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# Psychic News

EST. 1932

*Developing your mind, body and spirit*

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CELEBRATES COLLEGE'S  
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**COMEDIAN TAKES  
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EVIDENCE OF  
QUEEN VICTORIA'S  
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**CAST YOUR EYES  
OVER THE I CHING**

**HOW TO FIND YOUR  
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**STATUE OF MEDIUM  
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ISSUE NO 4253





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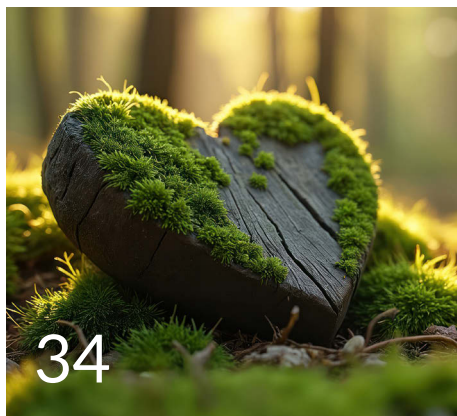
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# TWO WORLDS ARE ONE

NEWS AND VIEWS FROM  
THE EDITOR'S DESK

BY TONY ORTZEN

## Prisoner violence plummets with Stoicism

LOOKING about broken Britain there are countless problems. One of them is the dire conditions of our prisons, which are undercapitalised, understaffed, overflowing and an utter disgrace.

A couple of months ago, we carried a super feature on Stoicism. In a philosophical nutshell, here's an internet explanation:

Stoicism is an ancient Greek and Roman philosophy focusing on achieving happiness or self-realisation via virtue and tranquillity of mind. This involves accepting what one cannot control and also controlling one's judgements about external events.

Key Stoic virtues include wisdom, justice, courage and temperance. Stoicism emphasises living in accordance with nature and reason, leading to a sense of inner peace and resilience in the face of adversity.

A fundamental principle is distinguishing between what we can control – our thoughts, judgements and actions – and those we cannot, such as external happenings, other people's opinions and fate.

The Stoics believed that the only true good is moral virtue, encompassing wisdom, justice, courage and temperance.

Another positive principle is living in accordance with nature. This means aligning one's actions with the rational order of the universe while also recognising our

interconnectedness as humans and fellow members of nature.

Lastly comes acceptance of fate, for Stoics accept the inevitable nature of events – including death – seeing them as part of a larger, rational order rather than as inherently good or bad.

"But what has all this to do with prisons?" you may ask. Well, according to the *Daily Mail's* Chris Pollard, violence at a jail "plummeted" after inmates were given lessons in Stoicism.

Chris continued: "Inmates at HMP Wayland, Norfolk, were taught how to live virtuous, peaceful lives based on resilience, rational thinking and self-discipline.

"Since the classes were rolled out, physical attacks on staff and other prisoners have reduced drastically – turning Wayland into one of the least violent prisons in the country."

Inspectors from the Independent Monitoring Board praised the "innovative" effort to help inmates find their "inner resilience."

Their report added that the staff-led course was "heavily influenced by the Greek philosophy of Stoicism. Voluntary courses are well-attended and well-received and, due to demand, are almost continuously scheduled now.

"This sort of effort distances (the prison) from punitive and simply educative approaches and, instead, seeks to increase a prisoner's inner resilience.

## Psychic News (incorporating Two Worlds)

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

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ONE prison worker said courses on Stoicism at HMP Wayland, which has 900 inmates, were a “great idea.”

“The governor’s approach has significantly reduced the level of violence against other prisoners and against staff to one of the lowest amongst comparable prisons in the country.”

One prison worker said the courses at HMP Wayland, a category-C jail with 900 inmates, were a “great idea.”

“Prisoners are known to enjoy a bit of philosophy. The philosophy section of the library is among the most popular. These courses appear to have helped replace violence with peace and harmony.”

Meanwhile, a Prison Service spokesperson commented, “Education helps reduce prison violence and encourages offenders to turn their backs on a life of crime.”

Chris ended by saying that prisoners “can choose from dozens of educational courses to help them leave their lives of crime behind.

“The Prisoners’ Education Trust currently offers qualifications in 130 subjects including yachting, yoga, beekeeping and feline studies.”

So there you have it – evidence that rather than back the “Lock ‘em up and throw away the key” brigade, an ancient philosophy can bring peace, harmony and a better attitude towards others for inmates in today’s turbulent times.

## When it’s time to say goodbye

FROM Stoicism to Spiritualism and one of our core principles is that though we all die physically, a brighter, lighter, more loving life awaits in the Beyond.

As natural law decrees, we merely move on to occupying a spirit body,

which is free from all earthly ailments and impediments.

Our memory, personality and intelligence intact, we can return on the wings of love via mediums to make our spirit presence known to family and friends.

After we pass on, a funeral is generally held and it’s always interesting to discover the kind of songs which are played at such services.

Step forward Co-op Funeralcare, which has revealed the UK’s top funeral songs from the last twelve months, with *Time to Say Goodbye* and *My Way* taking the overall top two spots.

Tina Turner’s *The Best* and Westlife’s *You Raise Me Up* re-entered the overall top ten list this year, replacing songs such as *Dancing in the Sky* and the hymn *All Things Bright and Beautiful* which appeared in Co-

op Funeralcare’s last funeral music chart.

Following the announcement of Oasis’ reunion, *Don’t Look Back in Anger* climbed five places to number two on the Indie funeral chart.

The company said that some of the quirkiest funeral songs chosen include *We Like to Party!* by Vengaboys, *Ding Dong! The Witch is Dead* and the soundtrack from *Jaws*.

*Abide With Me* is the only hymn to feature in the overall top ten. The top sports song played at funerals remains *You’ll Never Walk Alone*.

The UK’s leading funeral provider, Co-op Funeralcare’s list saw Andrea Bocelli and Sarah Brightman’s *Time to Say Goodbye* top of the funeral music chart for the second time in a row, followed by Frank Sinatra’s iconic *My Way*.

Other songs in the top ten were *Somewhere Over the Rainbow* by Eva Cassidy, Tina Turner’s *The Best*, *Wind Beneath My Wings* by Bette Midler, the hymn *Abide with Me* and *We’ll Meet Again* by Vera Lynn.

Gill Stewart, Managing Director of Co-op Funeralcare, commented: “Music has a powerful way of bringing back memories, reflecting our personalities and connecting us to loved ones.

“Choosing a song that is meaningful



SUNG by Sarah Brightman and Andrea Bocelli, “Time to Say Goodbye,” emerges as the top choice played at funerals. (Photo: Sarah Brightman on Facebook)





*EXPERTS have discovered that red-footed tortoises experience long-term moods similar to those of mammals and birds.*

to you can be an important part of saying goodbye, whether it's a traditional hymn or something light-hearted and quirky.

"While every funeral is unique and deeply personal, our annual music chart highlights the tracks that continue to resonate across the nation.

"This year, we're continuing to encourage open conversations around end-of-life planning. Talking about the music you'd like at your funeral is a simple yet meaningful step and can offer real comfort to those left behind."

Quite agree, Gill. But as I've already explained our loved ones are only left behind on a temporary basis until they join us in the Higher Realms.

As I have cautioned before, take care when attending a funeral, for the "dead" can attend their own service if they so wish and will hear each and every word we utter...

## Results given on tortoise tests

I OFTEN include mention of animals, as they also survive the great adventure called passing on. Sadly, even today too many people wrongly assume that unlike humans they do not possess a full range of feelings and emotions.

Over to Holly Phillips of BBC News, who began her account: "Tests have shown red-footed tortoises experience long-term moods similar to those of mammals and birds.

"The new findings could help shape how animals are cared for in captivity, according to a university spokesperson."

Prof Oliver Burman, who studies animal behaviour and welfare, said the

results "represent a significant shift in our understanding of what reptiles experience."

A team of researchers studied fifteen red-footed tortoises using a cognitive bias test, commonly used on mammals and birds.

"It assessed," Holly explained, "how they reacted to ambiguous situations, analysing how they felt and found tortoises living in 'enriched environments' were more optimistic and positive. Researchers found tortoises who are more optimistic are less anxious.

"The experts also conducted anxiety-related tests, which involved exposing the tortoises to new objects and unfamiliar environments.

"Tortoises that displayed more optimistic decision-making in the cognitive bias test had less anxious behaviour, results found."

A University of Lincoln spokesperson said it was the first clear evidence that animals can experience long-term mood states.

The Animal Welfare (Sentience) Act 2022 states animals have the capacity to feel things, which shapes how the law protects them.

Prof Anna Wilkinson, whose expertise is in animal cognition at the university, said: "Animal welfare concerns are reliant upon evidence that a given species has the capacity to experience affective states.

"With reptiles becoming increasingly common as pets, it is essential for us to study their moods and emotions to try to understand how captivity may impact them."

This surely demonstrates why we should make kindness our only currency towards animals of fur, fin, feather or foot... and fellow humans too.

## Getting to the heart of the matter

NOW here's an unusual story from *The Telegraph's* Deputy Health Editor Michael Searles and an article he wrote about a new study which found that exercise can help to mend a broken heart.

Officially known as Takotsubo



*SINEAD O'CONNOR passed on eighteen months after her teenage son took his own life. (Photo: Man Alive! on Flickr)*



cardiomyopathy, broken heart syndrome often leads to a premature passing in someone who has recently lost a loved one.

"A world-first trial looked at whether the impact bereavement has on the heart could be reversed through cycling, running, swimming or therapy," Michael reported. Next came a list of celebrities said to have died from a broken heart.

First cited was singer-songwriter Sinead O'Connor, who passed on in 2023 eighteen months after the suicide of her seventeen-year-old son Shane.

The musician officially died from natural causes, but Dermot Hayes, a former partner, said at the time, "From this you can surmise that a broken heart is a real illness symptom, and a cause of death."

Fellow singer-songwriter Johnny Cash suffered the same fate in September 2003 when his health declined following the death of his wife, June, four months earlier.

Also included was American actor Debbie Reynolds, who passed on December 28, 2016, one day after the death of her daughter Carrie Fisher.

"Her family and friends were convinced broken heart syndrome was a catalyst for her fatal stroke," said Michael. "About 5,000 people are diagnosed with the condition every year in the UK."

Researchers from Aberdeen University recruited 76 patients who had been diagnosed with broken heart syndrome. They were divided into three groups and prescribed exercise, therapy or standard care to improve heart health.

The exercise group took part in a twelve-week course which included cycling machines, treadmills, aerobics and swimming, gradually increasing in intensity each week.

"The cognitive behavioural therapy group had twelve one-to-one weekly sessions," Michael explained. "Both were shown to improve heart function and experts say the programmes could be recommended on the NHS..."

"Many elderly people die soon after a spouse has passed away, but rarely

receive an official diagnosis of Takotsubo syndrome. Ninety per cent of those enrolled in the study were women and the average age was 66."

Those "who took part in the exercise programme were able to walk an average of 577 yards in six minutes by the end of the study compared to 500 yards at the start. In the cognitive therapy group, the average increased from 440 yards to 500 yards.

"There was also an increase in VO2 max – the maximum rate at which the body can consume and utilise oxygen

showed that cognitive behavioural therapy improved heart function and patients' fitness. More research is needed to find out whether these approaches improve survival or symptoms over the long term."

## Guide's wise words about passing on

LET'S end with some wonderfully wise words from the much-loved spirit guide Silver Birch and his cogent comments about putting passing on in its correct perspective:

"Our task is always to ensure that knowledge spreads and extends its boundaries all the time. With knowledge you can face life and understand. With ignorance you are dwelling in darkness..."

"There is no need to shed tears for those who leave your world. By recognising and accepting this fact you do not hold them back. You do not create a barrier. You enable the correct adjustments to be made to your mind and spirit.

"Those who come to my world recognise that death is a step upward and they have earned their release. It gives them the opportunity to express latent gifts, to perform services that they could not have done and to be more alive than ever was possible before.

"Of course, there is a tinge of sadness whenever a break comes in your world. But recognition of the fact that there is no sadness with the one who is promoted should help to remove as much as possible of that tinge of sorrow. We must always set an ideal for you to

achieve."

The guide added: "You cannot isolate love from its beloved. Earth is only a temporary dwelling place. There can be no physical immortality.

"Recognising that there must come a time when you leave the earth means that in reality you should congratulate those who have reached it.

"Recognise also that you will join them and continue together in a land of greater light, beauty and wonder such as you can never appreciate on Earth."



**SILVER BIRCH:** "Earth is only a temporary dwelling place. There can be no physical immortality."

during intense physical exertion – of fifteen per cent in the counselling set and eighteen per cent in the exercise group.

"There was little change in both measures in the patient group that only received standard care."

Dr Sonya Babu-Narayan, director at the British Heart Foundation, which funded the study, said: "Takotsubo syndrome can be a devastating condition that can affect you at a really vulnerable time if triggered by a major life event.

"It is intriguing that this study also



# Statue of medium and guide goes on display at museum

A STATUE by famous sculptor George Henry Paulin, which is owned by the Spiritualist Association of Great Britain (SAGB), is to go on display at a Swiss museum until next March.

Named *The Medium and Spirit Guide*, it was given by his widow to the association and was once exhibited at London's Royal Academy of Arts.

Now it's on its way to the Kunstmuseum Basel, which houses the oldest public art collection in the world and is generally considered to be the most important museum of art in Switzerland.

SAGB manager Karl Duncan told *PN* last week: "We received a request from the museum out of the blue to borrow our Paulin statue and were delighted to agree after various discussions. The Kunstmuseum is covering transport and insurance costs.

"The statue stands outside our chapel on the first floor. Though I don't have its exact weight, it is tremendously heavy and took four men to carefully remove and package for the journey to Switzerland.

"As everything was carefully preplanned, it took less than an hour from start to finish. I imagine that the statue is being transported by road.

"Keeping in mind that it's called *The Medium and Spirit Guide*, hopefully many of those who view it in Switzerland will start to think about the reality of life after death and decide to investigate the subject further."

Born in 1888 in Clackmannanshire, Paulin was the eldest son of the local Church of Scotland minister. He attended a private day and boarding school from 1900 to 1905, where he displayed artistic talent,

primarily as a sculptor and carver.

Awarded a diploma in sculpture and a travelling scholarship to Paris

1914, Paulin had no need to leave, as Italy was initially neutral. However, he returned to Scotland and enlisted in the Lothians and Border Horse as a trooper.

Within weeks, Paulin was trampled by a frightened horse and consequently had a kidney removed. Invalided out of the army in December 1914, after convalescing he re-enlisted as an officer in the Royal Flying Corps.

With his keen eye, Paulin trained as an observer and navigator. There is evidence that he served in Italy, working at least some of the time for military intelligence in Brindisi, a port city on the Adriatic Sea.

In January 1918, Paulin transferred to the Royal Naval Air Service. This later evolved into the Royal Air Force where he served as a lieutenant, largely taking on the role of intelligence. He thus served in the army, navy and air force, a relatively rare distinction.

A year later, Paulin opened a studio in Glasgow, where, Wikipedia states, "he received many commissions for war memorials at this time, as may be expected of a competent sculptor of the human form. The first to bring him true 'fame' was Kirkcudbright war memorial.

"This work led to his commission to create major monuments in Flanders, most notably that to the 51st (Highland) Division sited in the Newfoundland's Field of Remembrance

at Beaumont-Hamel.

"Then followed a memorial to the 8th Battalion Argyll and Sutherland Highlanders on a different



A STATUE named "*The Medium and Spirit Guide*" is carefully packed for its journey to Switzerland. (Photo: Karl Duncan)

and Rome, Paulin attended a school for fine arts in Paris, later moving to Florence, where he set up studio.

At the outbreak of war in September



site near Beaumont-Hamel.

"Perhaps his most noteworthy international commission at this time was the private family headstone on the grave of Andrew Carnegie in Sleepy Hollow Cemetery near New York City. This gives some indication of his international renown at the time."

A Scottish-American industrialist and philanthropist, Carnegie led the expansion of the USA's steel industry in the late-19th century and became one of the richest Americans in history.

In 1920, Paulin was elected a member of the Royal Scottish Academy. In 1927, he was likewise elected a member of the Royal Society of British Sculptors. In 1927, he was also appointed official representative of the Royal Scottish Academy in London.

Wikipedia adds: "In 1953, his career was further boosted by the coronation of Queen Elizabeth II. Three Royal Commissions were received this year by Paulin.

"Firstly, the first ever depiction of a monarch's head for use as a hallmark; secondly, miniature busts of both the Queen and Prince Philip for which they sat personally; and thirdly a series of miniature statuettes of the couple for sale throughout the Commonwealth.

"It is noteworthy that the latter depiction of the Queen sold over 250,000 copies, a remarkable number for any artwork. As a result of this publicity, he received another wave of private commissions...

"In 1956, he received another commission for a life-size bust of Queen Elizabeth II for display in the Royal Scottish Academy."

Paulin retired in 1957 and moved to Berkshire. He passed on from lung cancer in 1962 aged 74. Apart from Paulin's statue, Karl Duncan listed other treasures owned by the SAGB:

- A chair used by Sir Arthur Conan Doyle, which was bought at auction by the association many years ago. Sir Arthur travelled the world promoting Spiritualism and wrote at least twenty books on the subject and allied topics.
- A bust of William Stead gifted to the SAGB. An exact replica is exhibited in The Peace Palace at The Hague in Holland.
- A pioneer of investigative journalism, Stead became increasingly interested in Spiritualism. In 1893, he founded the Spiritualist quarterly *Borderland*. Stead, who also wrote books on Spiritualism, drowned when the *Titanic* sank. Though not explicitly



**KARL DUNCAN is seen at the Spiritualist Association of Great Britain by a wonderful portrait of Mabel St Clair Stobart, which was found under the stairs behind the lift shaft in its previous premises. (Photo: Karl Duncan)**

warned against travelling on the *Titanic*, he had an intuitive sense of his fate and previously wrote about a similar maritime disaster with insufficient lifeboats.

- A portrait of Spiritualist pioneer Mabel St Clair Stobart, which was found under the stairs behind the lift shaft at the SAGB's previous premises in Belgrave Square.

A suffragist and aid-worker, Mabel created and commanded all-women medical units to serve in the Balkan Wars and the First World War. Passing on in Dorset in 1954 at the age of 92, she became the first woman to achieve the rank of major in any national army.

Mabel's books on Spiritualism include *Torchbearers of Spiritualism* and *Ancient Lights*. She also wrote *Psychic Bible Stories for Young and Old*, and contributed to her autobiography *Miracles and Adventures*.

Karl added that the SAGB also houses other important artefacts, including spirit-inspired portraits by psychic artist Coral Polge, items appertaining to famed clairaudient Doris Stokes and an extensive library of Spiritualist books.

Among recent additions are paintings via Brazilian medium Florencio

Anton, who demonstrates at the association when he visits the UK.

Since 1990, Florencio has received over 30,000 works from 110 different artists including Rembrandt, Picasso, Renoir, van Gogh and Monet.

Florencio often works with his eyes closed or partially closed and takes between three to twenty minutes to complete each painting depending on the size, theme and artist who paints through him.

"It's absolutely breathtaking to witness the speed at which Florencio works," said Karl, "and astonishing to see the different styles of works and subjects from so-called dead artists.

"As ever, the SAGB is proud to continue offering evidence of life after death and spiritual healing to patients who seek help for a wide range of conditions.

"Not only do we want to propagate Spiritualism, but to preserve our Spiritualist heritage at the SAGB. This is why it is important that our prestigious Paulin statue can be seen by a wider audience at the Kunstmuseum in Switzerland."

**For further information about the SAGB, please see its announcement on page 2.**



# Spirit art exhibition celebrates college's centenary

THE College of Psychic Studies is hosting a prestigious new exhibition at its London home to celebrate a century of activity within its walls.

Running from October 9 to the end of January 2026, *The Medium is the Message* will showcase the rich, complex and often mysterious relationship between artistic practice and mediumship.

"Marking the centenary of the college's move to its historic South Kensington home in 1925, the exhibition spans four floors and brings together over 100 artworks with rare archival treasures," said a college press release.

"More than 35 artists, from the mid-19th century to the present day, reveal how art has been used to visualise supernatural connection and imagine radical futures shaped by the ghostly and unseen.

"At its core, *The Medium is the Message* invites audiences to see the artist as a channel between worlds – a receiver of visions, energies and ideas.

"The exhibition also shines a light on women artists and mediums whose creativity and courage redefined both spiritual practice and artistic innovation, underscoring mediumship's enduring place in the college's history."

One of the highlights will be work by Anna Mary Howitt Watts (1824-1884), a pioneering artist, medium and feminist activist. Anna was a founding member of the college.

Curator Vivienne Roberts wrote that the Pre-Raphaelite artist "began to draw automatically in 1856. Spiritualism became her salvation after the personal heartache of a broken engagement and the professional setback of receiving a dismissive critique from the eminent art critic of the day, John Ruskin."

Finding little support for her conceptual works in England, Anna travelled to Germany to study. Back in Britain, she became a campaigner for women's rights.

From the 1850s, Anna attended séances with her parents and other curious friends from their well-connected literary and artistic circles.

The family hoped to contact her brother Claude, who passed on some years before. The college owns a small

photo which shows Anna, her father and Claude in spirit form taken in 1872.

Images in Anna's pictures include "heads of Christ, angels and curious female figures seated within spheres and hearts," wrote Vivienne.

"Always these drawings were accompanied with strange ornaments



**THIS striking work was produced by Anna Watts, a pioneering artist, medium and feminist activist.**  
(Photo: Siyu Chen Lewis)

of spiral and shell forms, with dots and scroll-like ciphers." It was later suggested that these were the first "undeveloped attempts at writing one of the 'spirit languages'."

A room at the college is dedicated to the concept of "The Earth is a being..." inspired by the dream diaries of Ithell Colquhoun (1906-1988). Ithell was a surrealist painter, poet and author whom the Tate Gallery described as "one of the most radical artists of her generation."

She was said to have been fascinated

with "the intertwining realms of art, sexual identity, ecology and occultism." Ithell created a number of tarot cards, culminating in a complete deck created in 1977.

The exhibition will feature the UK debut of Paulina Peavy (1901-1999), an American visionary whose extraterrestrial-inspired drawings and experimental films remain ahead of their time.

On the website devoted to her work,

Paulina wrote: "Early in my painting career I found strange forms developing by my brush. I explained to myself that I had gotten on a beam, that I had tuned in on a power vast and wonderful."

There is also a selection of never-seen-before and newly acquired works by Finnish visionary Aleksandra Ionowa (1899-1980), presented in a dedicated solo display, and rediscovered spirit drawings by Ethel Le Rossignol (1873-1970).

Curator and archivist Jacqui McIntosh said: "The College of Psychic Studies holds one of the world's most remarkable collections of Spiritualist and esoteric art in the world.

"It has been a privilege to draw from this rich heritage and bring rarely seen historical works and artefacts into dialogue with contemporary artists.

"*The Medium is the Message* invites audiences to consider new ways of thinking about creativity and the role of the artist as a collaborator with Spirit and unseen energies, and messenger of hidden knowledge."

College Principal Gill Matini added that for over a hundred years, "our community has been a place of learning where curiosity is encouraged, knowledge is shared and creativity is nurtured.

"*The Medium is the Message* reflects that tradition, inviting audiences to explore and learn through the mediumistic and visionary voices of our past and present."

The College of Psychic Studies is at 16 Queensberry Place, London SW7 2EB. There will be talks online and in person to accompany the exhibits. For more information and to book tickets, see [www.collegeofpsychicstudies.co.uk/exhibition/](http://www.collegeofpsychicstudies.co.uk/exhibition/)



# Spiritual cleansing took place at Queen's country residence

A STORY in *People* magazine has revealed that Queen Elizabeth and the Queen Mother attended a deliverance service – also known as an exorcism – at Sandringham House.

