

Open Platform

Saturday 2nd August
2pm - 4pm £5
Chairperson
ANNE-MARIE BOND DSNUT
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

**FOR MORE
NEWS,
COMPETITIONS
AND OFFERS**

**FOLLOW
PSYCHIC
NEWS
ON**

facebook

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
AUGUST 2025
Sundays at 6.30pm
3rd SCOTT BIDDLE
10th GILLIAN BLAISE
17th JANE & EDDIE BATEMAN
A free will offering will
be collected
Tea/coffee and home-made
cake after the service
Healing available
Open Platform
Friday 15th August 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
Email: [kingston.spiritualist
@yahoo.com](mailto:kingston.spiritualist
@yahoo.com)
Follow us on Facebook
Enquiries: 07503 405007
Bookings: 07780 474440

AUGUST 2025

Sunday Service at 11am
Plate Collection
3rd JUNE FROST
10th ALI WILLIAMS
17th OWEN WILLIAMS
24th LESLEY KURTON &
Artist HELEN ANTONIOU
Mondays at 7.30pm
Evening of Mediumship
£4 (members £3.50)
followed by Healing
4th JEFFERY HEWITT
11th ELAIN STAINTON
18th BARBARA POTTS
25th Closed - BANK HOLIDAY
Spiritual Healing By donation
Mondays 8.45pm - 9.15pm
Wednesdays - Pets allowed
2pm - 4pm
Open Platform
No Open Platform in August
Open Awareness Circle
No Circle in August
**Light-hearted Spiritual Talk &
Associated Guided Meditation**
Please check website
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
Sunday 6.45pm
Divine Service
Thursday 7.45pm
Service with Demonstration
of Mediumship
For Special Events and
mediums serving the church,
see our Facebook page:
Sutton Spiritualist Church
All Welcome

EAST SUSSEX

SEAFORDSPIRIT

Seaford Independent
Spiritualist Church,
3 Warwick Road,
Seaford,
East Sussex
BN251RS
Telephone:
01323 737407
Email:
enquiries@seafordspirit.co.uk
Weekly Divine Service
Thursday at 7.30pm
Alternate weeks
In-Person and Online
Demonstrations of
Mediumship and Workshops
For full details see
our website:
www.seafordspirit.co.uk
Subscribe for updates and to
register for online events and
to receive 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
For specials see our Facebook
page:
Parkside Spiritualist Church
All Welcome

STOURBRIDGE NATIONAL SPIRITUALIST CHURCH

49 Union Street,
Stourbridge,
West Midlands DY81PJ
Telephone:
01384 825060
Website:
www.stourbridge-spiritualistchurch.com
Sundays 6.30pm - 8pm
Divine Service
Mondays 1.45pm - 3pm
Divine Service
Wednesdays
12.30pm & 7.30pm
Awareness Groups
Mondays 7pm Meditation
Some Saturdays
7.30pm - 9pm
Mediumship Demonstration
See our website or Facebook
page for dates
Healing Sessions
Mondays 12 noon - 1.15pm
(Before Service)
Thursdays 7.30pm - 8.45pm
For details of Special Events
and mediums serving the
church, please visit our
Facebook page:
**Stourbridge Spiritualist
Church**
All Welcome

SUTTON COLDFIELD SPIRITUALIST CHURCH

Kenelm Road,
Off Manor Hill,
Sutton Coldfield,
West Midlands
B73 6HD
Website:
www.scsonline.co.uk
Telephone:
0121 354 3266
Sunday 6.30pm
Divine Service
Monday 1.30pm
Service
Tuesday 7.30pm
Mediumship Classes
Thursday 1.00pm
Healing
Friday 7.30pm £3
Development Circle
For details of Monthly
Specials & Workshops
please see our
Website/Facebook
Follow us on Facebook at:
**Spiritualist Church,
Sutton Coldfield**
All Welcome

WORCESTERSHIRE

REDDITCH SPIRITUALIST CENTRE

139 Easemore Road,
Redditch,
Worcestershire
B98 8HU
Facebook:
www.facebook.com/RedditchSpiritualistCentre
Website:
www.redditch-spiritualistcentre.co.uk
Email:
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
All Welcome

KIRKCALDY SPIRITUALIST CENTRE

13 Kirk Wynd, Kirkcaldy,
Fife KY1 1EH
Facebook page: Kirkcaldy.sc
Email: kirkcaldy.sc@gmail.com
Telephone: 07948 971381
Sundays 5pm Divine Service
Mondays 7pm
Demonstration
of Mediumship
Tuesdays (alternate)
7pm - 9pm Shamanic Healing
All Welcome