Purchased in 1862 for the future Edward VII, the estate is the royals' Norfolk retreat where they spend Christmas.

Journalist Meredith Kile wrote that when "staff members were frightened by unexplained paranormal activity, the royal family attempted to rid their estate of any lingering spirits."

High society diarist and royal biographer Kenneth Rose wrote in his journal about a ceremony reportedly held at Sandringham House in 2000.

Mr Rose's insider knowledge of the aristocracy and other notables was the envy of his contemporaries. When the author passed on in 2014 at the age of 89, he bequeathed the 350 boxes of his journals to Oxford's Bodleian Library.

He recorded that the ceremony was held after staff complained about strange and unexplained paranormal activity in the room where King George VI passed peacefully in 1952.

The monarch was found by a servant at 7.30 am, having suffered a coronary thrombosis due to a blood clot in an artery, following years of heavy smoking and surgery the previous year. The Queen Mother apparently ordered a "religious cleansing ritual" to rid the room of any possible spirit activity.

"It wasn't a conventional exorcism," historian and royal biographer Robert Hardman explained in a recent episode of his podcast *Queens, Kings and Dastardly Things*.

"There was no dramatic casting out of demons like you see in films. It was said that the room contained a troubled spirit and that the parson was supposed to bless the space."



*IT is said that Queen Elizabeth II was present during a cleansing ceremony.*  
(Photo: Iain Cameron on Flickr)

Kenneth Rose had claimed that Queen Elizabeth, the Queen Mother and her lady-in-waiting, Prue Penn, took part in the ceremony, which consisted of taking Holy Communion and saying special prayers.

"No one was quite sure who the ghost was supposed to be, despite it appearing in the room where George VI had died," Mr Hardman commented. "Kenneth Rose speculated whether it might be the ghost of Diana, the late Princess of Wales, who had died a few years before."

It is unclear if any of the royals who were present believed in the paranormal. Mr Hardman thinks their attendance could have been more as a show of support and action for their frightened staff.

"The late Queen had a strong faith, but she was not superstitious," he insisted. "She did not have time for these wilder theories, but did have a strong sense of the spiritual, as does King Charles."

According to author and *Psychic News* contributor John West, the King experienced at least one paranormal occurrence at Sandringham.

In his 2022 book *Britain's Ghostly Heritage*, John wrote that the then-Prince of Wales had a frightening encounter in a library on the estate, which left him and a staff member fleeing from the room.

John elaborated that poltergeist

activity is said to start "every Christmas Eve and continue for several weeks. Footsteps have been heard in the deserted corridors of the servants' quarters."

Doors have been known to open by themselves, and lights mysteriously switch on and off. Christmas cards mysteriously moved and bedclothes found in disarray.

"Heavy breathing noises have also been heard in one room on the second floor," John discovered. "Housemaids working in the house even started to refuse to enter it unless accompanied by another servant."

A female guest said that at 2.00 am one morning she witnessed an apparition of a young boy with a pole who seemed to be attending to lamps from long ago.

The tradition of staying at Sandringham over Christmas and the New Year was started by Queen Elizabeth in 1988 meaning that all her grandchildren grew up holidaying at the beloved home.

Paranormal historian Richard Felix said: "When the Prince and Princess of Wales moved into Anmer Hall – it's more or less on the Sandringham Estate – there was a ghost there of a Catholic priest that lived there and was hanged, drawn and quartered for high treason. For some reason, he has returned to his home."

Richard said that when the couple took over the ten-bedroomed Georgian property, they were warned about the apparition, but Prince William simply replied, "No old hall would be complete without a ghost, would it?" Two years ago, *PN* reported that William is unfazed by co-habiting with ghosts.

The Prince and Princess of Wales are now based at Adelaide Cottage in Windsor, Berks, with their three children Prince George, Princess Charlotte and Prince Louis. However, Anmer Hall continues to be their private country home.

THE royal family purchased Sandringham House in Norfolk in 1862. (Photo: Anthony Goreham on Flickr)





# Uri's long-lost environmental song is brought back to life

*AN inspiring shot from the "Nostradamus" video, which can be viewed online. (Image: Jason Figgis)*

A LONG-LOST version of an ethereal song by Uri Geller and top singer-songwriter Justin Hayward has been remastered with video footage for a new audience.

*Nostradamus* is a tribute to the 16th century French seer, and an expression of environmental concerns which Justin originally wrote 50 years ago. It was released by Decca Records on his 1977 debut solo album *Songwriter*.

Before that, Justin was known principally as the vocalist, lead guitarist and composer for top rock band The Moody Blues. He is remembered for classics like *Nights in White Satin* and the hit song from Jeff Wayne's *War of the Worlds* album *Forever Autumn*.

The lyrics of *Nostradamus* begin: "Do you ever get the feeling, That it's all coming true..." continuing with "The waters of the oceans, Like the rivers running dry, It brings a tear to your eye, Don't let terra die."

In an interview about the inspiration for the song, Justin commented that the catalyst was "my worries over the world that we are making for our children." In 1994, the musician collaborated with world-renowned mentalist Uri Geller to produce a new version of the song.

The original lyrics were introduced and interspersed with words by Uri, starting with "Beyond the imagination of the mind, glittering prisms of light; out into deep, deep space. Planets where only crystals shine... Let me fly, fly fly..."

In an interview for his website [www.justinhayward.com](http://www.justinhayward.com) the performer commented: "I knew Uri before; he is a lovely man, such great fun to be with, so alive every moment.

"He loved that song. We recorded it in a little studio in Wimbledon and had a great time... Remarkable things happen around him."

At times, Uri has been described

as a modern-day Nostradamus due to his accurate predictions, but he was astonished to rediscover a long-lost recording of the *Nostradamus* collaboration.

He told *Psychic News*: "I was astounded when I found this precious diamond tape in my container after not seeing it for over 30 years.

"This is a long-lost tape that Justin Hayward and I recorded in London. What's amazing is that it's so relevant now with all the upheaval that's happening in the world."

Uri sent the story out to his enormous contact list. Award-winning Irish director Jason Figgis jumped at the chance to create a new, digital version with appropriate film clips.

"We digitalised it," Uri explained. "It's so amazingly powerful, even emotional. This is my lyrics and those of Justin Hayward gelled together."

Uri described Jason Figgis as an "amazing creator, a visionary. I think he's created the best video ever. I have been friends with him for decades. I love this man."

The video was produced by *Psychic News* contributor John West, who has worked in partnership with Jason on a number of projects. He called the new *Nostradamus* video "an inspiring collaboration which brought together remarkable creativity, vision and artistry."

Justin's signature red Gibson 335 guitar can be heard in the intricate notes on the soundtrack, along with his emotive vocals.

He has spoken in the past about being superstitious over the guitar and was



**URI GELLER** calls video "amazingly powerful." (Photo: Thom Bleasdale)

"rattled" once when it went astray before a performance.

"I know that some nights the guitar actually plays me," Justin added. "I swear it; it really does. It goes on automatic and away we go." The ethereal tones of a flute can also be heard on *Nostradamus*.

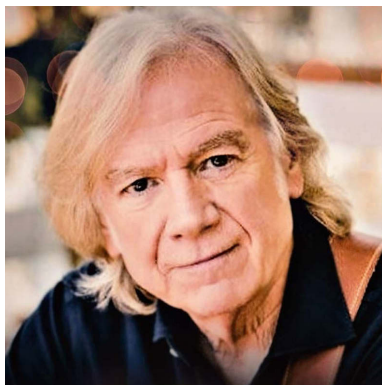
Jason Figgis said that when he first listened to the 1977 recording of the song, "I was transported. A haunting melody and sweeping instrumentals convinced me that an appropriate promotional music video was a necessity.

"I spoke with Justin Hayward and was given the green light to direct the promotion. I am rather proud at how it turned out with lyrics and visuals that directly reflect the times in which we live."

Justin Hayward began playing in local groups in Swindon, Wiltshire. After leaving school at eighteen, he answered an advertisement in the *Melody Maker* newspaper and played with UK rock hero Marty Wilde. He became the guitarist and frontman of The Moody Blues from 1966 until its dissolution in 2018.

Over almost 60 years the band sold more than 55 million albums and, along with Justin as a solo artist, received numerous awards. The band was inducted into the *Rock & Roll Hall of Fame* in 2018. Justin was honoured three years ago with an OBE for his longstanding contribution to the arts.

The *Nostradamus* video can be viewed on the Vimeo platform at <https://vimeo.com/1062565655>



**JUSTIN HAYWARD** experienced paranormal happenings around his signature guitar. (Photo: Facebook)



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# Psychiatrist receives requested signs from 'dead' husband

A DOCTOR whose work combines neuroscience with spirituality and intuition has spoken openly about how she is also bridging the gap between this world and the next to communicate with her husband.

Dr Tara Swart holds a PhD in neuropharmacology and is a renowned psychiatrist. Talking to entrepreneur Steven Bartlett on his podcast *Diary of a CEO*, she insisted, "It's possible to communicate with someone who has passed away."

The expert said she could only talk about this now as "It's taboo because we are afraid that people will think we're going insane." In the past, the psychiatrist has been involved when people were locked up and forcibly medicated for claiming similar things.

Dr Swart said that spirit communication is possible because we have not just five senses but 34. The extra abilities allow us to detect subtle signs sent by "dead" loved ones.

After her husband Robin passed on of leukaemia four years ago, the bereft doctor began noticing signs which suggested he might not be so far away.

"I started seeing robins in the garden every time I went to the window," said Dr Swart. "I'd never ever seen so many robins in my life, not before or since."

Dr Swart initially dismissed it as potentially just a case of wish-fulfilment. Then, about six weeks after her husband's passing, she had a more physical experience and was "woken up by a massive thump on the shoulder."

"I opened my eyes and could see next to my bed a very vague hazy version of Robin as if he was pushing himself through treacle to be seen."

Dr Swart was "just transfixed. I could see him become more and more clear. I could see the outline of his hair and his face, but he suddenly just dissolved from



DR TARA SWART tells of seeing her husband after his passing. (Photo: Facebook)

the top down."

Wondering if Robin really was trying to make contact, Dr Swart consulted two mediums for advice, but was unsatisfied with their answers.

She concluded that if it is possible to communicate with someone who has passed on "and he was my husband and my best friend and I am all about optimising my brain and expanding my consciousness, then I should be able to do it myself."

Answering Steven Bartlett's question of how sure she is about her results, Dr Swart answered, "One hundred per cent." She soon discovered that learning is a two-way process for both herself and her husband.

"It's like two people who speak a different language having to learn a language that they can both speak," she explained. Prompted by Steven, she added it is also like going to a gym to train – the first step was to have belief in the process.

Now Dr Swart can ask a question in her mind "and the answer will come in my mind, but I know it's not my own thought."

The most successful communications are via signs. The doctor asks Robin to send her a particular sign. To be certain, she adds a timescale to when it must appear by.

On the second anniversary of Robin's passing, Dr Swart asked to see a phoenix. During a trip in America, she found herself frequently passing a restaurant called the Phoenix Garden and had a flight unexpectedly rerouted through Phoenix, Arizona.

Steven suggested this could be simply "confirmation bias" – noticing things that help to confirm an existing belief. Dr Swart refuted this, as she has tested that possibility rigorously.

"Sometimes I say, 'I need to see a button, or a symbol of a button, or the word button, but it's got to happen three times by 11.00 pm tomorrow,'" she explained. Only if all the criteria are met does she count the result as positive.

Dr Swart has just published a book titled *The Signs: The New Science of How to Trust Your Instincts*, which explores the lost art of listening to one's intuition.

It covers the phenomena of synchronicities or signs which may be from a non-physical source. The publicity says: "What if by learning to tune into them you could access a guiding wisdom that would help you overcome challenges and live with purpose?"

"With compelling theories about the nature of consciousness and transformative tools to create a deep connection with the signs around you, this book will empower you to trust your instincts and thrive like never before."

*The Signs: The New Science of How to Trust Your Instincts* is published by HarperCollins and runs to 240 pages. Dr Swart's website is at [www.taraswart.com](http://www.taraswart.com)



# Phone box art gallery rings the changes with mystical show

THE smallest art gallery in London has expanded to three new venues, now showing contemporary visionary art on themes of mystery, magic and fortune telling.

The avant-garde exhibitions are being held in four iconic red phone boxes located on Great Russell Street near the British Museum in Central London.

Following months of refurbishment including cleaning, treating for rust, reglazing and fitting new locks, cameras and other equipment, all four of the historic kiosks – designed by Sir Giles Gilbert Scott in 1924 – were relaunched in their new role.

The scheme is the brainchild of

London-born artist Degard, who bought the first disused phone box for £31,000 in 2021.

"I had long wanted a central London gallery, and it seemed an economic and fun way of getting a little presence in the city," she said.

Degard is described as a pioneering British "painter of auras and founder of the genre 'contemporary visionary'." She

explained that her method is to "channel from some kind of energetic place or presence onto a surface." The artist added:

"Visionary art is art created because of extraordinary experiences. I see auras in and around people, in places, objects and with animals. I see spirits too. And I paint all of these." Degard has exhibited extensively in the UK, New York, and Oman.

Publicity for the Visionary Brit Museum initiative states, "London's most visited

tourist site will now have a brand-new attraction: four clean K6-design phone boxes showing contemporary visionary art."

In the Fortune Teller box, "seven visionary artists will tell your fortune with their very affordable art that can be bought from a vending machine."

The works include original paintings of tarot cards, lucky numbers, lucky cat paintings, feminist mediumship from the 18th century and messages which capture

the magical mystery of art.

The Aura Photo Booth will "take a photo of your own aura or you can adopt your favourite celebrity's aura instead. This photo booth will provide a unique experience all underpinned by Degard's own vision and aura paintings." You can even read your own aura with Degard's "Aura Colour Wheel."

The Mirror kiosk opens with the

Aura of the Rosetta Stone. The world-renowned artefact is a fragment of an ancient stele or monument discovered in 1799 which contains the same decree inscribed in three scripts: Egyptian hieroglyphs, Demotic and ancient Greek. It was used as a key to deciphering ancient Egyptian symbols.

The Rosetta Stone is among the items which are held controversially at the British Museum. In 1801, British forces defeated the French in Egypt, and the



HERE is part of one of the renovated iconic phone boxes. (Photo: Su Ma)

stone and more than a dozen other antiquities were taken by the British under the terms of the surrender deal. It has remained in the British Museum since.

In the fourth kiosk, the Visionary Brit Exclusive venue opens with an exhibition capturing 5,000 years of visionary art.

"My art offers the viewer a vision into the world of energies and presences, and how these energies affect all of our affairs, lives and emotions," said Degard.

"With true understanding I hope we can find that elusive peace within ourselves and for our communities. My current work is highly political, tackling racism and interfaith issues, always with a sprinkle of truth and magic."

Degard is currently studying for a doctorate in fine art at the University of East London, questioning how the visionary can be represented in art.

She has exhibited extensively including solo shows in 2020, *The Power of Things* at the Royal College of Art in London and *The Power within People* at the Museum Al Zubair in Muscat, the capital of Oman. Degard is represented by Laura I Gallery in London.

The artist's website is [degard.org](http://degard.org). Clients can ask to have their aura painted in watercolour in person or online via Zoom for dispatch by post.

The official opening hours for buying or viewing works in the Visionary Brit Museum spaces are 10.00 am-5.00 pm every day. Works are also available to purchase through the Visionary Brit Museum website or on request. For more information, visit [www.visionarybritmuseum.co.uk](http://www.visionarybritmuseum.co.uk)



INSIDE the Fortune Teller box, "seven visionary artists will tell your fortune." (Photo: Su Ma)



AN external view of a museum which houses hundreds of paranormal artefacts. (Photo: Google Streetview)

# Comedian takes on seriously paranormal collection

AN American comedian insisted it was no joke when he announced that he has bought the home of famous paranormal investigators whose work inspired a host of films.

Matt Rife revealed that he had officially purchased the former home and occult museum of Ed and Lorraine Warren in Monroe, Connecticut. He later clarified that he and his friend, YouTuber Elton Casteel, will have possession of the museum's artefacts for five years.

Matt commented that he is "obsessed with the paranormal and all things haunted." He added that his "favourite scary movies of all time" are *The Conjuring* films, which feature some of the most notorious cases undertaken by the Warrens.

"I'm incredibly honoured to have taken over one of the most prominent properties in paranormal history," the comic added, promising to open the house for overnight stays and tours of the museum.

The arrangement includes guardianship of a reportedly haunted doll named Annabelle, which is currently on tour but usually resides at the property inside a locked glass case. The Warrens insisted the toy had a "demonic" presence attached to her.

The couple established their museum in 1952, at around the same time they founded the New England Society of Paranormal Research (NESPR). The organisation is currently run by their daughter Judy and her husband, Tony Spera.

The family lived in the property for decades. Ed passed in 2006 at the age of 79, followed by Lorraine in 2019 at the age of 92.

The popularity of the venue caused local authorities to close it down in 2019. There were reports of tourists disturbing neighbours, leaving rubbish in the area and parking inconsiderately.

Matt explained that the property cannot be open for general public admission, but guests who stay overnight will be able to view the collection.

Lorraine Warren, a medium and her

husband Ed, who was a self-taught demonologist, said they had looked into thousands of cases during their long career. In 1976 they were called to a house in Amityville, Long Island, the scene of a family massacre and subsequent traumatic hauntings of the new owners.

According to the Warrens, demons were behind the terrifying disturbances. The story became so famous that it spawned conspiracy theories, books and films, including the 1979 classic *The Amityville Horror*.

Two years later the couple travelled to Enfield, England to investigate an apparent case of poltergeist activity. "Those who deal with the supernatural day in and day out know the phenomena are there – there's no doubt about it," Ed stated.

It was at a farmhouse in Harrisville, Rhode Island that the Warrens took on one of the most chilling cases, where the Perron family were plagued by paranormal events, later discovering that the previous occupiers had met with fates including drowning, murder or hanging across eight generations.

"The things that went on there were just so incredibly frightening," Lorraine later recalled. In desperation, the Perron family moved out in 1980.

Their case became the inspiration for *The Conjuring* films, with the fourth titled *The Conjuring: Last Rites* now showing in cinemas around the UK. Along with the *Annabelle* movies, the series is among the highest grossing horror movie series of all time.

Ed and Lorraine did not charge for their visits, but made their livelihood from

selling books, movie rights, lectures and tours of their museum.

Their former home and collection of an estimated 750 paranormal artefacts has been managed until now by the NESPR. When Ed was asked about the procedure for moving any of the items, he answered that he tried not to touch them "unless it's absolutely necessary."

"But sometimes I have to. This is what I do: I make sure that I am in a state of grace, that is, I go to confession and have a priest absolve me of sin."

"Then I put blessed holy water in a large bowl and drench my hands in it. I close my eyes and envision myself surrounded by and bathed in a very white and bright light all around my body. It's called a Christ Light."

Ed would put on "heavy gloves, ask God for protection from evil entities and then quickly move the object to where I want it to be."

In a recent interview, Elton Casteel said he had spent a lot of time around the collection, learning how to protect himself.

He "lived in the museum for five straight days. I slept on the floor for a 24/7 charity livestream where we raised \$500,000 (£372,000) doing things for good in the room filled with evil items. I came out unscathed."

Elton said that the purchase wasn't a conscious decision, but something "the universe somehow shaped up. This is the Holy Grail of paranormal culture."

The YouTuber added that he recently experienced paranormal activity in the house, including a room "shaking" and the sounds of running footsteps upstairs when nobody was up there.



MATT RIFE is "incredibly honoured" to have taken over prominent property. (Photo: Facebook)



# Historian claims monarch and medium had romance

THE intimate life of Queen Victoria has come under the spotlight with a new Channel 4 documentary claiming that Her Majesty and her mediumistic loyal assistant John Brown were lovers and had a child.

The claims appear in a book titled *Victoria's Secret: The New Evidence* by cultural historian Dr Fern Riddell. She has written several popular history books and is a former columnist for the BBC's *History* magazine.

Set against a backdrop of court politics and the wild Scottish Highlands, the book claims that Angela Webb-Milinkovich may be the illegitimate great, great-granddaughter of the Queen and her trusted servant. Angela, who lives in Minnesota, hopes to obtain a DNA sample from the royals to prove her lineage.

Queen Victoria was born in 1819 and reigned for 63 years until her passing aged 81 in 1901. She married her German cousin Prince Albert of Saxe-Coburg and Gotha in 1840. They had nine children before Victoria was widowed in 1861.

The bereft Queen wore black and largely withdrew from public life for the next 40 years. However, Brown, her husband's personal ghillie (an attendant and gunloader) on their Balmoral estate, soon became Victoria's most trusted and loyal friend, leading many to speculate on the real nature of their relationship.

Seven years junior to the Queen, Brown was the son of a crofting farmer from Aberdeenshire; he was also psychic.

PN's Graham Jennings wrote that Victoria took an interest in Spiritualism following Albert's passing. In 1863 the thirteen-year-old budding medium Robert James Lees appeared to receive communications from Albert.

The inconsolable monarch wanted to know more. A series of séances at Buckingham Palace followed, during which Albert recommended John Brown as his future psychic go-between.

Graham wrote that Brown became "indispensable. When Victoria felt she needed Albert's guidance, she would look towards his bust and then at Brown before coming to a decision.

"Unsurprisingly, their close relationship set tongues wagging. Victoria was even dubbed 'Mrs Brown'."

Dr Riddell suggests that new evidence from the Brown family archive – kept secret



**DAME JUDI DENCH** appears as Queen Victoria and **Billy Connolly** as John Brown, her devoted Scottish servant, in the film "*Mrs Brown*," which is still available on Amazon Prime Video. (Photo: Miramax International)

until now – provides sound reasons to believe that the relationship between Queen Victoria and her servant was passionately romantic.

A child purported to be the daughter of John's brother Hugh may have been the product of this liaison. The historian also discovered a hint that a clandestine marriage between Victoria and Brown was carried out at Crathie Kirk near Balmoral Castle.

Speaking on the Channel 4 programme *Queen Victoria: Secret Marriage, Secret Child?* Dr Riddell argued that the widowed Victoria could have concealed a pregnancy in the 1860s and then had the baby spirited away to avoid a scandal. The baby's birth was registered in New Zealand, where Hugh and his wife settled in 1865.

A handwritten letter shows that in 1874 Victoria paid for the family to be brought back home to the Balmoral estate. Speculation grew in the media and in the corridors of power that the brusque, outspoken John Brown was too close to the Queen for comfort.

One biographer said the "conviction had grown unshakeable among many near the Queen that Her Majesty, John Brown and the spirit of Albert formed some mystic kind of triangle."

In one letter Victoria described her "loving, grateful and everlasting friendship and affection" for the servant, adding that she was "his truest, best and most faithful friend."

When Brown succumbed rapidly to an

infection in 1883 the Queen was his chief mourner. A statue of him was erected in the grounds of Balmoral, busts of him appeared in the Queen's rooms in all the royal palaces and the faithful companion's rooms – always close to hers – were kept untouched.

However, detractors soon moved in. Brown's diaries were impounded and disposed of. After the Queen's passing, her diaries were rewritten by one of her five daughters and the originals destroyed.

The statue of Brown at Balmoral, all the busts and every other memento of his existence to be found in royal palaces were purged.

The treatment of John Brown and his family has long been a source of bitterness for the following generations. Angela Webb-Milinkovich insists she has no interest in making money out of her claim, only in ensuring that her family's place in history gets the recognition it deserves.

"My main goal is to have the story acknowledged," she said. "I want their relationship to be recognised and for the royal family to stop saying it didn't happen."

The mystery continues, but one enduring fact is that when Queen Victoria was buried in 1901, she left private instructions for a number of items to be placed in her casket, some pertaining to her husband, but also a lock of John Brown's hair, his photograph, a ring and his handkerchief.



# Action-hero dog is immortalised by spiritual author

AN article in the science and arts-focused *Smithsonian Magazine* has mused on the film career and ongoing fame of a German Shepherd.

In addition to his film roles, the action-hero dog named Strongheart was immortalised by a prominent spiritual author who was convinced the animal was psychic.

Born in 1917 and raised in Imperial Germany, the pedigree pup was originally named Etzel von Oringer. He was trained to be a police dog and saw military service with the German Red Cross in World War I, sustaining a shrapnel injury at Ypres in Belgium.

American animal trainer and film director Laurence Trimble discovered the dog in 1920 and recognised his star quality. He and his wife, screenwriter Jane Murfin, acquired Etzel and renamed him Strongheart, taking him home to America for training.

Changing his role from attack dog to an actor was challenging, but the clever canine picked up commands quickly.

Strongheart's first film, *The Silent Call*, came out in November 1921 and reportedly made \$1 million (£739,000) at the box office. He appeared in five further films during the silent movie era, creating a surge of Alsatian pup ownership in America.

"I merely have to feel and he does the expressing," Laurence Trimble wrote in an essay. "Words have but little part directing him. The words I use are the ones best calculated that will call up into my mind sorrow, joy, peace or any of the other emotions, and he senses my mood."

Laurence even taught Strongheart to sign autographs with a paw dipped in ink. In 1929, Strongheart burned his leg on a studio lamp. The wound led to his passing.

With his female co-star Lady Jule, Strongheart sired several litters of puppies, some of which became film stars themselves. He received the posthumous accolade of a star on the Hollywood Walk



**TAKEN** around a century ago, animal trainer and film director Laurence Trimble is seen with Strongheart, who appeared in several films.

of Fame in 1960.

It was through Hollywood connections that film producer, journalist and Spiritualist J. Allen Boone came to know Strongheart and look after him from time to time.

He soon noted that the dog seemed to be able to read his mind – once bringing his walking boots and stick when Mr Boone was just thinking about going for a hike.

The writer already held a conviction that all living beings were interconnected, but with Strongheart his belief in non-verbal communication reached a new level.

In his 1954 book *Kinship With All Life*, Mr Boone wrote that instead of harsh training, to communicate or educate an animal one should move "into the situation with insight and intuition, placing full emphasis on the mental rather than on the physical part of the animal.

"He treats it as an intelligent fellow being

whose capacity for development and expression he refuses to limit in any direction."

Mr Boone noted that Laurence Trimble "discovered that deep within the big combat dog, but solidly imprisoned there, was a wealth of magnificent character qualities. Those talents and graces, buried beneath the dog's tough physical exterior, did not need to be developed but

liberated."

Long after his pet pal passed on, Mr Boone was convinced that the spirit of Strongheart lived on. "Let others believe you are dead if they desire; that is their privilege," he wrote in *Letters to Strongheart*, published in 1939.

"But I want no part of it, for as far as I am concerned, you are just as vitally alive and just as much the 'old pal' now as ever. It could not be otherwise. I know too much about the expanse of the real you."

Throughout the book, the author signed each letter to the dog with the closing line "I'll be seein' you." The letters showed a belief in Strongheart's survival and also paid tribute to the unconditional love of animals for humans who care for them.

The author saluted the enduring qualities of Strongheart's spirit which transcended his physical body, including loyalty, enthusiasm, affection, intelligence, strength, gentleness, gratitude, purity, unselfishness, fearlessness and love.

Both books Mr Boone devoted to the dog have been reprinted many times and are considered to be classics in the Spiritualist genre.

The dog "was my pal," Mr Boone wrote in *Letters to Strongheart*. "He still is my pal. Circumstances sent him into my individual mental world of awareness.

"As long as he got in there and added so much to it, I shall take precious good care that nothing shoves him out again."

Strongheart appeared in *The Silent Call*, *Brawn of the North* (1922), *The Love Master* (1924), *White Fang* (1925), *North Star* (1925) and *The Return of Boston Blackie* (1927).



**JOURNALIST J. Allen Boone** was convinced that famed dog survived passing on. (Photo: Runt97)



CAMP CHESTERFIELD has been the home of the Indiana Association of Spiritualists since 1890. (Photo: Google Streetview)

# Centre honours health and spirituality advocate

THIS month, a historic Spiritualist community in America will be honouring the life and achievements of one of its ministers.

Described as a “gentle giant,” Terry Ryan will be remembered for his dual roles as a campaigner for improved treatment and welfare of HIV/AIDS sufferers and his teachings and mediumship at Camp Chesterfield in Indiana.

He passed earlier this year at the age of 80. A social media post from the camp said Terry was not “just a mentor but a guiding light who touched so many lives with wisdom and encouragement.

“The Rev Ryan championed so many causes and inspired countless individuals to strive for their best. His legacy of compassionate service will forever live on in our hearts and in the memories we hold dear.

“Thank you, Rev Terry Ryan, for all the countless hours you dedicated to your students and your decades of advocacy in HIV/AIDS prevention and support services.”

When the HIV/AIDS epidemic was first identified in 1981, the US Government response under President Ronald Reagan was lukewarm, leaving a legacy of criticism from advocacy organisations.

The 1985 passing of top Hollywood actor Rock Hudson from AIDS marked a turning point in how the American public viewed the disease, with major policy shifts and funding increases to follow. President Reagan didn't publicly acknowledge AIDS until 1985 and did not give an address on it until two years later.

As Terry saw friends and community members fall ill and succumb, he volunteered at a wellness network. Colleagues said Terry was “a man with a phone and a mission” because he understood that behind every call for help was a person in crisis.

Journalist Sarah Bricker Hunt wrote on [www.pridesource.com](http://www.pridesource.com) that Terry's “warm, inclusive nature and deep understanding of the community's fears made him uniquely equipped to provide comfort



**TERRY RYAN** touched “so many lives with wisdom and encouragement.” (Photo: Rose Vanden Eynden on Facebook)

during the crisis.

“What would define Ryan's approach throughout his career was already evident: he worked tirelessly not for recognition or accolades, but because the cause demanded it and people needed help.”

His friend John Joannette added: “To me, Terry's most endearing quality was his ability to be a ‘connector.’ A connector of health and healing. And most importantly, a connector of loving care between well-meaning people on this earth.”

Terry created a network of people who would visit patients in hospital, giving comfort in what was then largely a fatal disease. His campaigning work spanned decades, helping to shape policies and support for those suffering from HIV/AIDS.

The minister carried out extensive work with the Michigan AIDS Fund, of which he was Chief Executive Officer and later a consultant.

Terry began exploring Spiritualism in the late 1970s. He and longtime friend Jim Hafer visited Camp Chesterfield, which has been the home of the Indiana Association of Spiritualists since 1890.

After studying there, Terry was

ordained as a minister in October 2000. Jim reflected that his friend's spiritual journey “continued as he became a gifted teacher at Camp Chesterfield college. He was a talented clairvoyant medium.”

He added that the minister “was always passionate about Spiritualism and all its teachings.” Ever the organiser, Terry served as a past Trustee, Secretary and Board President of Camp Chesterfield. He bought a house at the 34-acre community in 1983.

One tribute commented that his “deeply connected spiritual self gave him exceptional insight into connecting with people, while his organised, logical approach helped him translate complex concepts clearly for students and colleagues alike.”

Sarah Bricker Hunt continued: “Terry Ryan's dual commitment to public health and spiritual development offers a model for holistic service – recognising that people facing health crises need not only medical information and social services but also meaning, connection and hope.

“Throughout his career, Terry remained what colleagues remember as a warm, funny and passionately inclusive ‘gentle giant’ and mentor, someone who connected people and missions to solve problems and serve the community.”

Sarah added that his lasting dedication was “fuelled by the devastating losses he witnessed in the early years of the epidemic, transforming personal grief into four decades of service that continues to impact Michigan's most vulnerable populations.”

Several tributes on Facebook insisted that Terry “is not done helping us all, just in another way,” suggesting that he will be reconnecting with “a whole lot of other mediums from Chesterfield, not to mention so many others outside of camp that he helped over the years.”

The Celebration of Life Service will be held on Saturday, October 18 at Camp Chesterfield Chapel, 50 Lincoln Drive, Chesterfield, Indiana, USA. The website for enquiries is [www.campchesterfield.com/](http://www.campchesterfield.com/)



# Daring makeover gives church new look

AN eye-catching paint scheme has added the wow factor to a Dorset Spiritualist centre as part of a five-year-plan to upgrade it for future sustainability.

Christchurch Spiritualist Church committee chose the colour Daring Indigo to stand out and exude warmth. Its President Karen Martin commented:

“For several years people said they weren’t aware of our presence due to the building’s bland exterior, which blended into the background. We looked at ways to highlight our centre and what we can offer to the community.”

Committee member Rossana Courtenay said, “The inspiration for the outside cladded frontage came from the beginnings of Spiritualism – the Fox sisters’ cottage in Hydesville, USA.”

The new look replaces the original plain brick façade, which was easy to miss by passers-by on the busy A35 Barrack Road where the centre is located.

Rossana explained that typical small churches and chapels in America are timber clad, lending a “warm and homely appearance,” something the committee wanted to replicate.

“Unfortunately,” she added, “many Spiritualist churches like ours are overlooked simply because of their plain architecture, often resulting in people missing out on enlightened positive experiences which are right on their doorstep.”

The church began above a public bar in the late 1930s, later moving to the local Conservative Club. In the early 1940s, it moved again to rooms in Millhams Street, before becoming affiliated to the Spiritualists’ National Union (SNU) in



*INSPIRATION was taken from the Fox sisters’ cottage in Hydesville, USA. (File photo)*



*CHURCH’S new look replaces the original plain brick façade. (Photo: Darren Orlowski, CSNU)*

1943.

In 1961 an old church hall made of corrugated iron and wood went up for auction. With help from the union’s then Building Fund Pool (now the SNU Trust), the group managed to purchase the site.

The church website comments that when “bidding for the hall they were unable to say what it would be used for as, being a Priory town Spiritualism was frowned upon.”

A new building was erected on the site. It was officially opened and dedicated in January 1989 by medium Gordon Higginson, then Principal of the Arthur Findlay College and SNU President for 23 years until his passing in 1993.

Through loyal attendances and careful management, the centre accumulated a tidy sum in savings, and the committee decided to invest in its future.

Karen Martin added: “Fortunately, current and previous committees, members and visitors have all greatly supported and contributed towards Christchurch Spiritualist Church’s culture and financial stability.

“We felt it was time to ‘pay it back’ by providing up-to-date facilities and create an attractive environment for all present and future attendees.

“We received the full backing of members for our plans and worked with Andy Foley (Property Manager at the SNU), who was incredibly supportive.

“In addition, Martin Edwards from local firm Advance Cladding and Building fully embraced our vision with enthusiasm, working tirelessly with his team to deliver our bespoke ‘spiritual’ finish. This really was spiritual teamwork all round.”

Inside, the building’s lighting had already been changed to energy-efficient LEDs, and rest room facilities improved to a very high standard including a disabled access lavatory.

Most of the funds for renovating the exterior came from a £5,000 bequest, left by grateful recipients of spiritual healing at the centre.

“Clearly our nurturing healing team, headed by Maggie Baker, made a positive impression on those lovely people,” said Rossana. “We endeavour to continue that inspiring work in all we do.

“Many traditional faiths are seeing a decline in attendance, but we are finding that those seeking a more spiritual path is on the increase. Our new look now provides a noticeable focal point for this exceptional way of life.

“The blue is a colour of healing and spirituality and, along with our interior hues of cream and gold, are also a nod to the SNU’s logo.

“Can you imagine the impact if multiple blue and white Spiritualist churches started popping up all over the country, not only becoming a talking point, but a fixture of our faith in the public’s consciousness?”

Rossana added: “Our hope is that by making the centre more visible, it might entice and encourage people to explore what is within and discover a new uplifting dimension to their lives.

“People are walking past and now asking what we do at the centre. We’ve received overwhelmingly positive feedback.

“New faces are already attending our events and services. Not only does it appear to be working for us, but is also certainly making Spiritualism’s presence seen.”

For further details about the church’s activities, please see its advert on page 57 or visit [www.christchurchsc.org.uk](http://www.christchurchsc.org.uk)



SIGHTINGS have been reported of monks who walk the cellar.

# Teenager charged with arson at haunted hall

A FOURTEEN-YEAR-OLD girl has been charged with setting fire to an abandoned Grade I-listed manor house that had stood for centuries in Liverpool.

The historic Woolton Hall in Speke Road was considered to be one of the city's most haunted properties.

Detective Inspector Daniel McWhinnie of Merseyside Police said the fire, which officers believe was started deliberately, appeared to have been "an extremely reckless act at a historic building."

He said the community "will be rightly shocked by what happened" and the force was determined to find the culprits. Reports of young people gathering by the hall shortly before the fire broke out were made to police by concerned locals.

Built in 1704 as a grand residence for the Ashton family, Woolton Hall previously served as an hotel, an army hospital, a convent and a school, but fell into disrepair in recent years.

Its sumptuous interiors were designed by the acclaimed Georgian architect Robert Adam between 1774-80. Despite neglect and water damage from a previous fire, much of the work survived for almost 250 years until the recent destruction.

Local historians campaigned for years to save the property, consulting paranormal investigators who had visited in order to compile a floorplan.

The hall was included in the 2021 At Risk Register for Historic England as a Category A site, which should have given its repair the highest priority, stating that the building was at "immediate risk of further rapid deterioration or loss of fabric."

After the fire, an updated report said that drone footage showed the building had been severely damaged by the blaze, with the roof largely destroyed. Every floor collapsed and several walls were leaning. Timber beams and lintels were reduced to charcoal in places.

In 2021, the *Liverpool Echo* spoke to co-owner Abid Chudary of Woolton Hall Ltd about the deteriorating state of the building. Blaming the planning department



*BUILT in 1704 as a grand residence, Woolton Hall previously served as an hotel, an army hospital, a convent and a school, but fell into disrepair in recent years. (Photo: Catherine Singleton on Flickr)*

of Liverpool Council over delays and obstacles to the company's plans to develop the site, he acknowledged that "urban explorers" were gaining access to the building, often without permission.

Last year the paper reported that visitors had "captured its faded grandeur, including a main hall with a marble floor, a tapestry room and an ornate staircase," posting their pictures on social media.

At the time it was believed that Liverpool entrepreneur Harry Achilleos wanted to use Woolton Hall as a paranormal tourist attraction and an hotel for investigators.

He told journalists the property "was in dire straits when I took over a couple of months ago. The agreement with the owners is that I secure the place. I put the cameras in to stop any further vandals getting in and any further dilapidation.

"Me and my team have cleaned it all up, so there's no debris. It's not in perfect condition; the windows are all boarded up. We've done two or three investigations there."

Harry described some of the "sinister stories" about the building, including sightings of monks who walk the cellar. He added that "a pregnant woman fell down the stairs and haunts the place."

According to the Paranormal Hauntings website, one resident apparition at the grand hall is a grey lady seen "drifting through the upper corridors, thought to be a governess or a nun from its convent

days."

There were tales of children's laughter – "ghostly giggles and the sound of running footsteps, linked to its years as a school" – along with "strange lights, phantom chanting and candles said to light themselves when the house served as a convent."

Following the devastating fire, the unnamed girl, who is from Liverpool, was arrested on suspicion of arson. Merseyside Police said she was bailed after being questioned in custody. An appeal is ongoing for further information.

Detective Inspector McWhinnie said: "We received reports of youths congregating near the hall shortly before the fire was reported, and would appeal to anyone who was there or knows who was there to contact police.

"If you are a parent or guardian in the area and your child was out that night, we ask that you enquire about their movements and what they might know."

The police are also asking for drivers in the area to let them know if they have dashcam footage which may be useful in their enquiries.

Detective Inspector McWhinnie added, "We are carrying out a number of lines of enquiry, including speaking to potential witnesses and assessing CCTV in the area, but I would ask for anyone who knows anything to contact us as soon as possible."



*CUBANS face "power outages, rampant inflation, food shortages and wages that fail to cover basic needs."*

# Editor says spiritual lines are being blurred in Cuba

A CUBAN journalist now living in America has taken a withering look at the Communist state's apparent promotion of spirituality as a political tool. Ava Castillo is a distinguished editor known for her insights into the murky world of Cuban cultural topics.

She wrote on [www.cubaheadlines.com](http://www.cubaheadlines.com) that during a celebration marking the centenary of the Joaquina Sandoval Spiritualist Center in Havana, a notable speaker's address was "peppered with the usual official rhetoric, emphasising patriotism, solidarity and spirituality – concepts that the government has increasingly used as stand-ins for actual solutions to the national crisis."

Hard-hitting criticism was levelled at Abel Prieto, President of Casa de las Americas, an organisation founded by the Cuban government in April 1959, four months after the Cuban revolution. Its remit is to develop socio-cultural relations with the countries of Latin America, the Caribbean and the rest of the world.

Mr Prieto "praised the patriotic loyalty and 'spirituality' of followers of Allan Kardec's doctrine, who, according to his words, reaffirmed their commitment to the so-called Cuban revolution," observed Ms Castillo.

He also highlighted on social media the solidarity of Spiritualists as an essential value for "helping Cuba during difficult times." Born in France in 1804, Allan Kardec developed the doctrine of Spiritism.

Ava explained that the Cuban

government, currently under President Miguel Diaz-Canel, has been advocating "engaging with people's spirituality" for some time.

However, she points out that the specific term Spiritism, referring to the

Known as Espiritismo, Spiritism in Latin America is a widespread belief. It is characterised by the acceptance of communication with the "dead" whereas spirituality, Ms Castillo explained, is a "broader personal experience without manuals or dogmas."

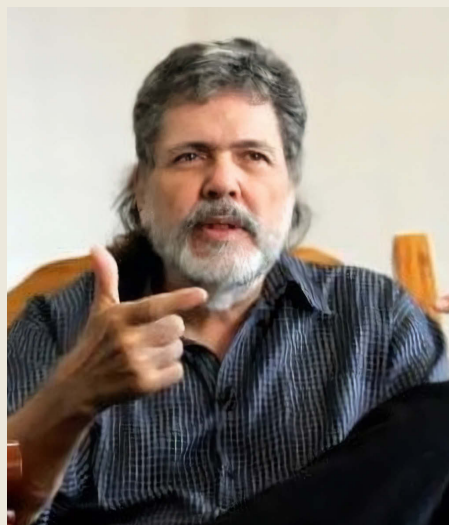
She suggested that the government is blurring the lines, "as if invoking spirits and discussing universal values were the same thing."

So-called Spiritualist practices have been proposed by government-affiliated groups to help "save the revolution and socialism," Ms Castillo noted, adding that "spiritual attention" was promoted for teachers during an educational crisis, claiming that the nation's prosperity hinges on its citizens' "spiritual wealth."

All of these apparently good intentions mask the reality of everyday life for most Cubans who face basic problems such as "power outages, rampant inflation, food shortages and wages that fail to cover basic needs."

The journalist added that promoting spirituality as a symbol of patriotism simply distracts attention from the regime's inability to provide real solutions to the crisis.

"While extreme poverty affects 89 per cent of the population according to the Cuban Observatory of Human Rights, official speeches appeal to abstract concepts that offer little relief from the country's material and social



**ABEL PRIETO** praised followers' loyalty to revolutionary ideals. (Photo: Facebook)

doctrine codified by Allan Kardec in the mid-19th century, is being deliberately used interchangeably with the general term Spiritualism.



deterioration," wrote Ms Castillo.

The centennial celebration at the Joaquina Sandoval Spiritualist Center appeared to have been used as an ideal opportunity to showcase the intertwining of politics and spirituality, with Abel Prieto praising the followers' loyalty to revolutionary ideals.

He was accompanied by the centre's director, known as Bebita, who appeared to support the premise that the two are connected.

Ms Castillo concluded that Mr Prieto was emphasising spirituality as a counter to "vulgar pragmatism," presenting it as a value "that can unify and motivate people during challenging times, despite the practical challenges faced by everyday Cubans."

With an estimated population of ten million, the Communist Party of Cuba is the sole ruling power. It is thought that over 1,100 Cubans are political prisoners.

The Cuban revolution was a military and political uprising led by Fidel Castro, which overthrew the dictatorship of Fulgencio Batista in 1959. Democracy ended when Batista staged a successful coup in 1952, installing his own corrupt leadership in its place.

A young lawyer, Fidel Castro initially sought to challenge the coup through legal means. When those efforts failed, he turned to armed resistance.

From 1956 to 1959, Castro, his brother Raul Castro and Argentine Marxist revolutionary Che Guevara led guerrilla forces, conducting hit-and-run tactics from their base in the Sierra Maestra mountains.

On January 1, 1959, Batista fled the country. Fidel Castro's forces entered the capital, Havana, on January 8, 1959, achieving victory.

The revolution led to the establishment of a liberal provisional government before Castro consolidated power. His association with the Soviet Union, which included the siting of nuclear missile sites in Cuba, caused America's then President John F. Kennedy to order a naval blockade.

A thirteen-day confrontation in October 1962 between America and the Soviet Union ended peacefully after Russian Premier Nikita Khrushchev agreed to remove the missiles from Cuba in exchange for a secret US promise to remove its missiles from Turkey.

Now known as the Cuban missile crisis, it was a pivotal moment in the Cold War, highlighting the dangers of nuclear conflict and led to improved communication channels between the US and the former USSR.

*SIGHTINGS of orbs were seen in the vicinity of the White House.  
(Image: Artist's impression)*



# US Senators are challenged on UFOs

GHOSTS, poltergeists and other puzzling paranormal or spiritual phenomena have featured prominently in headlines around the world for decades, writes Roy Stemman.

In today's world, however, they have to compete with what appears to be an equally complex and captivating phenomenon which has been puzzling scientists for nearly a century: unidentified flying objects or UFOs – also often referred to as unidentified aerial phenomena (UAP).

Although originally dismissed by sceptics as probably misidentified natural phenomenon akin to ball lightning, many experts in the field now accept that UFOs are likely to be extraterrestrial vehicles piloted by non-human intelligences, who are closely monitoring our planet and human activities whilst keeping their distance.

Understandably, because of the serious security implications that arise from objects of unknown origin flying around our busy skies, the United States and others have long shown keen interest in understanding them whilst keeping their findings to themselves.

Of particular interest are the motives of the intelligent beings in control of these craft as well as their reported occasional interactions with humans.

It is important to recognise that whilst the existence of ghosts or spirit beings relies heavily on human testimony, with rare tangible proof in the form of photographs and film that satisfies sceptics, the evidence for the existence of UFOs is abundant and compelling.

It embraces photographs, film and radar recordings as well as reports from highly qualified eyewitnesses, including fighter pilots who have engaged with

them.

So it is not surprising that among those in the United States seeking answers is Senate Minority Leader Chuck Schumer, who was thanked by House Minority Leader Hakeem Jeffries "for championing UFO/UAP transparency" during a recent UFO/UAP hearing in Washington DC.

Urging him to force a vote on the UAP Disclosure Act, Schumer added, "America deserves the truth and to know where every Senator stands on UAP transparency."

During the public hearing a video was shown which captured an interaction between a UFO and a US military Reaper drone. It shows an American Hellfire missile striking a UFO off the coast of Yemen.

The unidentified object does not explode, as expected. Instead, the missile seems to pass through it without causing any visible damage, though several pieces of "debris" separate from the object.

What's more, it seems that the "intelligence" that directs the UAPs is keen to have its existence fully recognised and acknowledged.

On September 8, 2025 – the evening prior to an important UAP hearing in Washington – a large group of scientific researchers and enthusiasts gathered close to the White House to watch the skies.

They were rewarded with sightings of "orbs" flying over or close to the official Presidential residence, much to the delight of most of the audience and the surprise of sceptics.