PATHHEAD AND DYSART SPIRITUALIST CHURCH

145 Commercial Street,
Kirkcaldy, Fife KY1 2NS
Telephone: 01592 262955
Email: r.birrell46@gmail.com
Sunday 6pm Divine Service
Thursday 6.45pm
Healing Circle
Thursday 7.30pm
Development Circle
See our Facebook page for
details of visiting mediums
and special events:
**Pathhead and Dysart
Spiritualist Church**
All Welcome

FINANCIAL HELP
THE SPIRITUAL TRUTH FOUNDATION
is a charity that makes grants to Spiritualists in need, for
kitchen equipment, furniture, household goods, removal
costs, travel for family illness, any unexpected expenditure
and also church building repairs and refurbishment.
www.spiritualtruthfoundation.org

WALES

THE PSYCHIC SHOP

The Plassey, Eyton,
Wrexham,
North Wales
LL13 0SP
Telephone:
07360 272727
Stockists of
Healing Crystals & Incense
Oracle, Angel & Tarot Cards
Private Readings
Spiritual Gifts
& much, much more
Website:
www.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
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/TheGreetingPlaceFoundation/>
Our regular services are:
Sunday 11am
Address and Communication
Other services as announced
Everyone Welcome

GREECE



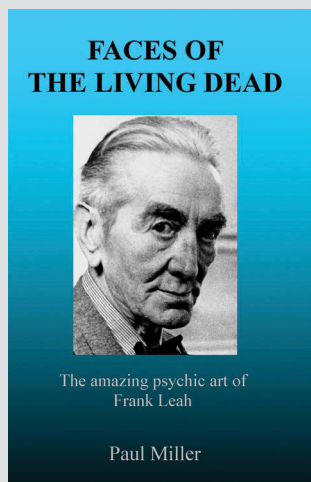
SPIRITUALIST SOCIETY OF ATHENS

"The Divine Light"
Channelled Teachings
from the highest authority
of the Heavenly Kingdom.
Various spiritual leaders,
from Socrates and
St. John the Baptist
to Goethe and Newton
teach invaluable lessons
to humanity.
Website:
www.divinelight.org.gr
Email:
info@divinelight.org.gr
Address:
12 Niovis Str.,
Athens,
Greece,
11252

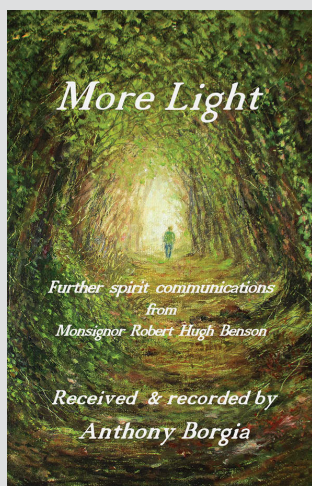
The books below are available from
Amazon.co.uk & Amazon.com
or direct from: **www.snppbooks.com**
where many more Spiritualist books can
also be purchased



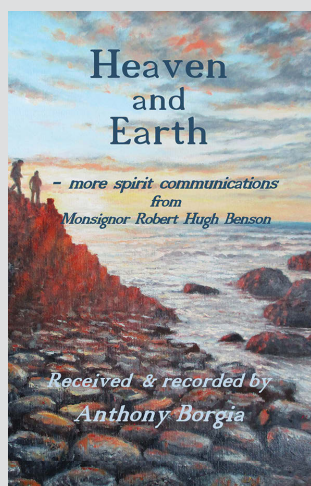
FACTS: More spirit communications from Monsignor Robert Hugh Benson
Print: UK £9.50 US \$12.00
Digital: UK £4.99 US \$6.99