# How to find your animal totem

By Shawn Leonard

*The Mi'kmaq is an Indigenous group with its origins in the Atlantic Provinces of Canada (Nova Scotia, Prince Edward Island, New Brunswick and part of Newfoundland), the Gaspé Peninsula of Quebec, and northeastern Maine in the USA.*

*A proud member of this community is medium Shawn Leonard, who draws on Indigenous spiritual knowledge to help others connect to their animal guides.*

*Shawn's new book "Walking with Your Spirit Totem Animals" shows readers how to discern their four animal totems – or personal animal guides – the role they have in their lives, and practices and prayers to connect with them.*

*His book also covers how to decode messages revealed through animal dreams, the meaning of encounters with the animal nation in the astral realm, the spiritual roles of pets and the significance of our connection to them.*

*A year after his father passed on due to a massive heart attack, Shawn, then aged sixteen, was visited by his "dead" parent. In the three decades since then, Shawn has honed his connection to the Larger Life and helped people throughout the world as he communicates with departed loved ones and guides.*

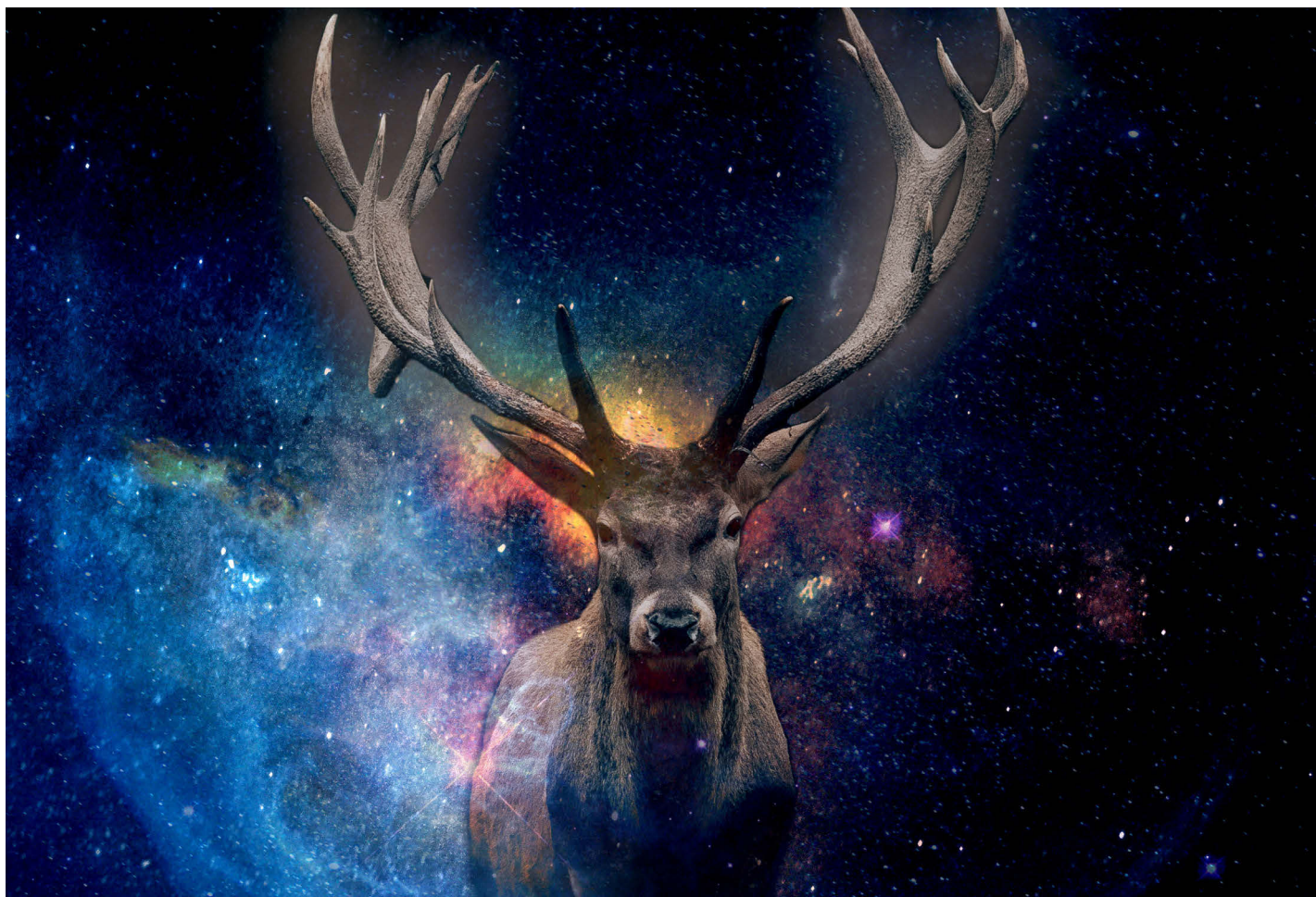
*In these extracts from his book, Shawn looks at various aspects of animal totems, writing that we need "to cherish animals that are in the physical world and realise the importance that they have to us in the spiritual realm as well."*

HAVE you ever wondered why you feel drawn to a particular animal as opposed to another? Have you felt more connected to one animal at a particular stage in your life, whether in your youth, in adulthood or in your elder stage of life? Have you felt drawn to specific animals at different times along your life's journey and you didn't know why?

Throughout this book, I will take you on my own sacred journey of understanding how the animal nation has been connected to me.

My life has been completely transformed since I embraced my Indigenous culture and incorporated the animal medicines that came to me at different stages of life.





*It is "important to note that the animal nation is celebrated by all peoples from countries all around the world and is not solely a North American Indigenous tradition."*

Part of who I am is deeply connected to my Mi'kmaq name Wape'k Kitpu Aknutmajik Jijaqmij, which literally means White Eagle Spirit Talker.

There is a clear connection between White Eagle medicine that comes from the sacred eagle and my own spirit. I'm sure that whether you have an Indigenous name or not, if you were to be given one, it would also deeply connect to a spirit animal of yours.

Even without having a name ceremony done and an Indigenous name bestowed upon you, you may already know which animals connect with you strongly.

Dr Wayne Dyer, a spiritual teacher who has influenced me throughout my life, said, "If you knew who walked beside you at all times... you could never experience fear or doubt again."

Connecting to my own power totems and spirit totems has helped me along my life's journey. I hope you will connect with yours as well.

Within the book there are many personal experiences and teachings, including a ceremonial meditation, a sacred prayer and a questionnaire for you to connect to your spirit totem animals and the specific medicines that they bring to you in your life journey.

I also describe the Seven Grandfather

Teachings, which focus on animals such as the wolf, turtle, bear, eagle, bison and buffalo, beaver, and sage or bigfoot.

There are also sacred prayers to work with the medicines of each of these animals. I know these animal medicines will help you walk through life in the best way possible for you.

As an Indigenous person, I think it's important to share my personal journey through life and my connection to culture by helping others understand their journey because we each have an individual journey, and no two people are

exactly alike.

People don't have to be Indigenous to be connected to the animal nation. There are so many Indigenous cultures from around the world, like the Sámi people of Northern Europe and the Aboriginal people of Australia, as well as all peoples from South America to North America and other places.

It is important to note that the animal nation is celebrated by all peoples from all countries all around the world and is not solely a North American Indigenous tradition.

I think we have forgotten our spiritual connection to the animal nation within our life and how animals may guide us spiritually, mentally and physically with their sacred power.

The animal nation possesses sacred power that can protect us. When these things are more fully known to us, then we can engage with the spirit world in a much greater and more profound way.

If I were to draw comparisons between different philosophies and religions of pre-Christian times, there was a deeper connection, more so than can be found in today's common knowledge of spirituality, about the animal nation.

It was when Christianity came to Turtle Island that these beliefs were subverted



**SHAWN LEONARD:** "We have forgotten our spiritual connection to the animal nation."  
(Photo: Cooke Photography)

and redirected toward more angelic beings, although they are humanoid beings with animalistic qualities, namely possessing wings like birds.

Some spirit animals are even attributed to these angelic beings. I do not wish to take anything away from angelic beings because I feel they exist and have a place within the spirit world itself as well.

Regardless, I think it is time that we remember the animal nation and our cross-cultural dependence on animals not only for food, but also for companionship, love and kindness, for the tools that Indigenous people make from them, and all the resources of life that we would use them for.

We also have a deep spiritual connection with them. We should honour them, much like in the old belief systems of the Celts and the Egyptians, who would have carried representations of these animals as sacred objects.

I have many sacred objects connected to the animal nation, from eagle feathers to polar bear claws, polar bear rugs and owl feathers. They have all come to me at specific times in my life.

My hope is that people who have read this book will not only benefit from my journey, but they will also discover their own personal journey with their spirit totem animals.

What I've realised is that there are four stages of life that I've been taught through the medicine wheel teachings, and that it is through these stages of life that different animals have come to me for different reasons, whether it be as spirit totems or power totems.

They are all deeply connected to me, and I carry their medicines with me through life. I celebrate their energy and medicine, and incorporate them in my life as greatly as I can.

I hope that when people have read my stories and learned more about spirit totem animals, they too will have a deeper and stronger connection to their own spirit totem and power totem animals, as well as the animal nation as a whole, and incorporate them into their lives.

Our purpose is to find our own connections, incorporating ancient wisdom about the animal nation as part of the spirit team that watches over us and walks beside us in life, imparting their strengths and wisdom to aid us along our journey.

We are all one: our spirits blend together in unison with the animal nation and also with the whole natural world, as is the Indigenous tradition and belief system.

We have a responsibility to keep each other well through caring for the environment, through the food and resources that we use and rely on each other for. Without one or the other, we could not survive.

The human nation and the animal nation live in balance and harmony with one another, and we must help them in different ways.

Humans have also hurt the animal nation. Therefore, it is our duty to do our best to restore balance and harmony between the natural world and our human existence, which is largely dependent upon technology in our modern times.

When that balance was lost, some animals went extinct. There are a lot of

this existence upon Mother Earth, and hopefully live together harmoniously.

We need to cherish animals which are in the physical world and realise the importance that they have to us in the spiritual realm as well. Today, we do celebrate animals in a particular way because we have brought them in as pets.

They are part of our families, and we have incorporated them into our family connections, but it doesn't end with cats, dogs, budgies and goldfish. There are a lot of other animals in the world that are still deeply connected to us too.

Not only do they rely on us, but we also rely on them for sustenance, whether it is cattle, chickens, fish, elk, moose or deer that we harvest to supply for us.

We know that we have a spiritual connection, but we have a physical connection as well. We have to honour both of those connections within life in a good way.

Expressing gratitude for everything that comes to us for our sustenance is one way of honouring the animal nation. We have to be grateful for the life which animals give up for us and the life that they give to us.

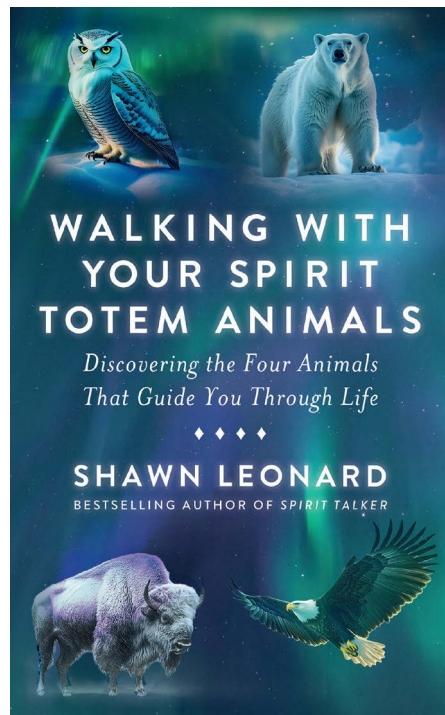
There is also an energy that animals give to us that transcends just food, a spiritual connection, and in some cases, there may even be a pet connection.

All animals are unique and special in their own way, and they all have different medicines that they can share. I feel that some of us carry particular medicines, and we may be drawn to certain animals.

Whatever that is for the individual and at whatever stage in life that they come to us, I think that by having read this book and by doing the exercises within it, we can discover our uniquely different animal totems, whether within infancy, youth, adulthood or the elder phase of life.

We will realise that there are certain animals that we connect to more strongly. We will feel more drawn to them, and they may provide messages of light, help and guidance which we didn't really recognise before, and that we will see to a greater extent.

Hopefully we will become better stewards of the animal nation so that together, with all of humanity, we can live upon this world in a good way in balance and harmony.



animals in the spirit world that no longer exist in physical form anymore because they have gone extinct, unfortunately because of humanity.

There are many that are still here which we can still have a deep spiritual connection to and that are still thriving within the world and that may need our help and support. What they give us, spiritually and physically, we have to give back to them.

When we think of spirit totem animals that involves the human physical nation and the animal physical nation that exists upon the world, helping and serving each other in a reciprocal relationship.

This may be a spiritually-based book, but we also have to keep in mind that we have a role to play in balancing the world, so we can all have life and continue

**Published by Hay House, "Walking with Your Spirit Totem Animals: Discovering the Four Animals That Guide You Through Life" costs £14.99. It can be ordered online or from bookshops. To read more about the author, please visit [www.shawn-leonard.com](http://www.shawn-leonard.com)**



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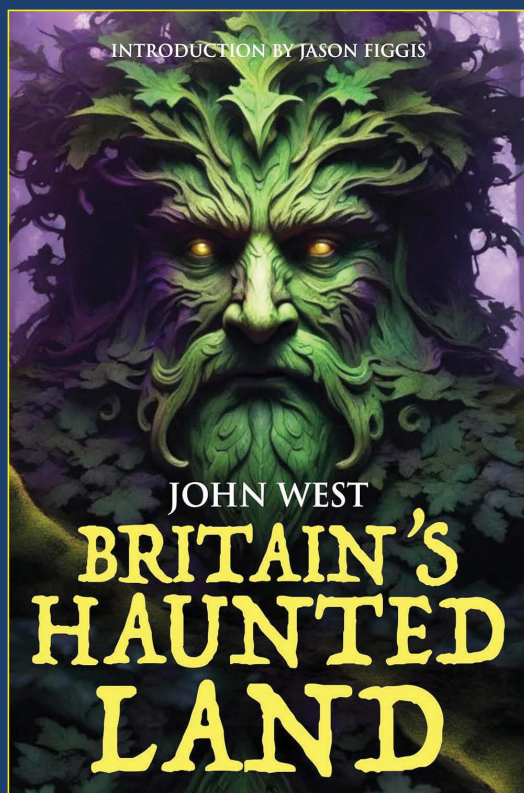
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# Learn to stress less in life

By Leonie Amarasekara

*We live in sometimes horribly hectic times. Too often, many people find themselves suffering from stress, which can affect us spiritually, mentally, emotionally and physically.*

*However, help's at hand from Leonie Amarasekara with her stress-busting book "All You Need is Less Stress," which is bursting with a variety of tips on how to find inner and outer calm to get matters back on a calmer keel.*

*Leonie's book covers a range of ideas with quotes and activities to help you understand stress triggers and transform your life.*

*Subjects covered include the science behind stress, when and why you feel stressed, relaxation tools and techniques to help you unwind, how to get organised in all areas of your life, what a calming home environment looks like and how to create it.*

*Here are some extracts from "All You Need is Less Stress" to wash away your woes and worries in just a few easy but far-reaching steps.*

WHAT does a less stressful life mean for you? This question invites personal exploration, and your answer will be uniquely yours. Perhaps you yearn to immerse yourself more fully in the present moment, savouring life's experiences rather than being overshadowed by anxiety.

Maybe you seek enhanced mental clarity, enabling you to make decisions with ease and intention. Envisioning a life with reduced stress opens the door to a greater sense of balance and wellbeing.

Beyond improved mental clarity, the benefits can ripple through every aspect of your life, fostering better physical health and even promoting longevity.

Most importantly, less stress can deepen your connection to yourself and align you more closely with your values, enriching your relationships with those who matter most.

By vividly imagining these benefits, you create a powerful motivator for change. Each small step you take towards this less stressful existence is a



commitment to your own wellbeing, which is certainly a journey worth pursuing.

Remember, the path may be challenging, but the rewards are profound. Whatever your “why” may be, consider jotting it down in a journal so you can refer back to it during tough times.

### Believing in abundance

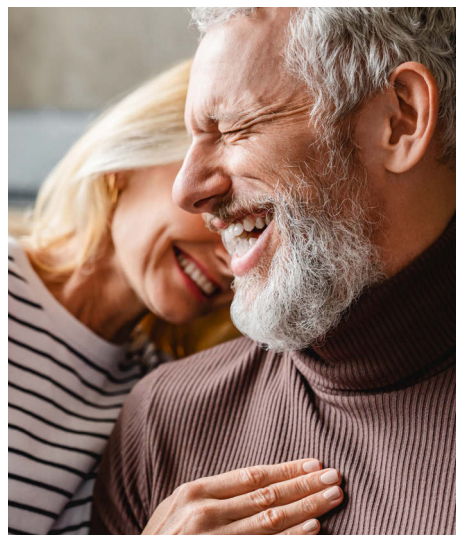
Scarcity is the belief that time, money or opportunities are limited, creating a perennial sense of urgency and inadequacy. You may feel as though you are racing against the clock or competing for finite resources. This can leave you feeling overwhelmed. To help overcome a scarcity mindset:

1. Think about whether resources can be replenished, time can be managed and money can be earned – and remember that opportunities can arise when you least expect. You may even have personal evidence of this.
2. Focus on what you have rather than what you lack.
3. Celebrate small wins and practise gratitude.
4. Embrace the concept that there is enough for everyone; this will help to cultivate a more balanced and optimistic outlook.

### Shifting to best-case scenarios

Catastrophising involves imagining the worst possible outcome in any situation, thereby magnifying potential challenges and increasing anxiety.

To counteract this, ask yourself, “What is the best possible outcome?” This shifts your focus to positive possibilities. Then question the likelihood of the worst-case



**AUTHOR** advises focusing “on what you have rather than what you lack.”



**IN a journal, record “three things you’re grateful for.”**

scenario: “Is it as likely as I fear?”

Often, you will realise the dreaded outcome is improbable. By focusing on more positive and/or realistic outcomes, you can manage stress more effectively and approach challenges with a clearer, calmer mindset.

This practice not only reduces immediate anxiety but also builds long-term resilience, helping you face future situations with greater confidence and composure.

### Affirming the good in life

If you often shrug off achievements or compliments as being unimportant or due to luck, you may be disqualifying the positive.

This negative thought pattern minimises positive experiences while amplifying negative ones, robbing you of joy and validation, and leading to chronic feelings of inadequacy.

For instance, if praised at work, you might attribute it to others rather than your competence. To challenge this mindset, practise acknowledging and validating positive experiences.

Keep a journal to document your successes and positive feedback, reflecting on them to internalise your strengths. By affirming the good in your life, you can cultivate a more balanced and optimistic outlook.

### Practise gratitude

Gratitude is an internal appreciation for the goodness we receive from external sources, whether tangible or intangible. While we can experience gratitude in fleeting moments, cultivating a regular practice helps us deliberately recognise these positive influences in our lives.

Scientific research supports the notion that focusing on positive aspects enhances our mindset, encouraging our brains to filter for more positivity.

Additionally, gratitude can lower stress hormone levels while also boosting feel-good hormones, such as oxytocin and dopamine. To cultivate gratitude, try noting three things you appreciate at the end of each day. Feel the warmth of this appreciation and allow it to enrich your life.

### Write it down

Keeping a regular journal can have a transformative impact on your stress levels. Try to spend ten minutes before bed reflecting on the day and writing down your thoughts. For example:

1. Write down your worries. Seeing troublesome thoughts in black and white can help you to confront them, put them into context and perhaps even release them.
2. Write down three things you’re grateful for. What made you smile or brought you a sense of safety today? This might be a specific event or a person you love. Let the words flow without judgement and feel your stress ebb away.

### Discover the power of breath

Breathing is essential to life, but how we breathe is just as important as the act itself. Studies show a close connection between stress and breath.

Mindful breathing techniques can therefore be a powerful way to find calm. Have you ever noticed that your breaths become quick and shallow in times of stress?

When we encounter a threat, our nervous system switches into a primal

state of “fight or flight.” Our breathing patterns accelerate to increase the amount of oxygen in our bloodstream, so we are primed to run or defend ourselves in the face of danger.

For our caveman ancestors, this was vital for survival. However, our minds often can't distinguish between a true physical threat and a perceived one, and we respond instinctively.

Mindful breathwork can help us regain control, signalling to our nervous system that we're actually safe. Here are three breathing practices to help you self-soothe.

1. **Balanced breathing:** inhale slowly while counting, then exhale slowly for an equal length of time (such as five counts each).
2. **Box breathing:** inhale for four counts, hold for four counts, exhale for four counts, then hold for four counts.
3. **Long exhalation:** inhale for four counts, then exhale for six counts.

Repeat each cycle five times, or as many times as is needed until you feel a sense of calm.

### Laughter is the best medicine

Studies show that laughter has a soothing effect. It's thought that laughter evolved as a way of bonding with others. When we laugh, we drop our guard.

Laughter signals to others and ourselves that we are safe, and this instinctively calms our nervous system.

Psychologically, laughter can lift our mood almost immediately. Physically, it has the combined benefit of lowering stress hormones and increasing the level of feel-good chemicals, such as endorphins, in our bodies.

Whatever makes you chuckle, turn to it in times of stress. Perhaps switch on your favourite comedy show, then sit back and laugh to your heart's content.

### Cultivate calm through visualisation

Visualisation involves creating detailed mental images or sequences of events in your mind's eye. As these images take root, immerse yourself in the sensory experience, engaging your sense of sight, sound and even touch.

This technique can transport you to a happy place, offering a calming refuge during stressful moments. Additionally, visualisation serves as a powerful preparatory tool, priming your mind and body for upcoming tasks or challenges.

Try these exercises to cultivate a sense of calm and control through visualisation.

1. Visualise your place of safety: imagine a

setting that deeply relaxes you – either a real location or an imagined one. Focus on details – what do you hear, feel and smell?

If envisioning a forest, perhaps you hear leaves rustling, feel a gentle breeze and smell damp bark. Breathe in and fully immerse yourself.

2. Visualise your goals: picture your aspirations as if they've occurred already. Many elite athletes use this technique to prepare for competitions.

Imagine yourself actively working toward your goal and successfully achieving it. This mental imagery can instil confidence and self-assuredness, empowering you to tackle challenges with renewed vigour.

### Try somatic exercises

Somatic exercises are mindful movements that enhance awareness of the body's internal sensations (the “soma”). Focusing on slow, deliberate motions helps to counter habitual tension patterns from



stress, resetting and reconnecting you with your physical self.

As you gently explore movement, somatic exercises promote healing by retraining the nervous system and releasing stored tension.

These exercises engage the parasympathetic system, calming the body, lowering cortisol levels and restoring a sense of balance. Here are a few guided somatic exercises to help manage stress:

#### Spinal twists

1. Sit upright and place your right hand on your left knee.
2. Inhale deeply, lengthening your spine in the process.
3. As you exhale, gently twist to the left, using your hand to deepen the stretch.

Hold for three breaths, then repeat on the other side.

#### Body scan

1. Lie down comfortably, with your arms at your sides.
2. Close your eyes and take a few deep breaths.
3. Gradually focus your awareness on each part of your body, starting at your toes and moving up to your head.
4. Notice any areas of tension and imagine releasing some of that tension with each exhalation.

Integrating somatic practices into your daily life can help you develop a deeper connection to your body, helping you soothe a stressed body and mind.

### Creating a calming home

Your home should be a sanctuary – a place where you can retreat from the world and find peace. Yet we may find our living spaces are cluttered and chaotic, reflecting the busyness of our lives.

A calming home is not about perfection or minimalism for its own sake, but about creating an environment that nurtures your wellbeing.