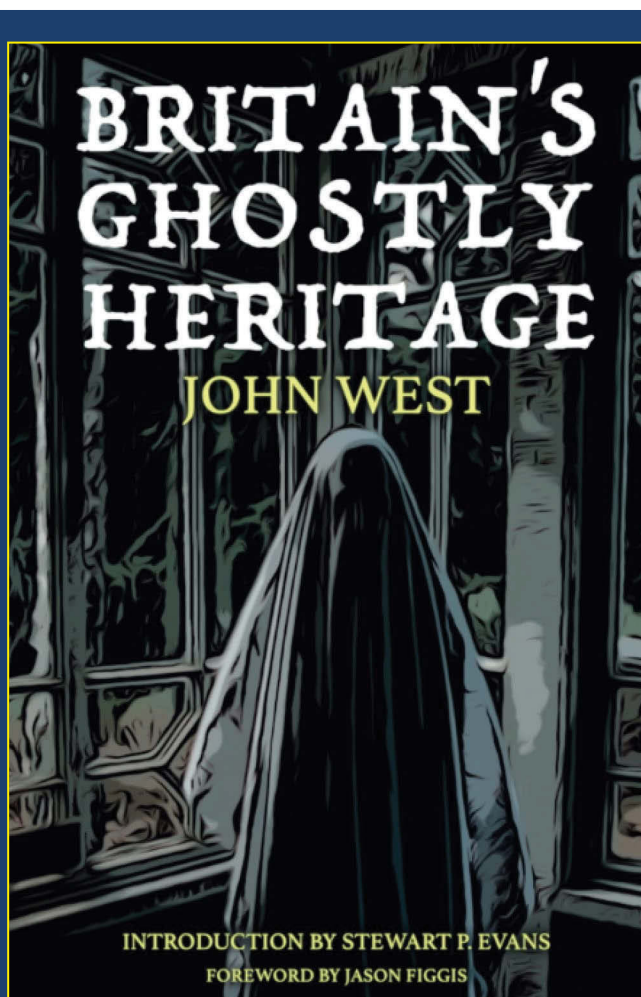
FACES OF THE LIVING DEAD
By Paul Miller
Print: UK £8.50 US \$12.00
Digital: UK £4.99 US \$6.99



MORE LIGHT
Print: UK £9.50 US \$12.00
Digital: UK £4.99 US \$6.99



HEAVEN AND EARTH
Print: UK £9.50 US \$12.00
Digital: UK £4.99 US \$6.99



INTRODUCTION BY STEWART P. EVANS
FOREWORD BY JASON FIGGIS
Available from
www.amazon.co.uk
& www.amazon.com

**MEDITATE.
VISUALISE.
LEARN.**

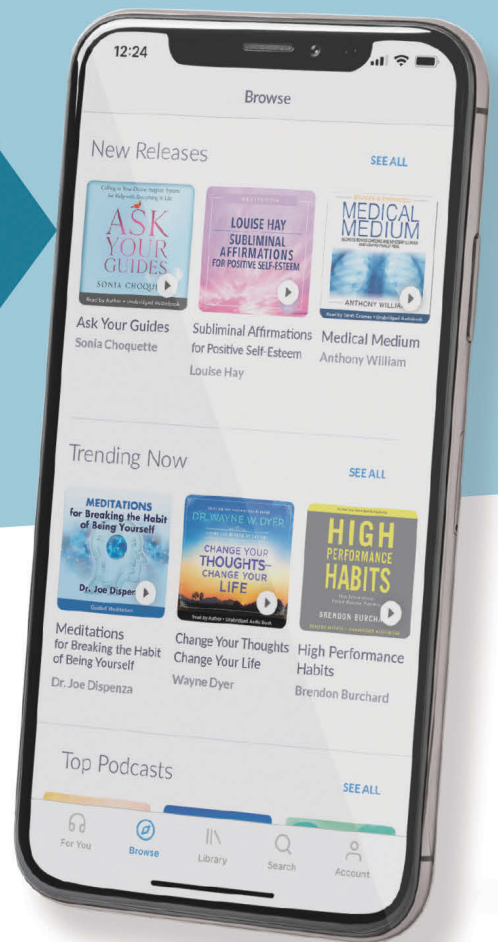
*Get the Empower You
Unlimited Audio Mobile App*

Get unlimited access to
the entire Hay House
audio library!

You'll get:

- 500+ inspiring and life-changing **audiobooks**
- 700+ ad-free **guided meditations** for sleep, healing, relaxation, spiritual connection, and more
- Hundreds of audios **under 20 minutes** to easily fit into your day
- **Exclusive content** *only* for subscribers
- No credits, **no limits**

“★★★★★ **I ADORE this app.**
I use it almost every day. Such
a blessing. – Aya Lucy Rose”



**New audios
added
every week!**

Scan me with



your phone camera!



TRY FOR FREE!

Go to: hayhouse.co.uk/listen-free