Through thoughtful choices – whether that's simplifying possessions, organising mindfully or decorating with intention – you can transform your home into a place of rest and restoration.

By incorporating soothing colours, natural light and elements of nature, your space can become a reflection of calm, promoting balance and clarity in everyday life.

### Your personal sanctuary

Having a space where you feel at peace, free from external demands, is essential. Your bedroom is an ideal choice, but any room that resonates with you will suffice.

Start by decluttering; a tidy space signals to your brain that this area is for relaxation. Opt for calming colours (for example, soft blues or neutrals, which are known for their soothing effects).

Incorporate soft lighting, such as dimmable lamps or candles, to create a tranquil atmosphere in the evening, aiding sleep. Adding houseplants improves air quality and may reduce anxiety. Personalise your space with items that bring joy, making it a true refuge.

**A hardback, “All You Need is Less Stress” is published by Vie Books at £8.99. It can be purchased online or ordered from bookshops.**





# Get in tune with healing effects of music

By staff writer

MUSIC surrounds us from the first heartbeat we hear in the womb to the final notes we might hum on our deathbed. It is vibration, resonance and emotion set free in sound.

Across cultures and centuries, music has been seen not merely as entertainment, but as medicine, a spiritual force and a bridge between worlds.

Today, neuroscientists, healers and spiritual seekers alike are rediscovering what ancient peoples already knew: that music can soothe, inspire and even heal the human spirit.

Music's mysteries go further still. But can it affect the growth of plants, calm animals and help those with dementia? Did the Egyptians use it for spiritual transformation?

Additionally, what of modern-day mediums who claim to channel compositions from the great masters of the past? To follow this story is to wander into a territory where science and Spirit harmonise, and where unseen inspiration may still flow through the notes that stir our souls.

## *The healing power of sound*

From a physiological standpoint, music has measurable effects on the body. Studies show that soothing music lowers blood pressure, slows heart rate and reduces levels of cortisol, the stress hormone that drives our "fight or flight" response.

At the same time, it stimulates the release of dopamine, the brain's pleasure chemical, which explains why a favourite song can bring shivers or even tears of joy.

Brain-imaging research reveals that music lights up the same reward pathways as food, sex and social bonding. However, unlike most stimuli, music activates nearly every region of the brain at once: auditory areas, motor coordination centres, emotional circuits and memory stores.



In effect, a simple melody is a whole-brain experience. This may be why it reaches us so deeply when words fail. Rhythmic drumming, particularly at slow or steady tempos, can synchronise with brain waves, nudging them into meditative or relaxed states.

Music therapy is now a recognised discipline in some hospitals being used to ease the anxiety of surgery patients, reduce pain perception and even aid in stroke recovery by stimulating damaged neural pathways.

In psychiatric wards, carefully chosen playlists help to stabilise mood and offer an outlet for expression. Yet beyond the measurable lies something more mysterious.

Many spiritual traditions describe music as the “language of the soul.” Plato claimed that “music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything.”

Eastern philosophies see vibration itself as the foundation of creation – the primordial Om resonating through the cosmos. To the mystic, every note echoes the heartbeat of the universe.

## Music to calm the heart

While individual taste varies, certain qualities in music are almost universally calming. Slow tempos, gentle rhythms, harmonic progressions and flowing melodies help to regulate the nervous system.

Classical adagios, ambient soundscapes, devotional chants or even the simple strumming of an acoustic guitar can lull both body and spirit into rest.

Modern research confirms this. Music around 60 beats per minute often encourages alpha brainwaves – the state associated with relaxation, daydreaming and gentle focus.

This is why yoga studios favour ambient or instrumental music, and why lullabies, regardless of culture, tend to share soft, repetitive, swaying patterns.

Contrast this with loud, discordant or aggressively rhythmic music. Rock, heavy metal and other intense genres are often accused of being detrimental to wellbeing.

Indeed, research shows they can raise heart rate and blood pressure, and for some listeners they increase agitation. Yet context matters.

For teenagers struggling with anger or alienation, heavy music can provide

catharsis, a safe channel for emotions they otherwise cannot express.

In Japan, “noise music” concerts are attended by audiences who describe the sonic onslaught as purging and strangely cleansing.

Perhaps it is not the genre itself that harms or heals, but the resonance between the music and the listener’s inner state. A Bach cello suite might soothe one person but bore another.

A metal anthem may disturb a parent but liberate a restless teenager. Music’s effect is always relational: a dialogue between vibration and consciousness.

Parents often marvel that their baby can sleep soundly through a raucous



*PEACEFUL classical music, “ambient soundscapes, devotional chants or even the simple strumming of an acoustic guitar can lull both body and spirit into rest.”*

party or pounding bassline. Adults, however, toss and turn at the same sound. The difference lies in conditioning and perception.

Babies in the womb are already accustomed to constant noise – the whoosh of blood, the thrum of heartbeat and the muffled outside world. To them, sound is a continuous ocean, not a disruption.

By contrast, adults interpret noise as intrusion, our minds resisting what we cannot control. The more we resent it, the more wakeful we become. Closer to the dreamlike state of pre-birth, a baby may not distinguish sound as threatening or stressful.

In spiritual terms, it might be that infants, still close to the threshold of incarnation, dwell in a state of trust and acceptance, untroubled by the ego’s vigilance. Where an adult resists, the baby surrenders.

## Plants, animals and music

Experiments with plants have long intrigued researchers and mystics alike. In the 1970s, author Dorothy Retallack’s studies suggested that plants exposed to soothing classical music grew taller and healthier whereas those subjected to harsh rock wilted or leaned away from the speakers.

More recent investigations have hinted that vibrations may influence root development and nutrient uptake, though the debate remains lively.

Whether or not the data convinces every scientist, countless gardeners and farmers swear that music aids growth.

“My roses thrive when I play Mozart to them,” one gardener stated.

Another insisted that herbs grown in a greenhouse with soft chanting taste fresher and stronger. Even if plants are not “hearing” in the human sense, the vibrations of sound may subtly influence cellular processes.

Animals also respond. Farmers report that cows produce more milk when listening to calm classical music. Dogs in kennels show reduced anxiety when exposed to soft instrumental sound. Cats often curl up near speakers playing piano or harp.

Horses stabled with quiet radio programmes seem more relaxed before competitions. In each case, sound provides a buffer, easing stress and

promoting harmony.

## The spark of song

Few sights are more moving than a person with dementia suddenly recalling lyrics to a song from decades past. Music bypasses the damaged neural pathways of Alzheimer’s and age-related conditions, activating deeper emotional centres.

Care homes worldwide now use personalised playlists to reawaken memory, lift mood and reduce agitation among residents. The reasons are both neurological and spiritual.

Music does not only exist in the intellect; it is stored in rhythm, in emotion, in the body itself. A melody tied to youth or love can act like a key unlocking forgotten rooms of the soul. A man who cannot recall his daughter’s name may still sing every word of a love ballad from the 1940s.





*STUDIES found that “plants exposed to soothing classical music grew taller and healthier whereas those subjected to harsh rock wilted or leaned away from the speakers.”*

In this sense, music becomes not just therapy, but communion restoring identity and presence where memory has frayed. Some caregivers even describe the effect as “bringing the person back” for a time.

If the soul is eternal, perhaps music is one of the surest threads that binds it to the present moment.

### Ancient harmonies

Long before modern science, ancient cultures recognised music as a spiritual tool. The Egyptians used chanting and sacred instruments in temples, believing sound could purify the soul and aid in journeys to the afterlife. Priests employed the sistrum, a kind of rattle, to invoke deities and dispel negative energies.

In Greece, Pythagoras developed the “music of the spheres,” teaching that planetary movements created a divine harmony influencing human consciousness.

Indian traditions cultivated ragas (a collection of pitches rather like a scale in Western music) for particular times of day and the seasons, aligning human emotion with cosmic cycles.

In Indigenous cultures worldwide, drumming and chanting are central to healing rituals, forging bridges between the earthly and spirit worlds.

To chant was to heal, to drum was to connect with Spirit and to play the harp was to soothe the troubled heart. In rediscovering these practices today, we are not merely reviving quaint customs, but tuning back into an ancient wisdom that never truly left us.

### Inspiration from Beyond

Among the most extraordinary modern intersections of music and mediumship is the story of Rosemary Brown (1916-2001), a modest London housewife who became internationally famous in the

1960s and 70s for claiming to receive new compositions from “dead” composers.

With only limited formal training, Rosemary reported that the spirits of Liszt, Beethoven, Chopin, Schubert, Debussy and others dictated music to her, often through clairaudience or by guiding her hands on the piano.

Rosemary produced hundreds of works – sonatas, songs and piano pieces – each in the recognisable style of the “dead” composer.

Sceptics dismissed her as an impostor. How could a woman of limited musical education possibly channel Liszt or Chopin? However, many musicians were struck by the authenticity of the spirit-given pieces.

Renowned British pianist Peter Katin recorded some of Rosemary’s spirit-inspired works. Other respected pianists, including John Lill and Denis Matthews, expressed admiration for the compositions, noting that they bore hallmarks of the great masters.

Even professional composers weighed in. Composer Humphrey Searle and Richard Rodney Bennett, another highly regarded composer, both commented favourably on Rosemary’s output. Neither man was predisposed to Spiritualism yet acknowledged a depth and stylistic fidelity difficult to explain.

Prof Ian Parrott, the prolific Anglo-Welsh composer and academic, went further still. He wrote a book on Rosemary, offering public support for her mediumship and exploring the implications of her claimed inspiration. For Prof Parrott, Rosemary’s work opened a doorway onto the mystery of creativity itself.

The British Library now houses a collection of Rosemary’s manuscripts, preserving them for posterity. Scholars continue to debate whether they were the fruit of an unusually fertile subconscious or genuine transmissions from Beyond. Either way, they stand as a testament

to music’s ability to blur the boundary between the seen and unseen.

Rosemary’s story touches on a broader question: where does musical inspiration come from? Countless composers have described the sense of receiving rather than inventing.

Mozart claimed that music appeared complete in his mind as if dictated. Tchaikovsky spoke of “being the instrument through which the music passes.” Even Paul McCartney said that the melody for *Yesterday* came to him fully formed in a dream.

Mediumship provides one lens, but even without it, the experience of inspiration feels like communion with something greater than oneself.

Whether we call it Spirit, the unconscious or the collective imagination, music seems to flow through us rather than from us. Perhaps, as Pythagoras suggested, it already exists in the fabric of the cosmos, waiting for us to hear it.

### Points to ponder

From calming babies to easing dementia, from nurturing plants to soothing cattle, from temple chants to spirit sonatas, music reveals itself again and again as more than art. It is medicine, memory, mystery and sometimes miraculous.

Science can measure its effects on the body; spirituality can attest to its effects on the soul. Together they point to a truth that humanity has always intuited: that music is a bridge between worlds, a vibration which heals and transforms.

As we listen – whether to the gentle strains of a lullaby, the cathartic roar of a rock anthem or the works of a medium channelling Beethoven – we are reminded of our own resonance with the unseen. Music, in the end, is not only sound. It is Spirit made audible.



# Walking with grief and gratitude when loved ones pass on

By Ceryn Rowntree

WITH its darkening days, this month is a powerful time for both connecting with Spirit and honouring those who have made their transition into the Higher Life.

It's said that during Samhain, the veils between our world and the spirit realms thin. Our ancestors draw closer to us than at any other time of night, making it the perfect point to celebrate and honour those we have loved and lost physically.

An ancient Celtic festival, Samhain, which is celebrated on October 31, marks the end of the harvest season and the beginning of winter. It is considered a time of endings and the start of the Celtic New Year.

There is a beauty in taking time for ancestral remembrance and connection, especially for those of us who believe that our loved ones do not leave us after death, but merely move into another form, and can continue to share their love, wisdom and support.

However, honouring loved ones who have passed on can also bring deep feelings of grief. Although it's easy to think that those who are spiritually aware or open will never feel grief, this often couldn't be further from the truth.

Just as our own soulful and physical selves complement – and occasionally clash with

– one another, the very human emotion of grief and the spiritual perspective of gratitude so often go hand in hand when it comes to a loved one's passing.

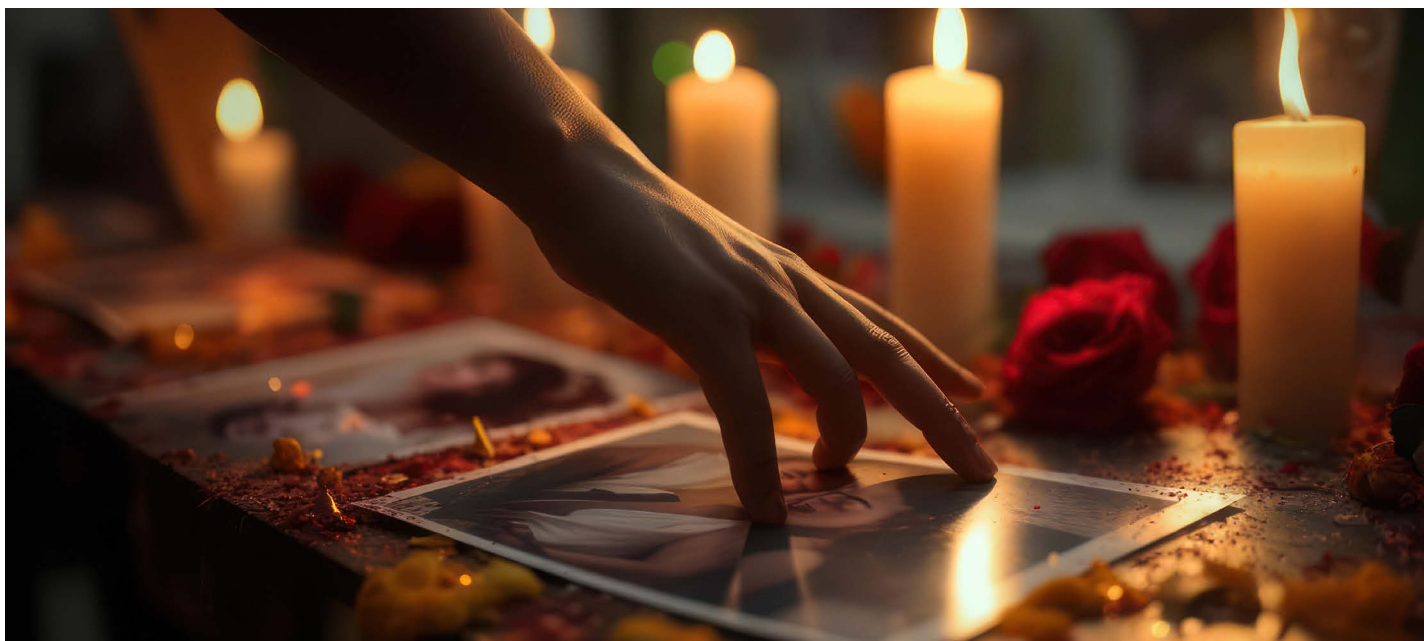
## *The human experience of grief*

No matter what our beliefs and experiences, the rawness of grief is something none of us are immune to. When we lose a loved one, it is entirely natural to miss their physical presence, to ache for a return of their conversation or company and to long with every fibre of our being for just one more moment spent in their company.

Across the many years I've moved in spiritual circles, I have heard people try to downplay those things more times than I can count.

Though comments like "They're in a better place" or "They'll always be with you" are true and well-meaning, they can so often feel like an attempt to bypass what is not only a natural human response to loss but also an incredibly





*AN ancestral altar is the perfect place to honour “dead” loved ones with mementoes like photos, letters, notes and other meaningful items.*

sacred part of life.

After all, if my years as both a medium and a counsellor – not to mention decades as a human – have taught me anything, it's that grief is not a weakness or a failing.

In reality, it is one of the most embodied forms of love we can experience. Allowing ourselves to feel such love is one of the greatest ways to honour those who have transitioned from earthly life.

I experienced this a few months ago when my dad passed into the spirit world. Like me, Dad had a firm belief in life after death and sent us signs just minutes after his passing, so there was no doubt in my mind that he was safe and well.

However, this did not stop tears which came unbidden the first time I picked up my phone to photograph a sunrise I knew he'd love to see, the inner ache the first time I went to my parents' house

and saw his chair empty or the breathless panic the first time someone in the street unknowingly asked after him.

Though I know Dad is safe, well and only ever a thought away from me, the knowledge that our physical time together has come to an end is heartbreaking.

Additionally, the regular reminders that someone I love so deeply is no longer part of my earthly life are a continuing reminder of a huge and very tangible change.

### ***The gratitude of the spirit***

During the process of grieving, a belief in life after death can so often be a comfort, tethering us to the knowledge that while huge and upsetting, this change is not the end for our loved one or the relationship we have with them.

Our beliefs remind us it's not only love that survives, but the immortal part of each of us, and that our loved ones are still

close, able to connect and communicate if only we know how to listen.

The more we lean into those beliefs, the more we find gratitude as a guiding principle of the connection with not only our ancestors, but the whole of our world.

Just as we feel gratitude for the journeys we took together physically and the lessons we've learned from and with one another, we also begin to feel gratitude for the connections with our loved ones Beyond. Though seemingly small, such gratitude can so often steady and uplift our days even as we grieve.

In the immediate days following Dad's passing, one relative was particularly struggling with her loss, so I asked him out loud to let her know he was OK.

The next day, she noticed a full glass of water placed in front of Dad's photo, despite there having been no one else in the house to do so.

To say it brought her comfort would be an understatement. For me, it was just one of the things which gave me an immense sense of gratitude for the continued sense of connection we are so fortunate to experience with our loved ones.

### ***Why grief and gratitude go hand in hand***

Though it's easy to think that grief and gratitude are opposites, especially for those of us who know death is a transition rather than the end of our loved ones, the truth is that they go hand in hand when it comes to experiencing loss.

Grief honours our human selves and the connections we make. It acknowledges the many emotions we feel in our hearts when a loved one passes, and the physical experience of loss that we feel.



*A LOVELY way to remember family and friends in the Larger Life is to relive memories caught on camera.*



*WHEN holding a meal to remember a close one who has passed on, one idea is set an extra space for him or her.*

Meanwhile, gratitude honours our spiritual selves, the undying nature of the soul and the beautiful, eternal connection which it's possible to feel and enjoy with those we love.

Though it's possible to feel one without the other, in my experience this only ever makes death more challenging. To grieve without gratitude and connection can leave us feeling despairing and hopeless.

Focusing only on our ongoing connections without honouring our emotions risks an emotional bypass which can easily return and bite us, knocking us back again when we least expect it.

Grief and gratitude not only provide a sense of wholeness anchored in both our physical and spiritual being, but also provide a sacred experience in which we can truly honour all the aspects of our ancestors and their relationship to us.

### ***Practising grief and gratitude***

Although honouring grief and gratitude is a daily practice which involves staying continually present with our feelings and experiences, at this potent time of year there are many wonderful ways to honour our ancestors and loved ones such as:

- ***Make space for an ancestral altar.*** If like me you have somewhere at home which you use as an altar, this is the perfect time of year to devote to your spirit loved ones by adding photos or items which remind you of them.

If you wish to honour any grief you feel, it is a beautiful practice to add a letter or notes you have written to

those in Spirit.

You can complement this beautifully with gratitude by adding examples of fruit and other harvest symbolism as well as any signs or objects – such as flowers or coins – that feel as though they have been gifted to you by Spirit.

- ***Journal your grief and gratitude.*** I love to journal as a way to process my feelings and allow Spirit to connect with me.

When it comes to honouring those who have gone before me, one of my favourite ways begins with writing a list of what I miss most about those I love, followed by things I cherish about our relationships both in life and now as they continue to connect with me from Above.

Next, I write a third heading at the top of the page asking “Spirit, what would you have me know?” and then allow whatever words need to come to flow from my pen.

I also write “Show you are with me,” then close the journal and allow Spirit to make themselves known with signs and nudges throughout the day.

- ***Cook an ancestral meal.*** One of my best ways to celebrate this season is with an ancestral supper, either alone or with others.

I'll cook a dish which was special to someone I love in Spirit, setting an extra place at the table for them. After lighting a candle in honour of those I love, I spend the meal reminiscing, allowing tears to flow as freely as laughter, and being sure also to honour every aspect of our connection during

the meal.

Maybe you might like to try one of these practices during Samhain or do something else which helps you feel close to those Beyond.

Whatever you choose, it's important to remember that ancestral connection, perhaps more than any other type of ritual work, need not be perfect. Instead, it simply needs to be real and come from the heart, honouring every facet of your feelings.

With the thinning veils at this time of year helping us to feel our spirit loved ones closer than ever, it is the perfect period to hold our grief and gratitude as proof of our love and our connection.

When we're able to do so and recognise tears and sadness as equally sacred to the love and messages we receive from loved ones, we will find that our ancestral connection becomes deeper than ever before, helping to guide us through every moment of our losses and every day of our lives that follow.

This Samhain season, may you recognise any grief you feel for the deep and powerful love which it is, just as you recognise your gratitude and connection for the magic that it is.

Individually and together, may each of these things be the proof you need to remind you that just as we've always known, love never ends.

***A medium, writer and teacher, you can learn more about Ceryn at [www.cerynrowntree.com](http://www.cerynrowntree.com)***



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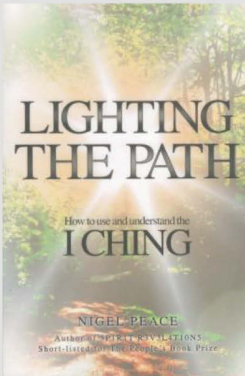
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# Cast your eyes over the I Ching

By Nigel Peace

***Modern life holds many everyday challenges. People often need guidance at times, but where do we turn? Who do we ask and what can we trust? Author Nigel Peace suggests there is reliable and loving help close to home, which is based on an ancient oracle.***

NOWADAYS we are faced with increasingly demanding situations and stresses. Moreover, we demand more of life, of ourselves and of our relationships with others than any generation before us. As spiritual people, we long for a caring and soulful path of inner peace and personal fulfilment.

Should we change our job? Is a relationship right for us? How should we deal with a neighbour dispute? When big decisions arise, whether practical, emotional or ethical, where can we turn for guidance?

Signs and dreams are unpredictable, family and friends may not be objective and artificial

intelligence is, well, artificial. We don't just need to know what we could do in a certain situation, but what is "the right thing," the path that's in our long-term interests and takes other people into consideration.

We likewise need advice that knows the difference between what's important and what isn't, what action we should take and what we should stop worrying about.

Good news! There is a method that gets to the point, that clearly understands and cares for us, and has access to far more information than our conscious minds ever could.

Here is an example. Eden was a young,



spiritual man who had been working hard on a certain big project for a considerable time, but no one at his company seemed to recognise his effort. He began to think that it may be time to move to another firm or even try a different line of work.

Eden was advised that in a situation like this one should not allow one's good nature to become "clouded by earthly things": others' recognition is less important than the value of what we are trying to achieve.

The proper course is to continue calmly doing what we know is right and not allow the situation to bring us down. Then, in time, the opportunity to have greater influence will come.

When we persevere with what is worthwhile, with no concern for status or reward, it is natural law that we shall achieve success.

Eden's "adviser" here was neither a careers consultant nor a guru or medium, but a book written more than 3,000 years ago. The consultation was done by Eden himself using the Chinese *Book of Changes* or *I Ching*. Pronounced Yee Ching, the *I Ching* is the oldest book in continuous publication in the world.

It contains philosophical oracles whose theme is that our lives undergo continuous change and transformation according to natural rhythms or seasons. If we understand the effect of these in our everyday lives, we make more natural and, indeed, spiritual decisions.

How many human advisers, do we think, would have answered Eden's deeply felt question in these terms? The words show not only empathy and compassion, but focus on what is most important in his life and spiritual path.

A reading with the *I Ching* feels just like talking to a very wise and loving elder who knows us very well. That's because we are reaching the highest levels of our own unconscious minds.

One of the most surprising things about the book is that despite being so old and originating in China, its responses are extraordinarily accurate regarding very modern situations, even the most practical.

First, we get a description of the real underlying forces at work in our situation



**VARIOUS** methods can be used to consult the *I Ching*, such as yarrow stalks, coins and cards.

(often not at all what we might have assumed) and then advice on how to deal with them, in practice yet also ethically and spiritually. Usually, there will also be a prediction of what is likely to come later if we follow the advice.

This ancient book is still in print and widely used, especially in Eastern societies, because it works. It is less well known in the West, perhaps because it is assumed that the esoteric language which draws on Chinese myth and legend will be impenetrable.

In fact, it is extremely easy to consult. All we need to do, while focusing carefully on our question, is to carry out a random act that has four possible outcomes.

The result leads us to a particular page of the book. What is happening is a resonance between our physical actions and our deep inner mind.

But what is meant by "a random act"? The traditional method was to subdivide 49 yarrow stalks repeatedly. This may be meditative,

but it's also tedious and hardly practical nowadays.

The modern method is to toss three coins, noting the number of heads and tails. Two heads and a tail is called a yin line; two tails and a head is a yang line.

Three tails are a moving yin line and three heads a moving yang line; these two indicate changing energies.

We do this six times to produce a hexagram of six lines. There are 64 of these hexagrams within the book, each with a detailed description of a real-life situation along with general advice about how it can be approached. Then the moving lines alert us to forces that are likely to bring about change.

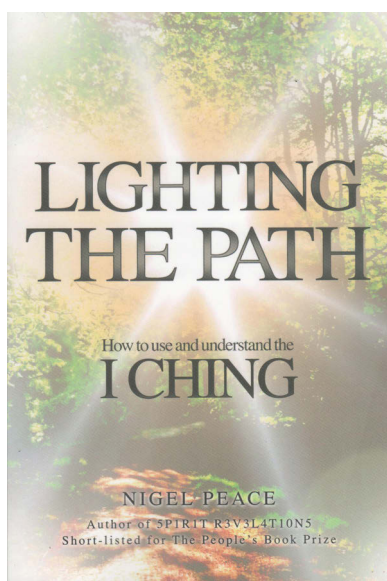
There are other simple methods that some people prefer, such as using a standard pack of 52 playing cards. We focus on our question while thoroughly shuffling the pack, then choose three cards at random.

Each chosen card is not replaced before the next one, and as before we repeat the process another five times. Two black cards and one red, for example, gives us a yin line, three black cards give a moving yang line and so on. Shuffling the cards makes this method quite meditative.

How did this remarkable system come about? Life was fragile for the earliest hunter gatherers and people wanted a method of divination to guide them and help them survive.

Their shamanic leaders recognised the rhythms and patterns in the energy of all living things and knew it would be wise to live in harmony with these. As Confucius would later say, "Everything flows on and on like the river, without pause..."

Nothing is ever still. In our everyday lives we only see the surface, the ripples and perhaps some turbulence, but underneath there are powerful currents of energy.



but it's also tedious and hardly practical nowadays.

The modern method is to toss three coins, noting the number of heads and tails. Two heads and a tail is called a yin line; two tails and a head is a yang line.

These are the eternal laws of nature that we need to try and understand if our lives are to be peaceful and worthwhile. This is the philosophy of Taoism.

Fu Hsi, the first of the Three Noble Emperors, is thought to have been first to invent the linear signs later developed in the *I Ching*. The unbroken yang line represented positive forces of Heaven, masculinity and strength or simply “Yes” whilst the broken yin line stood for the human world and feminine yielding characteristics or “No.”

But this was too simplistic, so lines came to be grouped together for more subtle answers such as “Yes, but...” or “No, for the moment...”

Before long, during the Hsia Dynasty, there were groups of three lines forming trigrams. These have been found inscribed on pieces of bone or stones and clearly used as an oracle.

Each of the eight possible trigrams has their own attribute such as strength, danger or joy along with an image like a mountain or fire.

It says a lot about ancient Chinese culture that the trigrams were also associated with the traditional responsibilities and characteristics of family members: a father, mother, three sons and three daughters.

It was King Wen who made the great leap forward while imprisoned by King Zhou, the final ruler of the Shang dynasty, in about 1150 BCE.

King Wen passed the time by combining pairs of trigrams with each another to represent a far wider variety of natural forces, indeed “every possible fundamental and typical human situation.”

So why does tossing coins or choosing cards work, leading us to just the right hexagram for our question? The underlying belief is that within the deepest reaches of our minds, we are already aware of everything there is to know about our everyday earthly situations.

Some might say that within this alternative state we can access what psychiatrist, psychotherapist and psychologist Carl Jung called “the collective unconscious” or Indian-American author and new age guru Deepak Chopra’s “field of all possibilities.”

In carrying out a purely random act, we bypass the assumptions, desires and

preconceived ideas of our conscious minds and find “the truth of the matter.” Jung called this “an exquisite example of synchronicity.”

When it comes to interpreting the book’s response, the language does take a bit of getting used to, with its references to ancient Chinese myths and poetic natural images.

The “superior man” tries to live in harmony with nature, “the wild goose” is one who remains faithful to their path and “the abysmal” is a situation that tests one’s

guidance.

Perhaps surprisingly, Jina was directed to a hexagram that describes a favourable time when “everything is in its proper place” for the stagnation of winter to give way to a new life of spring growth.

This is a turning point for her. However, there was also an emphatic warning to proceed with caution and care, and to ensure that her own behaviour was always correct. Those who rush into change are heading for a fall.

A moving line promised security would be established provided that “those who have made themselves impossible at home” are not allowed to undermine her.

Clearly, Jina should distance herself from that bad relationship. The result would be harmony in the company of others with whom one feels at ease.

This is just the sort of powerful – and in this case optimistic – reading that sets the *I Ching* apart from other kinds of divination. It recognises the changing seasons of our lives, but does not simply predict a better future: there is spiritual guidance to heed those seasons and not to rush forward before the time is ready.

Note also that despite the book’s great age and origins, it gave very clear and specific reference to Jina’s personal concern today about her relationship.

Even so, she still has a choice. Jina’s decisions and behaviour will affect how her life develops now. We are in charge of our own destiny. Nothing is predestined.

The spirit of the *I Ching* is wise. It always has our best interests at heart, warning us of danger, reassuring us of our own inner strength and encouraging us always to be the best we can be.



THIS title page from a book about the *I Ching* is centuries old.

strength of character. This is as it should be because it is the symbolic language of the higher mind, just like in our dreams.

What’s important is that the guidance we receive is genuinely spiritual and not filtered through a friend, medium or guru, but comes from a source which loves us unconditionally and knows us better than anyone else ever could – our own deepest mind.

Jina was very discontented with her life. In middle age, she felt she had achieved little and was being taken for granted in her relationship. She asked the *I Ching* for

*The Richard Wilhelm translation of the “I Ching,” with a Foreword by Carl Jung, is truest to the spirit of the original.*

*Nigel Peace is the author of “Lighting the Path,” a down-to-earth guide to using and understanding the oracle which includes, for the first time ever, a glossary explaining its esoteric phrases and many true examples of readings.*

*It is available worldwide in paperback for £9.50 and on all digital platforms. Nigel’s website is [www.spiritreveals.com](http://www.spiritreveals.com)*



# SUDOKU COMPETITION

This month we have copies of Jessica Lahoud and illustrator Amanda Clark's deck titled *Enchanted Earth Oracle* as prizes for five lucky winners.

The publisher writes: "Immerse yourself in *Enchanted Earth Oracle*, a 36-card deck that ventures into the mystical wonders of the natural world. Unveil the magic of creatures and plants as you journey into self-discovery.

"Each beautifully illustrated card serves as a portal to a realm brimming with magic and ancient wisdom.

"They act as companions, guiding you through the labyrinth of your soul and shedding light on your innate power and innermost desires, fears and aspirations.

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"Allow *Enchanted Earth Oracle* to pave a path to profound exploration and transformation while you uncover the magical meanings hidden within the world that surrounds you."

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:

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For further details of Julie's work, visit:  
[www.juliebrett.net](http://www.juliebrett.net)

The closing date for entries is 8<sup>th</sup> December 2025

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6						3		

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.



# Oracle helps to find the child within

By Wendy Stokes

**A London-based counsellor, features writer and tutor, Wendy Stokes has written for a variety of publications. Her weekly dream interpretation column appeared in the "Sunday Mirror" magazine throughout 1999.**

**Her specialities are personal growth, psychology and aspects of New Age enlightenment, including healing, dreams, tarot and oracle cards, shamanism, health and wellbeing, ecology and nature.**

**Qualified in therapy and counselling, Wendy holds a City & Guilds qualification in Further and Adult Education Teaching and taught relaxation at adult education institutes.**

**Many of her clients were victims of torture in their country of origin and benefitted from her expertise in healing and therapy.**

**Below, Wendy reviews "Healing the Inner Child Oracle," a boxed set of 44 cards and a guidebook by Nina Mongendre with artwork by Edie Art.**

THE publisher of this lovely oracle states: "Featuring colourful, inviting artwork that speaks to the heart of the inner child and a comprehensive guidebook with detailed reflections, healing statements and visualisations, this oracle deck is your guide to finding peace within.

"Healing the Inner Child Oracle includes practical techniques to soothe your nervous system, retrain your brain for resilience and calm, and facilitate the acceptance and

care your inner child craves.

"The essence of this inner child healing lies in igniting the joy, innocence and love that are your birthright."

What is the inner child? As children, there are times when we are upset, confused or afraid. Feelings of vulnerability, trauma and unmet needs are buried, but still affect our adult emotions, belief and thoughts.

When we access these childhood memories, we can provide validation

to the child we once were, resolving hardships with compassion, healing psychological wounds with understanding and supporting the crying child.

Where there are negative patterns affecting adult life, we can insert boundaries and make more aware decisions.

Here is a brief précis of a card I chose for PN readers. The *Guidebook* text is more extensive. Let's look at *The Quest*.

From the *Invitation* section, we read how courage and determination are required for your quest – for love, justice and progress – and to create your life purpose, and your sacred calling.

Have you considered an ecological or community-based service? The *Quest* is a task where you will learn to develop as a person of worth and substance.

The *Inner Child* section asks about your childhood. What life as a child did you lead? How did you develop your values and resilience? Say to your inner child, "I honour your strength, and I am proud of you."

The *Journey* section asks you to imagine that you are lying on your deathbed. What



5. Friendship



9. The Quest



16. Ancestors



have been your greatest successes? What three regrets do you have and how you could have acted differently?

Give yourself some positive affirmations for the future. See yourself accomplishing everything you would like to do in your life.

Each card meaning is divided into three sections – *Invitation*, *Inner Child* and *Journey*. The text is excellent and shows the experience of the author in working with this subject.

Healing is divided into three levels. First is *The Spoken Word*, which suggests we speak out loud the words of the text to ground the positive vibrations of the words.

Secondly comes *The Written Word*, where a special notebook can be used to record your experiences of working with the cards, such as writing an intention each time you choose a card. Thirdly is *Visualisation*, where our imagination is used to enter the painted image.

Each card provides a guided meditation to help you to revisit childhood memories and replay them with new healthy outcomes. There is ample advice to use the deck for oneself or to read for another person.

This nurturing oracle deck helps you connect with your childhood self in order to acknowledge hurts, forgive, release resentments, accept and acknowledge the past, clear blocks and be at ease with it, and build resilience and strength.

It is full of excellent advice and methods that help your inner child to be seen, heard and acknowledged. The journey begins with a dedication to your inner child, thanking it for waiting patiently for the adult self to recognise it and attend to its needs.



WENDY STOKES: "This oracle has become my favourite deck!"



You reclaim the happy, playful child and offer it comfort, so that it trusts life and people, and can enjoy beauty and innocence again.

You also give thanks for life itself, for the resilience of your ancestors and those who lived before you. It's all in the guidebook, which also provides a prayer to the Divine Mother by Andrew Harvey.

There is an explanation on how the cards connect with your inner child and the various ways to use the oracle.

The deck is not intended to judge anyone, but designed to provide non-judgemental guidance for deep soothing and restoration of love for the child which exists within you. You and your younger self will learn to move forward in greater clarity and tranquillity.

The titles reflect the topics for recovery such as *Safety*, *Father*, *Mother*, *Abandonment*, *Belonging*, *Protection* and *Surrender*.

Nina Mongendre, who resides in Hopewell, New Jersey, studied philosophy, art, yoga, meditation and shamanism. She has a private psychotherapy practice and has written a bestselling book *Reclaiming Your Inner Child – A Journey of Childhood and Ancestral Healing*.

The wonderful artwork is from expert colourist Edie Pijpers, a self-taught painter and musician. Usually known by only her first name, she

started selling art in person at local street fairs and then globally online, and has built up a loyal following.

Edie was raised in the Netherlands. After a short time in Paris and Sydney when aged twenty, she then settled in Los Angeles for five years and still lives in America.

She has self-published more than ten children's books and illustrated books for Cuento de Luz, a children's book publisher in Spain. Edie also enjoys working with private clients on commissioned paintings, children's room murals and murals for public spaces.

To sum up, you can increase awareness of your inner child and achieve powerful healing on your own without a therapist. This deck helps you to increase awareness and offers exercises to help you to achieve psychological healing.

This oracle has become my favourite deck! I will use it for myself, taking a card each day in sequence on a 44-day healing journey for my inner child. It is a powerful and useful deck, and excellent value. You definitely get your money's worth!

**Produced by Hay House UK, "Healing the Inner Child" costs £17.99 and is available from websites and various shops.**

**Wendy Stokes' website is at [www.wendystokes.co.uk](http://www.wendystokes.co.uk) You can read more about Nina Mongendre at [www.ninamongendre.com](http://www.ninamongendre.com) and Edie Art at [www.edieart.com](http://www.edieart.com)**



# Your paranormal and spiritual questions answered

BY GRAHAM JENNINGS

## Mediums gave help in murder hunt

***Did clairvoyance play a part in bringing murderer Ian Huntley to justice for the murder of two schoolgirls? – Martin James.***

On August 4, 2002, Holly Wells and Jessica Chapman were at a barbecue at Holly's home in Soham, Cambridgeshire. Around 6.15 pm, the two ten-year-olds left to buy some sweets. That was the last anyone saw of them – except the murderer.

Whilst returning to Holly's house, the girls walked past the College Close home of Ian Huntley, the senior caretaker at the local secondary school.

Huntley lured the girls into his home, saying that his girlfriend, Maxine Carr, the girls' teaching assistant at St Andrew's Primary School, was in the house. In fact, she was visiting her mother in Grimsby.

Holly and Jessica were never seen alive again. Despite several intensive police searches, no immediate trace of them was found.

On August 17, Huntley and Maxine Carr were arrested on suspicion of murder. Later that day a dog walker discovered the charred remains of Holly and Jessica.

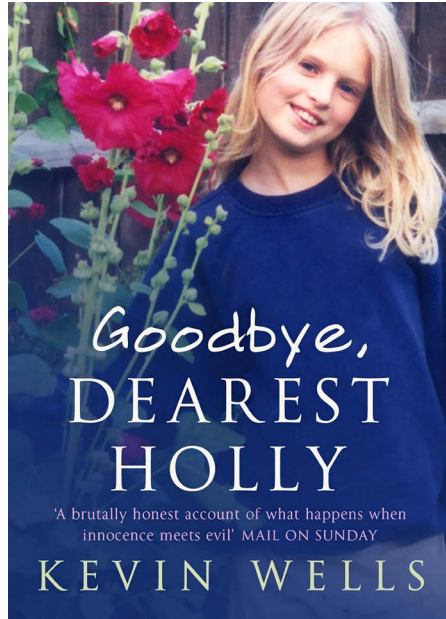
At their subsequent trial, Huntley was sentenced to 40 years for murdering the girls. Maxine Carr received three-and-a-half years after being found guilty of conspiring to pervert the course of justice for giving him a false alibi.

What the general public did not know was that Holly's father Kevin consulted a number of psychics and mediums. In his subsequent book *Goodbye, Dearest Holly* (2005), he concluded:

"I don't fully know what to believe, but where I used to scoff at the notion of psychic powers, now the evidence of my own senses has taught me there's much more to this life than science can explain. In some ways, that comforts me."

Individually, the psychic information given did not amount to very much, but collectively it built up an extraordinarily detailed picture of events and the people involved.

A medium known as Honor told Holly's mother Nicola that she saw a spirit guide looking after her. His name was Joe, and he was a boxer.



**KEVIN WELLS wrote a book in memory of his daughter, which was published by Hodder Paperbacks.**

Honor also "saw" two young girls playing together. One had blonde hair and was carrying a cat called Bits. The Wells family had once had a cat called Bitsy.

When Nicola told her mother about Honor's account, her parent burst into tears and said she had an uncle called Joe, who was a boxer. He was known as Gentleman Joe. Nicola had not heard of him.

Then medium Dennis McKenzie arrived with a fellow medium called Lorraine. Mr Wells wrote, "I was very sceptical and expected nothing from our contact with the medium." Sadly, three days after the girls' disappearance, Dennis was able to confirm that they were "dead."

"There are three people involved," said Dennis. "Two men and one woman. One man is dark-haired and looks to be in his thirties. The other man is much older."

"The woman has mouse-like features and looks quite young. They are not from this area. They have northern accents and possibly come from York or Manchester."

Dennis also mentioned a red car and said the girls' bodies had been moved away from Soham. They were, he added, wrapped in something, possibly bubble-

wrap, but more likely carpet.

The medium went on to describe an area with grass on both sides of the road. He asked if the name Prickwillow meant anything. It is a nearby village.

Kevin reported this to the police, who made a search without result. Two other unnamed psychics also contacted the family and gave information.

The girls' bodies, they said, had been moved east of Soham. Three places were involved, beginning with the initials B, M and W.

There was also a road beginning with a C in a state of disrepair. Dennis said that the place beginning with a B was the largest.

Armed with a map, the family decided that this was Bury St Edmunds. The other two could be Mildenhall and West Row.

Medium Ron Moulding described a dark-haired man and a young woman, and asked for the help of a police artist to draw them.

Ron travelled from Norfolk to give psychic assistance and refused any payment. Unfortunately, the police said an artist could not be arranged. Kevin was both angry and embarrassed.

The girls' bodies were found "by accident" as had been predicted. They were in a shallow grave in a remote lane in Wangford. That was the place beginning with W. Nearby was Mildenhall and Brandon, the M and B already mentioned.

Seven months after the girls' funerals, Kevin Wells said that he felt Holly's presence in their home. Lightbulbs popped and fifteen had to be replaced.

The TV turned itself on and off, as did the stereo. Her grandparents answered their front doorbell, which had been broken for a long time, to find nobody there.

In short, there was much activity for which there was no logical explanation. "I promise you," wrote Kevin, "that before this tragedy, I did not belong to the Soham supernatural club!"

Kevin and Nicola have now come to terms with the tragedy and believe that Holly, wherever she is, is doing well.



# Tarot's origins are on the cards

*What is the origin of the tarot? Is it correct that this goes back many centuries? – Sylvia Adams.*

The popular history of the tarot dates to around the fifteenth century, but its origins can be traced back to ancient Egypt and beyond.

Towards the end of the nineteenth century, the caves of the Greco-Egyptian deity Serapis near Naples revealed some half-erased wall-paintings.

A close study revealed that the real meanings of the paintings, as with other Egyptian artefacts, were concealed beneath their outward forms.

Once their real meanings were identified, the link was established between them and Romanies fortune telling with cards known as the tarot.

This led not only to an understanding of the inner meanings of the great religions of the East, but also a knowledge of the ancestry of playing cards.

As with many other Egyptian artefacts, their meanings had been lost over time, but rediscovered by the Knights Templar.

They returned to Europe with a collection of manuscripts and painted cards to which they attached great importance and were among their most treasured possessions.

They were always reluctant to divulge the cards' true meanings. After the dissolution of the templars, their meanings seemed lost. They appeared, however, in a different tradition among wandering Romanies of the Middle Ages.

The Romanies always claimed that their line originated in ancient Egypt, although the Romany language is a corruption of Hindustani, not Egyptian. At any rate, the ancient symbols somehow came into their possession and were used for fortune telling.

Charles VII of France (1403-1461), whose reign saw the end of the 100-year war with England, was a monarch steeped in melancholy and depression. The Court Fool was consulted and hit upon the idea of finding something to amuse him.

Jacques de Gringoire, a miniaturist of exceptional talent, was commissioned to produce a set of 78 designs for the king. They are still to be seen in the Cabinet des Estampes in Paris.

They are known as the *Seventy-Eight degrees of Wisdom* or tarot and had the desired effect on the king. The designs



*THIS representation shows Charles VII of France with Jacques de Gringoire, a miniaturist of exceptional talent, who was commissioned to produce a set of 78 designs for the monarch, which are known as the "Seventy-Eight degrees of Wisdom."*

also introduced the tarot to Europeans in general.

However, some sources state there is no documented connection between Charles VII and tarot cards, as historical records link the French royal family and the creation of playing cards to King Charles VI – Charles VII's father – not the tarot. History is sometimes confusing!

Either way, why is the tarot so called? One explanation is that it is a corruption of the Hindustani word "tarn" for a pack of cards, which is related to the Hungarian Romany "tar."

The tarot is a representation of forces of energy by which the world is moved. Each card is a particular representation of the universal energy, which in turn is the outcome or reflex of other energies to which they are by nature sympathetic or antagonistic.

In an article in 1950, author Bernard Bromage wrote: "The Energy contained in one card moves along a Path to the next card, where it appears as another manifestation or Force."

"It does more than this. By contributing to the sum-pattern of the pack, it links up with groups and finally with suits. The tarot, therefore, divided into the Major and Minor Arcana, constitutes a complete and balanced whole.

"The first card is known as The

Magician, and is shown as a mysterious mediaeval personage equipped with symbols of the first four Energies; that is, four cards, four divisions, and four suits."

The Minor Arcana are divided into four suits reflective of the four elements – Cups (Water), Pentacles (Earth), Swords (Air) and Wands (Fire).

References to the tarot exist beyond ancient Egypt, for evidence of a Chinese tarot can be found from an early date, as can a Sanskrit one.

Coming back to more recent times and the Romany inspired tarot revival, Italian Renaissance painter Andrea Mantegna (circa 1431-1506) produced a set of the tarot for the Duke of Milan.

Etteilla, a pseudonym for Jean-Baptiste Alliette, a French occultist (1738-91), published *How to Entertain Yourself with the Deck of Cards Called Tarot*, the first book devoted to divination by the tarot.

The famous *Tarot of Marseilles* was very popular in France in the 17th and 18th centuries and is still produced today. Napoleon always took a tarot pack with him on his campaigns.

Later in the century, Grimaud of Paris published a book of the tarot linked with the signs of the zodiac. Nowadays, there are no end of tarot packs to choose from, and new ones are always appearing.

# Details tally of podiatrist's past life

**Was podiatrist Jenny Cockell really the reincarnation of an early 20th century Irish woman called Mary Sutton? – Bernard Kennedy.**

Born in Barnet, Hertfordshire in 1953, from her earliest years Jenny Cockell had what she believed were memories of a past life in Ireland.

Over the years she identified the village near where she believed she had lived, Malahide, just north of Dublin, in extraordinary detail.

"The cottage was the first on the left in a quiet westward lane and stood sideways, close to the road's edge and separated from it by a stone wall," wrote Jenny. "Just inside the door and directly ahead was some sort of wooden partition that made it impossible to walk straight in."

In 1980, Jenny obtained local maps which showed the cottage and local roads as they were in the 1930s. The residence where she had lived was in Swords Road.

"All the roads that I had marked appeared on the new map," she added. "I had placed the roads and landmarks so that north was correctly positioned at the top, and the distances between the roads were fairly well to scale."

"This, together with having my own children, spurred me on to trace my previous family."

During her investigations, Jenny was introduced to hypnotic regression and underwent tape-recorded sessions which she hoped would uncover more information about her past life.

Putting two and two together, Jenny discovered she had lived as Mary Sutton, an Irish woman born around 1898. Mary's husband John had fought in the First World War. Later judged to be an unfit parent, it explains why Mary always feared for the future of her children.

Mary had eight children. They were Mary and Sonny, both born before Mary moved to the Malahide cottage, and Jeffrey, Philomena, Christopher,

Francis, Bridget and Elizabeth. She passed of pneumonia and toxæmia in 1932 aged 35 after giving birth to Elizabeth in hospital.

Jenny's 1953 book *Across Time and Death: A Mother's Search for Her Past Life* Children described the hospital room where she had passed, which fitted her

confirmed to have been wooden.

Jenny made initial contact with Sonny, the eldest son, in 1990. Then aged 74, he confirmed many of Jenny's memories, including the exact position of their cottage.

Sonny explained that the property sat sideways to the road and did indeed possess a wooden partition inside the front door, which forced visitors to turn left or right to go further inside.

Moreover, a stone wall ran between the cottage and the lane, and the children had indeed played with a small black dog as Jenny stated.

"The conversation was easy, much easier than I might have dared to hope," Jenny wrote. "Sonny seemed to have no problem with what must have been a bizarre concept right out of the blue."

Crucially, Sonny remembered waiting for her on the jetty. "As boy I used to caddy on the island for the golfers," he explained. "At dusk my mother would wait for me on the jetty, so that we could walk home together."

Jenny was able to trace her other children still living – Jeffrey, Christopher, Frank, Philomena and Mary. They appeared in a BBC television documentary *Strange But True*.

Innumerable other details emerged, including the children trapping a hare which was still alive. "I described the position of the snare, adding that it was early morning and that Sonny was about eleven," says Jenny in the book.

"This was clearly the first piece of information that had really shocked him by its accuracy. The incident was so private to him and his family how could anyone else know about it?"

Jenny has reaped rewards from her investigations, for as she writes, "From each of the family members I'm in contact with came news about children and grandchildren."

"I delight in each snippet, extremely grateful for the level of acceptance and friendship offered. I feel very lucky."

**Dreams led to one woman's remarkable search for her lost family**

## Mother reunited with past life children

THE moving story of one woman's reunion with the children she bore in a previous life has provided a wealth of evidence in support of reincarnation.

In a new book entitled "Yesterday's Children," Northamptonshire chiropodist Jenny Cockell, 39, recalls childhood memories of living as Mary, a young Irishwoman who "died" over 20 years before she was born.

The strongest, and most painful, of her early dreams, was of passing on alone and too soon, leaving her eight young children to fend for themselves.

Other memories were more pleasant, and included details of where she lived.

"The cottage was the first on the left on a quiet westward lane and stood sideways, close to the road edge and separated from it by a stone wall," writes Jenny.

Just inside the door and directly ahead was some sort of wooden partition that made it impossible to walk straight in.

Further images included a small black dog and standing on a jetty at dusk, waiting for a boat to come in.

"I hung on to these memo-



ABOVE: Jenny pictured in September 1990 with her eldest past life child, Sonny.

"I believe most children have similar past life memories, but they normally get forgotten in a daily life which is much more urgent."

Ever since she could hold a pencil, Jenny drew maps of what she innately knew was an Irish village in the early 1900s.

Comparing these sketches with other plans, she soon found herself drawn to a place called Malahide, just north of Dublin.

with her drawings, saw remarkable similarities.

"All the roads that I had marked appeared on the new map," she writes.

"I had placed the roads and landmarks so that north was correctly positioned at the top, and the distances between the roads were fairly well to scale."

"The station was where I had marked it, and the road that I had marked 'To the city' was the Dublin road."

before," she said, "but had great financial difficulties and couldn't do anything about it."

During her investigation, Jenny was introduced to hypnotic regression and underwent tape-recorded sessions she hoped would uncover more information about her past life.

Although it actually failed to provide Mary's much-needed surname, it did uncover details about the Irishwoman's early years, together with her

**TAKEN from "Psychic News" when it was a weekly paper, Jenny Cockell appears with Sonny, one of her past life children.**

dreams as a child.

Her children were sent to orphanages. Jenny wrote in depth about the feelings of guilt at this young age, knowing that she was leaving her children behind.

As soon as she could pick up a pencil, Jenny began drawing a map of the place where she believed she used to live, knowing deep down that it was in Ireland.

Prominent in her dreams was a jetty, where she remembered standing at dusk so many years before. She was waiting for the ferry to bring her son Sonny.

"The jetty itself turned out to be quite modern," wrote Jenny, "but might have replaced an older one. It was made of concrete while the jetty of memory was wooden boarded." It was afterwards

Writing as Graham Adrian, Graham Jennings is the author of the historical novel "Two Sisters," a spiritual romance set in this world and the next. Graham is also co-author of the non-fiction "Ghosts of War." Both are published by Local Legend and available worldwide. See <https://local-legend.co.uk>



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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.

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We have been posting the names of the generous people donating to the appeal on our social media pages, but now we will also be printing the names (only) of donors in the magazine (see bottom of page).

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*BOXERS Bruce Woodcock and Ted Greenslade fled when they encountered the apparition of young woman sitting on a fallen tree trunk.*

# Boxers bolt from castle's apparition

By John West

WALES is a land where history and legend blur together, its rugged mountains and storm-battered coasts alive with stories passed down through generations. Nowhere is this more tangible than in its castles, which are silent sentinels of conquest and kingly ambition.

However, behind their stone walls lies more than history: they are places steeped in myth, where ghostly figures are said to pace the ramparts and the cries of the long-dead echo through empty, ruined chambers.

## Gwrych

Located in North Wales, Gwrych Castle was built between 1810 and 1825 by Lloyd Hesketh Bamford-Hesketh in the style of a medieval fortress. A phantom known as the Gwrych Lady is said to wander the grounds in a red dress.

According to one legend, she was a young woman killed in a riding accident and, for unknown reasons, buried in the castle

grounds. Her ghost haunts the estate, restless because she was not buried in consecrated ground.

Another version of the tale claims she was the daughter of a former owner. Forbidden from seeing the man she loved, who was considered beneath her station, she killed herself by leaping from one of the castle's balconies in despair.

In 1950, English boxer Bruce Woodcock claimed to have encountered her while training for a world title fight. His sparring partner, Ted Greenslade, later recalled:

"We had walked right round the castle when we came to a lonely path and saw the bent-up figure of a young woman sitting on a



fallen tree trunk.

"It looked as though she might be in difficulties, so we went up to her. When we got about six yards away, she just disappeared. Bruce and I just turned and ran for it."

Another spectral figure is the Blue Lady, believed to have been a servant named Elizabeth. She fell in love with one of the castle's owners, only to be rejected. Heartbroken, she took her life in the rose garden. Her form now lingers where she died.

The most famous ghost of Gwrych Castle is the Countess of Dundonald, Winifred Cochrane, who adored the castle and left it in her will to Prince George (later King George V).

Unable to accept the gift, he sold it. Winifred's estranged husband then purchased the estate and stripped it of its treasures. Dressed in white, the countess is said to drift through the rooms weeping for the loss of her beloved home.

In 2010, a visitor photographed what appeared to be a woman looking out from a castle window. Later investigation revealed that the room in question had no floor, making it impossible for anyone to have physically stood there. Other hauntings at the castle include:

- A butler who reportedly died upon the main staircase and whose presence has never departed. Jenny, a volunteer at the castle, swore she was shoved from behind, stumbling up the steps, though when she turned the staircase stood empty.
- Visitors have reported hearing the sound of ghostly horses walking on the cobbled path behind the castle.
- Dogs reacting violently near the old kennels, refusing to enter either the stables or a séance room once used by the countess.
- A laundry block said to be the site of a 19th-century murder, where visitors have reported sensations of being strangled.
- Disembodied footsteps, visitors being touched or pushed by unseen hands, sudden drops in temperature and the unexplained smell of perfume, especially in the rooms most frequented by the countess.

## Cardiff

Cardiff Castle stands in the heart of the Welsh capital. Its origins reach back to the late 11th century, when the Normans raised a fortress on the site of an earlier Roman fort.

Over the centuries, the castle grew and



A SPECTRAL knight on horseback is said to ride through the grounds of Cardiff Castle.

changed. Its medieval keep gave way to later additions, culminating in the lavish Victorian Gothic Revival interiors designed by architect William Burges for the 3rd Marquess of Bute.

The castle's most famous apparition is the Grey Lady, who is said to emerge from Queen Street and glide silently past the castle to the bridge over the River Taff.

There, she pauses, turns back toward the castle, and waves before vanishing. Who she was, and the meaning of her gesture, have been lost to time.

A ghostly coach and horses also haunt the castle precincts. On the night of November 10, 1868, John Boyle, one of the Bute family's trustees, was reading in the castle library when he heard the rumble of a carriage entering the courtyard. Curious, he asked the butler who had arrived, only to be told the yard lay empty.

Tradition held that this phantom coach appeared as a herald of death for a member of the Hastings family – relatives of the Butes by marriage. Later, Boyle learnt that a Hastings had indeed died that very night.

Thirty-two years afterwards, Lady Margaret MacRae, daughter of Lord Bute, claimed she too heard the spectral sounds just before the death of her father.

Writer David Brecon claimed to have witnessed the coach, recounting the experience in *Empire News* in 1956. He reported:

"Passing the walls of Cardiff Castle on a frosty night, I heard a faint jingle of harness, the clatter of horses' hooves, the sound of bells and an Irish coachman cry from the direction of Canton Bridge.

"A second later, a coach and four

passed me at a steady trot, swung left-handed through the castle gate doors, and all was gone from view."

Another form said to walk the castle is the 2nd Marquess of Bute (1793-1848). His ghost has been reported beside the library fireplace, which in his time was once a doorway, before passing straight through the six-foot-thick stone wall, along a corridor and into the chapel.

The great dining room doors are also known to open and close of their own accord, while the lights inside flicker and die.

One of the most vivid sightings occurred in 1976. A young couple told the castle's custodian that "a tall man in a cloak had brushed past them in great haste."

A few moments later, as the woman stood at the top of a staircase, she turned and saw a towering figure in a red cloak.

He scowled at her before vanishing. The description matched perfectly the portrait of the 2nd marquess that hung nearby.

The year before, Derek Edwards, a member of staff, had his own encounter. After tidying up following a luncheon in the dining room, he noticed a man standing at the far end of the hall.

Approaching, he called out, "Can I help you, sir?" The figure turned to face him – and then dissolved into thin air. Other ghosts at the castle include:

- **The phantom horseman** – A spectral knight on horseback is said to ride through the castle grounds. His figure is reportedly seen near the ancient motte and keep.
- **The battlement figure** – A soldier has



A YOUNG girl visiting Carew Castle was inexplicably drawn to a ruined fireplace where she claimed to see the snarling head of an ape, which was kept at the property. (Image: John West)

been reported standing on the castle's battlements. The style of his uniform suggests that he may date from the time of the English Civil War.

- **Roman echoes** – Some visitors and staff have spoken of phantom footsteps and voices near the foundations of the Roman walls.
- **The tunnels** – During the Second World War, the castle's tunnels served as air raid shelters. Today, visitors speak of strange sounds drifting through the darkness – distant footsteps, muffled voices and the scrape of something unseen against the walls. Many report a heavy sense of unease in the passages.

## Conwy Castle

Rising dramatically above the Conwy estuary, Conwy Castle is one of the most striking medieval fortresses in Wales. Built by Edward I between 1283 and 1287 as part of his conquest of the country, its massive towers and curtain walls still dominate the skyline, giving visitors a vivid sense of its former power.

The ghost of a monk is perhaps Conwy's most famed haunting. According to legend, he lived within the castle walls, but fell in love with a woman from the town. Unable to cope with his forbidden feelings, he climbed one of the towers and threw himself to his death.

Visitors have reported seeing the dark-robed figure of a monk gliding along the corridors. Others have felt a sudden chill or heard the whisper of rustling robes. On occasion, the monk has even been spotted standing high on a tower, gazing

mournfully toward the town.

The monk shares Conwy with the Woman in White. Dressed in a flowing gown, she is most often seen along the eastern ramparts.

Her true identity is unknown, though some say she was a noblewoman murdered within the castle walls. She is usually glimpsed at dusk or dawn, drifting silently through the ruins.

A headless medieval soldier has also been reported, the clank of his armour echoing through the fortress before his spectral form is seen.

The chapel is another centre of strange activity. Visitors have caught the lingering smell of incense when none has been burnt. Some have heard the laughter and running footsteps of unseen children.

Elsewhere in the castle, heavy footsteps are said to ring down the empty corridors only to fade into silence when investigated.

## St Donat's Castle

Perched on the rugged Glamorgan coast, St Donat's Castle has a history stretching back more than 800 years. Built in the late 12th century, it passed through the hands of powerful medieval families before being transformed into a grand Tudor residence.

In the 20th century, St Donat's gained international fame when newspaper magnate William Randolph Hearst purchased the castle. He filled it with art, antiques and lavish interiors, hosting guests that ranged from Hollywood stars to heads of state.

For those who lived in its shadow, St Donat's carried a dark reputation. At nightfall, villagers kept their distance,

whispering of a spectral woman who wandered the castle's echoing chambers, her silken gown trailing as though on an unseen current of air.

Sometimes she was not alone and had a phantom pack of hounds at her side, their howls piercing the stillness before vanishing into silence.

Locals named her Lady Anne Stradling. Her appearance was dreaded, for it was said to foretell calamity for the owners of St Donat's.

Whenever she was seen, every dog in the parish would break into a frenzy of barking, as though they could sense the doom that followed in her wake.

Legends offer two explanations for the haunting. Some say Lady Stradling was murdered by her husband, who grew rich by luring ships onto the treacherous coastal rocks to plunder their cargo.

He would place lanterns along the cliffs, tricking sailors into thinking they were steering toward a safe harbour, only for their vessels to be wrecked on the shore. Others claim Lady Stradling died of grief after her husband was killed during the Crusades.

In his *Ghost Book*, Lord Halifax wrote of the castle's disturbing reputation, noting that supernatural events plagued its residents.

The hauntings became so severe that the owner, a retired naval officer, put the property up for sale through *Country Life*. An exorcist was eventually called in, who declared the castle to be troubled by four principal manifestations:

- Various members of the household reported seeing a panther in the corridors.
- A bright light, described as resembling "a large, glaring eye," that appeared nightly in one of the bedrooms.
- A "hag of horrible appearance" seen in the armoury.
- A piano which played even when closed.

The exorcist retired to a bedroom to pray, asking the owner to sit in the hall with the front door open. Suddenly, as he prayed, a violent gust of wind burst from the room, swept down the main staircase and roared into the hall, almost carrying the owner out into the garden.

Afterwards, the disturbances reportedly ceased. Or did they? The ghost of Lady Stradling was said to have appeared again shortly before Hearst sold the castle in 1938.

Decades later, while filming his TV series *Castle Ghosts*, actor Robert Hardy interviewed a student who experienced





*AT St Donat's Castle, an apparition is said to have appeared with a phantom pack of hounds at her side, their howls piercing the stillness before vanishing into silence.*

something strange at St Donat's.

One November night in 1996, the student was returning to his rooms at around 2.00 am. Passing through the inner gatehouse, he saw the figure of a man standing silently by the portcullis.

The form vanished, but as the student walked on, the sound of footsteps echoed behind him. He turned yet no one was there.

## Carew

In Pembrokeshire, Carew Castle began as a Norman stronghold before evolving into a fortified medieval citadel and, later, a grand Elizabethan mansion.

Its strangest haunting dates back 400 years when Sir Roland Rhys – a former pirate captain with a violent temper – brought home an ape from the Barbary Coast. He named it Satan.

Sir Roland's son defied him by falling in love with the daughter of a local merchant, Horwitz. One night, when Horwitz went to the castle to pay his rent, a fierce quarrel erupted.

In a fit of rage, Sir Roland blew a whistle and unleashed his chained ape upon the man. Though mauled and shaken, Horwitz managed to escape to the safety of a servant's room.

Later that night, terrible screams echoed through the castle. Rushing upstairs, Horwitz and the servants found Sir Roland sprawled in a pool of blood, his throat torn out.

Beside him lay the lifeless ape – its head grotesquely lodged in the still-burning fireplace. It seemed the beast had turned on its master.

Ever since, visitors have reported heavy footsteps and glimpses of a shadowy, ape-

like figure moving through the ruins.

Former assistant custodian Simon Hancock recalled locking up one evening when he heard loud steps coming from overhead. Investigating, he felt a powerful unseen presence in the room before him.

In the 1990s, a young girl visiting with her parents was inexplicably drawn to a ruined fireplace. Staring into the shadows, she claimed to see the snarling head of an ape. Her terrified parents, though seeing nothing, left the castle convinced she had witnessed something malevolent.

Carew's other ghost is Nest ferch Rhys, daughter of the Welsh king Rhys ap Tewdwr, known in her lifetime as the "Helen of Wales" for her extraordinary beauty.

In 1100, Nest married Gerald of Windsor, an Anglo-Norman baron, and together they raised a family within the first stone castle on the site. By 1109, Nest and Gerald had five children, yet her extraordinary beauty continued to attract admirers.

One night that year, Owain ap Cadwgan, her second cousin and the son of a Welsh prince, scaled the castle walls and set fire to the stronghold, plunging it into chaos.

In the confusion, Gerald escaped, leaving Nest to be taken by Owain, allegedly willingly. It was six years before Gerald restored his honour in battle, killing Owain and reclaiming his wife, who had borne two children by her captor.

After Gerald's death, Nest remarried Stephen, the governor of Cardigan, and bore him several more children. Yet legend whispers that her spirit never found rest.

Known as the White Lady, she drifts soundlessly through Carew's shadowed

halls, gliding along stairwells and corridors, her pale, shimmering form sometimes seen crossing a long-vanished floor.

On a summer night in 1996, researcher Angela Ferguson was studying bats in the ruins when she looked up and froze. A woman in white was gliding through the air toward a window before slipping through solid stone and fading into the darkness.



*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.*

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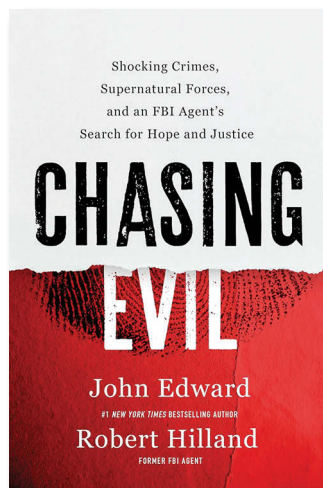
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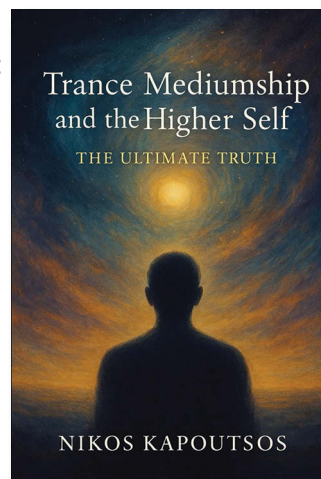
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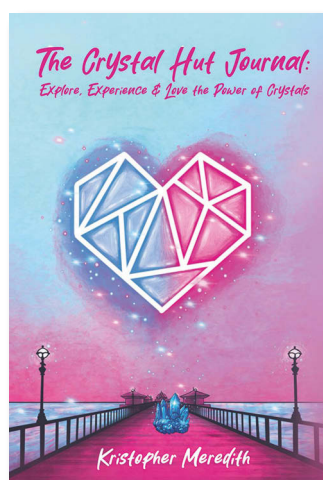
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The author writes: "*The Crystal Hut Journal* is so much more than just another crystal book – it's a personal journey, a unique blend of crystal wisdom and your own story.

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"This book isn't just a companion – it's your crystal bestie. On tough days, let the stories lift your spirits. Dive into my favourite tips to unlock the magic of your crystals. The best part is you'll get to add your own experiences, making this journal truly one-of-a-kind.

"It's my gift to you, created with love, the only way I know



## SPIRITUALLY GREEN

Selection from *GreenSpirit* magazine

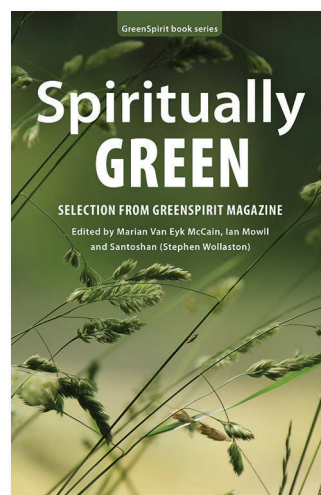
Edited by Marian Van Eyk McCain, Ian Mowll and Santoshan (Stephen Wollaston)

RRP UK £4.99 US \$5.99

112 pages

The publisher writes: "*Spiritually Green* includes a selection of articles and interviews from *GreenSpirit* magazine spanning a period of twelve years.

"This book presents a diversity of green wisdom and Earth-centred practices, such as the importance of stories, eco-therapeutic work in green relationships, herbal medicine, rewilding, problems of consumerism and much more.





"All chapters are by people who know their subject well and have been included because of the quality of the content.

"When the magazine started, people with a passion for green spirituality were in a minority. With the current rise of environmental destruction, the threatened collapse of essential ecosystems and biodiversity, climate change and the extinction of many wondrous species, now, more than ever, people are becoming involved in a variety of essential Earth-centred traditions and practices.

"The book encouragingly presents some of the green pathways that people are treading and finding beneficial today, which can be seen as a continuation of numerous spiritually green traditions that profoundly interconnect with nature and all life."

## SEEKING YOUR LOVED ONE ON THE OTHER SIDE

Communications with the invisible universe

By Matthew McKay  
RRP UK £12.99 US \$16.99  
160 pages

The publisher writes: "If you've lost a loved one or had a brush with mortality, you undoubtedly have wondered about life after death or if it's possible to connect with souls on the Other Side.

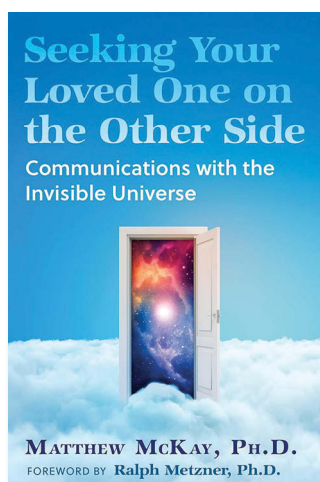
"After the tragic death of his son, Jordan, the author embarked on a journey for ways to communicate with him across the veil.

"He discovered not only successful methods to connect with lost loved ones but also profound truths about the afterlife, the illusion of loss and how pain is integral to our life purpose.

"Matthew McKay recounts techniques he tried in order to connect with his son, including collecting unusual experiences from family and friends, consulting mediums such as Austyn Wells, undergoing past-life and between-life regressions, engaging in a technique called Induced After-Death Communication, and using channelled writing, which he learned with the help of psychologist Ralph Metzner.

"The culmination of hundreds of channelled conversations with his son, the author presents revelations about the soul's life after death, the structure and key events of the afterlife, how karma works, why we incarnate, our future as souls, and how to love in the face of pain.

"As Jordan reveals, nothing is truly lost. The soul is constant and, while pain seems to damage us, the damage is an illusion. Because, as Jordan says, 'There is no end; the conversation goes on . . . between all the souls who love each other, living and dead.'"



## ANCHORING THE LIGHT

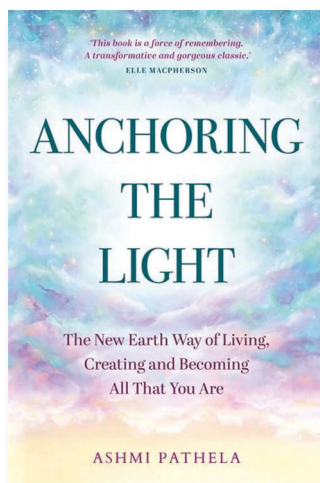
The new Earth way of living, creating and becoming all that you are

By Ashmi Pathela  
RRP UK £14.99 US \$19.99  
256 pages

The publisher writes: "We are in the midst of the greatest shift in consciousness ever to take place on Earth. Billions of people are feeling disconnected from Source, increasingly suffocated by the old ways and systems.

"Perhaps you've felt it; the longing for freedom, the whispers of your soul calling you beyond fear and limitation. All over the world, more people like you are yearning to awaken to the truth of who they are. But awakening is only the beginning.

"You don't just come from Source – you are Source. Embodying this takes courage and a complete shedding of all that you've known.



"Anchoring the light of your soul is about living, breathing and creating as Source in physical form. This is a journey of deep unlearning, dissolving separation and shifting beyond the programmed mind into a completely new way of being.

"This book is your guide for this ascension journey, supporting you to:

- Navigate reality in an entirely new way – through the heart, beyond thought and fear
- Break free from lifetimes of programming that have kept you small
- Trust your soul's guidance so you can exist as your higher self on Earth
- Receive codes for stepping fully into your power and embodying your unique light
- Activate your highest frequency and magnetise your wildest dreams."

## Oracle Deck

### THE COMFORTING WISDOM ORACLE

A cozy companion for life's journey

By Tanya Carroll Richardson  
RRP UK £14.99 US \$18.99  
64-card deck & guidebook

The publisher writes: "The *Comforting Wisdom Oracle* card deck from spiritual author Tanya Carroll Richardson offers wise counsel about any situation life throws at you, while reminding you to tend to your softer side to find power within.

"If you're navigating changes, grappling with stress or simply looking for a way to unwind, this deluxe illustrated oracle deck and accompanying guidebook provide soothing, anchoring, inspiring support.

"The cozy illustrations on each of the 64 cards, along with Tanya's wise guidance in the 144-page book, are a soft landing spot anytime you need one.

"With three suits – Nurture, Ground and Dream – these cards help you discover a more balanced lifestyle. No matter where you are in your journey, *The Comforting Wisdom Oracle* gives you permission to take a breath, connect to your inner resilience and go after all the good things you deserve.

"Tanya has given intuitive readings and offered comforting wisdom to thousands of people all over the world from all walks of life.

"Insight Editions, in association with Roots of Peace, will plant two trees for each tree used in the manufacturing of this deck."



Have you recently published a non-fiction spiritual book or oracle deck?

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[www.spiritualsitting.co.uk](http://www.spiritualsitting.co.uk)

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Tavistock,  
Devon PL19 9FT

Email: [spiritalker46@yahoo.co.uk](mailto:spiritalker46@yahoo.co.uk)

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Email:

[lorraine@violetmoonpsychic.com](mailto:lorraine@violetmoonpsychic.com)

or

[violetmoonpsychic@outlook.com](mailto:violetmoonpsychic@outlook.com)

Website:

[www.violetmoonpsychic.com](http://www.violetmoonpsychic.com)

## ASSOCIATIONS

### THE BRITISH PSYCHIC AND MEDIUM ASSOCIATION

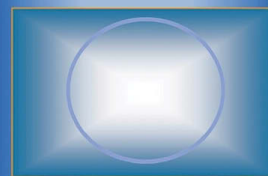
[www.britishpma.co.uk](http://www.britishpma.co.uk)

Listing Directory of Psychics,  
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## BOOKS

### MORE ABOUT LIFE IN THE WORLD UNSEEN



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the Afterlife given to medium

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Healer practitioner

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Telephone:

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Email:

[chapmanhealing@gmail.com](mailto:chapmanhealing@gmail.com)

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Please visit our website below  
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For details of Spiritualist  
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[college.administrator@burrowslea.org.uk](mailto:college.administrator@burrowslea.org.uk)

Telephone: 0770 602 7141  
or 01483 202054



Harry Edwards Healing Sanctuary,  
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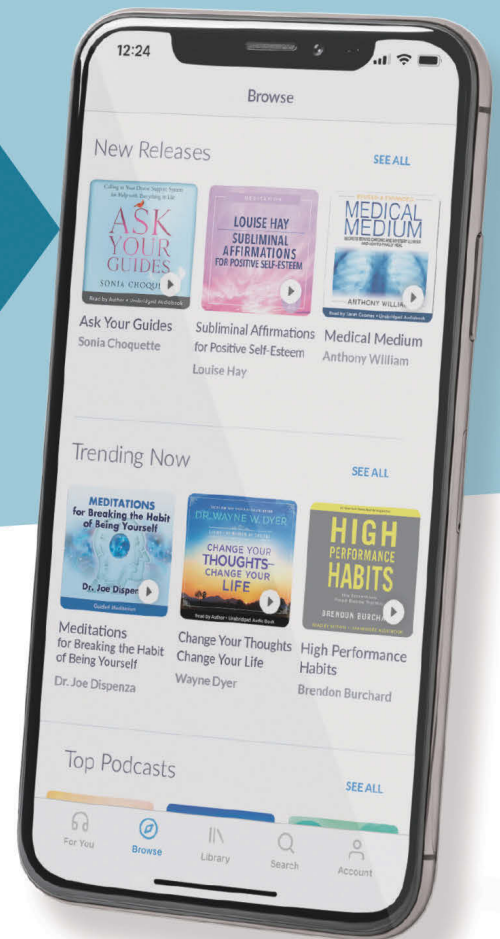
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# What's On at Spiritualist Churches & Centres

## 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

**FOR MORE  
COMPETITIONS  
AND OFFERS  
FOLLOW  
PSYCHIC NEWS  
ON FACEBOOK**

## 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](http://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](http://www.christchurchsc.org.uk)  
**OCTOBER 2025**  
Sunday Service  
at 10.45am  
5<sup>th</sup> DARREN ORLOWSKI  
12<sup>th</sup> SARAH DEVERELL  
19<sup>th</sup> ALI POWELL  
26<sup>th</sup> JEANETTE FOOTE  
Thursday Service  
at 7.30pm  
2<sup>nd</sup> LINDSAY PERCIVAL  
9<sup>th</sup> WARREN JONES  
16<sup>th</sup> VANESSA SMALLWOOD  
23<sup>rd</sup> AL & GEOFF POTTS  
30<sup>th</sup> OPEN PLATFORM  
Healing In person  
Tuesdays 10.00am - 11.30am  
**Special Events**  
Saturday 11<sup>th</sup> October  
10am - 12 noon  
1-1 Private Readings  
Saturday 18<sup>th</sup> October  
10am - 4pm Workshop led by  
MAGGIE BAKER &  
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All Welcome

#### KINSON SPIRITUALIST GROUP

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Facebook page:  
[www.facebook.com/  
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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

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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  
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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:  
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## GLOUCESTERSHIRE

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Facebook: Cheltenham  
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Sundays at 11am  
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Thursday 7.30pm  
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Friday 1.30pm - 2.30pm  
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Saturday 7pm  
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Every six weeks  
All Are Welcome

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### BITTERNE SPIRITUALIST CHURCH

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Bitterne,  
Southampton,  
Hampshire  
SO13 1DR  
Telephone: 07731 938587  
Email: bitternespiritualists  
church@gmail.com  
Website:  
www.bitternespiritualist  
church.co.uk

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Official Services Offered:  
Spiritual Naming,  
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Same-Sex Marriages),  
Renewal of Vows, Funerals,  
Memorial Services  
**OCTOBER 2025**  
Sunday 5<sup>th</sup> 6.30pm  
Divine Service with  
MYRA JACKAMAN  
Sunday 12<sup>th</sup> 6.30pm  
Divine Service with  
LESLEY KNIGHT  
Sunday 19<sup>th</sup> 6.30pm  
Divine Service with  
SPENCER ROSE  
Sunday 26<sup>th</sup> 6.30pm  
Divine Service with  
DR ADRIAN COBB

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Every Tuesday 7.30pm - 9pm  
with ALISON POWELL  
**Healing Service Offered**  
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Last booking at 6.30pm  
**Special Events**  
Saturday 4<sup>th</sup> October  
10am - 4pm Workshop with  
Minister SANDY HAGGER  
Friday 24<sup>th</sup> October  
7.30pm - 9pm  
Philosophy Evening with  
LINDSAY PERCIVAL  
Saturday 27<sup>th</sup> September  
10am - 1pm  
Coffee Morning  
Private Readings with  
LESLEY KNIGHT  
& 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

## 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  
**OCTOBER 2025**  
Sunday  
Divine Service at 6.30pm  
5<sup>th</sup> JULIE SINCLAIR  
12<sup>th</sup> LIZA PEGG  
19<sup>th</sup> BRENDA HODGSON  
26<sup>th</sup> TINA STEWART

Tuesday Service at 2pm  
7<sup>th</sup> CARRIE BLACKERY  
14<sup>th</sup> DIANE REID  
21<sup>st</sup> SHERRIE HARDAKER  
28<sup>th</sup> JILL BALL

### Spiritual Healing

Tuesdays 7.30pm - 8.30pm  
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### Open Circles

Mondays 7.30pm - 9.30pm £5  
Every Wednesday  
12noon - 2pm £5

### Open Platform

Wednesday 15<sup>th</sup> October  
7.30pm - 9pm £5  
with SHERRIE HARDAKER

### Special Events

Saturday 11<sup>th</sup> October  
10am - 3pm £25  
Physical Mediumship  
Workshop with  
SHERRIE HARDACRE  
Saturday 25<sup>th</sup> October  
10am - 12.35pm £20  
Private Readings (35 mins)  
See website for details  
Wednesday 29<sup>th</sup> October  
7.30pm - 9pm £5  
(Please arrive by 7.15pm)  
Evening of Mediumship  
with SHARON FORDE  
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.sanctuaryof  
healing.co.uk

### OCTOBER 2025

Sundays 6.30pm - 8pm  
Divine Service (Donations)

5<sup>th</sup> Communion &

NICKY HARWOOD

12<sup>th</sup> RICHARD HARRINGTON

19<sup>th</sup> CHRISTINE TUCKER

26<sup>th</sup> JUDITH FREEMAN

Friday Evenings of



Clairvoyance 7.30pm - 9pm  
£4 (Members £3)  
3<sup>rd</sup> TINA MUDDLE  
10<sup>th</sup> MARIA & PHIL  
17<sup>th</sup> CHRIS KING  
24<sup>th</sup> KEVIN SANSOM  
31<sup>st</sup> SAM BAXTER

#### Special Events

Saturday 4<sup>th</sup> October  
10.30am - 12.30pm  
COFFEE MORNING  
Saturday 4<sup>th</sup> October  
1.30pm - 3pm  
SOUND BATH

#### 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  
OCTOBER 2025

Sunday Services at 6.30pm  
(doors open 5.50pm)  
5<sup>th</sup> ELAIN STANTON  
12<sup>th</sup> STEPHEN HARDY  
19<sup>th</sup> DIANA REID  
26<sup>th</sup> ANNETTE CARTY  
**Evenings of Mediumship**  
Wednesdays 8pm  
£5 (£2.50 members)  
1<sup>st</sup> BILL HUGHES  
15<sup>th</sup> INGRID KELLY

#### 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 available)  
**Open Platform**

4th Tuesday of each month  
28<sup>th</sup> October 2025  
7pm - 8.30pm £5  
Call Callum: 0790 210 9639

#### Special Event

Saturday 25<sup>th</sup> October  
7.30pm £15.00 pay in  
advance  
Please contact Alan on  
0794 963 3259  
Special Evening of Mediumship  
with MICHAEL GRAVES

#### Website:

www.westwickham  
spiritualistchurch.co.uk  
All Welcome

## LANCASHIRE

### CLEVELEYS SPIRITUALIST CHURCH

93 Beach Road,  
Thornton Cleveleys,  
Lancashire FY5 1EW  
Call us on: 07756 967803  
See us on Facebook

Monday 7.30pm  
Clairvoyance & Open Circle  
Wednesday  
12.15pm - 1.15pm Healing  
Wednesday 2.30pm  
Clairvoyance Service  
Tuesday 7pm - 8pm  
Awareness Class  
Thursday 7.30pm - 9.30pm  
Development Circle  
(Must be a church member)  
Friday 7pm - 8pm Healing  
Sunday 2.30pm  
Divine Service  
Healing Sunday 2.30pm  
Every Third Sunday  
of the Month  
Meditation Sunday 2.30pm  
1st Sunday Alternate  
Months from February  
Private Readings on request  
Readings Day Spring and  
Autumn - See notices or  
phone church number for  
information  
**We are Registered for  
Namings/Weddings/  
Same-Sex Marriages/  
Funerals/Wedding Blessings**  
All Welcome

**DEADLINE**  
**The advertising**  
**deadline for the**  
**November 2025**  
**issue is**  
**8<sup>th</sup> October 2025**  
**Please email your event**  
**details to**  
**Paul Brett at:**  
**pntemp12@gmail.com**

## LEICESTERSHIRE

### LEICESTER PROGRESSIVE SPIRITUALIST TEACHING AND DEVELOPMENT CENTRE

Lee Circle,  
Leicester LE1 3RE  
President: Marian Sawczuk  
Services with Mediumship  
Sundays 6pm  
Divine Service  
Mondays 7.30pm  
Clairvoyant Hour  
Healing  
Saturdays 10am - 12.30pm  
Sundays 5pm - 5.45pm  
Wednesdays 12noon - 2.30pm  
**Special Events**  
Every Saturday morning  
10am - 1pm  
CAKE AND A CUPPA  
with Readings and Healing  
**Teaching Groups and Special  
Events throughout the week**  
**Private Parties and Sitzings**  
**Available**

Website: www.leicester  
progressive.com

#### Email:

spiritchurch@outlook.com

#### Telephone:

0116 2536098

We Welcome Everyone

## 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.barnes  
healingchurch.co.uk  
Email: barnshealing  
church@hotmail.co.uk

#### OCTOBER 2025

Sunday Service of  
Mediumship at 6.30pm  
5<sup>th</sup> VANDA GALAZKA  
12<sup>th</sup> PATSY SORRENTI  
19<sup>th</sup> LAURA WOODS  
26<sup>th</sup> SACHA MENDY

#### 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

### 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 £4  
Cash only please  
**OCTOBER 2025**  
1<sup>st</sup> JOSIE SMITH  
8<sup>th</sup> Mediumship and Psychic  
Art with VAL DAINES  
& ELAINE GROUT  
15<sup>th</sup> MARCIA JOLLY  
22<sup>nd</sup> PATRICK MURRAY  
29<sup>th</sup> VAL DAINES  
See our Facebook page  
for special events and  
mediums serving the church:  
**Chingford Spiritualist Church**  
All Welcome

### FULHAM NATIONAL SPIRITUALIST CHURCH

Kelvedon Road, Fulham,  
London SW6 5BP  
(Nearest Underground  
station Parsons Green)  
Buses No. 11 and 14  
Email:

fulhamspiritualist  
church@yahoo.co.uk  
**OCTOBER 2025**

**Sunday Divine Services in  
Church at 6.30pm**

5<sup>th</sup> DAVID COLE  
12<sup>th</sup> ALF HUNT  
19<sup>th</sup> JAMIE WILKINS  
26<sup>th</sup> ELAIN STANTON  
**Thursday Online Zoom  
at 7.30pm**  
2<sup>nd</sup> SPENCER ROSE  
9<sup>th</sup> DEBBIE ROMERO  
& NEVA ERICKA  
16<sup>th</sup> DENISE PLUMMER  
23<sup>rd</sup> WENDY LYON  
30<sup>th</sup> JACQUI MCGLEISH  
**ONLINE ZOOM SERVICES**  
**ID: 689 400 7125**

**Passcode: FULHAM (capitals)**  
**Special Events**

Saturday 4<sup>th</sup> October  
10.30am - 4.30pm £20  
Limited spaces

Please book in advance by  
emailing the church  
(continued next page)

Mediumship Workshop with  
NATHAN POOLE  
& TANYA ELLIS  
All levels welcome  
Saturday 4<sup>th</sup> October  
7pm for 7.30pm start  
£10 cash on the door  
A Special Evening of  
Mediumship with  
NATHAN POOLE  
& TANYA ELLIS  
Refreshments available  
Tuesday 21<sup>st</sup> October  
7pm prompt £5 cash on door  
Open Circle with Medium  
ELAIN STANTON  
Limited spaces  
Please register your name in  
advance by emailing the church  
Friday 24<sup>th</sup> October  
Doors 7pm for 7.30pm start  
£5 cash on door  
Open Platform  
Hosted by ELAIN STANTON  
Refreshments available  
*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](mailto:hello@bscwirral.uk)  
Sundays 6.30pm - 7.45pm  
Divine Service  
Thursdays 7.30pm - 9pm  
Open Circle  
Saturdays Occasional  
Specials when advertised  
All Welcome

## NORFOLK

**HARBOUR LIGHTS  
SPIRITUAL GROUP**  
Council Hall,  
1 Yarmouth Road,  
Caister on Sea,  
Norfolk  
NR30 5DL  
Telephone:  
07746 516181  
Every Sunday at 7pm  
Mediumship Demonstration  
For further details see our  
Facebook page:  
[www.facebook.com/  
caistercouncilhall](http://www.facebook.com/caistercouncilhall)  
All Welcome

## NOTTINGHAMSHIRE

**EASTWOOD  
SPIRITUALIST CENTRE**  
Edward Road,  
Eastwood,  
Nottinghamshire  
NG16 3EU  
Sunday 6pm - 7pm  
Divine Service  
Monday 7pm - 8pm  
Divine Healing Service  
Tuesday 1pm - 2pm  
Awareness Group  
Wednesday 7pm - 8pm  
Mediumship Demonstration  
Friday 6.30pm  
Educational Circle  
For mediums serving the  
centre and special events, see  
our Facebook page:  
**Eastwood Spiritualist Centre**  
All Welcome

## SOMERSET

**ALCOMBE &  
MINEHEAD CHRISTIAN  
SPIRITUALIST CHURCH**  
Grove Place,  
Manor Road,  
Alcombe, Minehead  
TA24 6EH  
Telephone: 0783 110 4896  
Spring & Summer  
(March to end of October)  
Sunday Service at 6.30pm  
Healing Groups,  
Monthly Healing Day,  
Healing Evenings,  
Open Circles,  
Evenings of Clairvoyance  
all available on various days  
during each month.  
See our website for the full  
day-by-day itinerary of what  
our church can offer you,  
including Groups,  
Meditation & Healing  
**Winter**  
(November to end of February)  
Sunday Service at 3pm  
**Website:**  
[www.mineheadspiritualist  
church.co.uk](http://www.mineheadspiritualistchurch.co.uk)  
All Welcome

**DISCOUNTED  
CLASSIFIED  
ADVERTISING RATES  
for CHURCHES  
and CENTRES:**  
(Stockists receive  
larger discounts)  
Email text for a quote:  
[pntemp12@gmail.com](mailto:pntemp12@gmail.com)

**WESTON-SUPER-MARE  
NATIONAL  
SPIRITUALIST  
CHURCH**  
2 Stafford Road,  
Weston-Super-Mare,  
North Somerset BS23 3BW  
Facebook:  
[www.facebook.com/  
wmspiritualistchurch](http://www.facebook.com/wmspiritualistchurch)  
**Website:**  
[www.westonsupermare  
spiritualistchurch.co.uk](http://www.westonsupermarespiritualistchurch.co.uk)  
**Telephone: 07872 581902**  
First Sunday in month  
11am Divine Service  
Sundays (except 1st in month)  
6.30pm Divine Service  
Mondays 7.30pm Open Circle  
Thursdays 3pm  
Guild with Demonstration  
of Mediumship  
4.30pm - 5.30pm  
Spiritual Healing  
7.45pm Awareness Group  
For details of mediums  
serving the church,  
Special Events, Workshops  
and Demonstrations  
see our Facebook page  
All Welcome

## STAFFORDSHIRE

**TAMWORTH  
NATIONAL  
SPIRITUALIST  
CHURCH**  
18 Marmion Street,  
Tamworth,  
Staffordshire B79 7JG  
Telephone:  
07725 731245  
Spiritualist Church offering  
Divine Services, Mediumship  
Events, Classes and Groups  
for those interested in  
Spiritualism  
Sunday 6.30pm - 8pm  
Divine Service  
Freewill Offering  
Wednesday 7.30pm - 9pm  
Service £4  
**Healing**  
Before Sunday Service  
5.30pm - 6.05pm  
A freewill offering is  
appreciated  
For details of special events  
and mediums serving the  
church, please visit our  
Facebook page:  
**Tamworth National  
Spiritualist Church**  
All Welcome

**GOLDEN LIGHT  
SPIRITUALIST  
CENTRE**  
38-40 Bevan Lee Road,  
Cannock,  
Staffordshire  
WS11 4PZ  
Every Sunday  
Service at 6.30pm £3  
Healing after the Service  
Psychic Surgery also available  
All Welcome

## SUFFOLK

**BURY ST EDMUNDS  
SPIRITUALIST  
CHURCH**  
Quaker Meeting House,  
St John's Street,  
Bury St Edmunds,  
Suffolk  
IP33 1SJ  
Telephone:  
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

**THE MAGICKAL  
EMPORIUM**  
No 1, Market Place,  
Halesworth,  
Suffolk IP19 8BA  
**Website:**  
[www.thewitchofsuffolk.co.uk](http://www.thewitchofsuffolk.co.uk)  
**Email:**  
[hello@thewitchofsuffolk.co.uk](mailto:hello@thewitchofsuffolk.co.uk)  
Beyond being a physical shop,  
The Magickal Emporium is a  
welcoming space where you  
can freely express your true  
self and engage in all things  
magickal.  
We offer workshops on  
Spiritual Development,  
Astrology, Candle or  
Incense Holder-making,  
Pendulum Magic.  
We also hold gatherings and  
events such as Gong Baths,  
Sound Healing, Wheel of the  
Year gatherings and much,  
much more.  
Follow us on Facebook  
at: [www.facebook.com/  
witchofsuffolk/](http://www.facebook.com/witchofsuffolk/)  
All Welcome



**Follow our channel  
on YouTube:  
PsychicNewsMagazine**



## 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.camberleyspiritualistcentre.co.uk)

Email: [contact@camberley  
spiritualistcentre.co.uk](mailto:contact@camberleyspiritualistcentre.co.uk)

Telephone: 01276 409004

**OCTOBER 2025**

Sunday Divine Service 6.30pm

5<sup>th</sup> CAROL DAWBER

19<sup>th</sup> SCOTT BIDDLE

(free will donation)

**Evenings of Mediumship**

Tuesdays at 7.30pm

£5 (£4 members)

7<sup>th</sup> JENNY DOCHERTY

14<sup>th</sup> MICHAEL LENNON

21<sup>st</sup> MARTIN TWYXCROSS

28<sup>th</sup> GILL THOMAS

& CAROL DAWBER

**Open Circle**

Every Monday

7.15pm for 7.30pm start £5

Alternating tutors

GILLY PALMER

& KAREN NOGG

**Platform Mediumship Class**

Thursday 23<sup>rd</sup> October

7.30pm £5

with SARAH NORRIS

**Open Platform**

Wednesday 1<sup>st</sup> October

7.30pm - 9.30pm

£5 to be on the platform

£3 for audience members

with GILL THOMAS

**Healing**

Every Monday 1pm - 2.30pm

(free will donation)

(Monday Events -

except Bank Holidays)

Please visit our Facebook  
page or website for further  
updates and other events

All Welcome

## CROYDON SPIRITUALIST CHURCH

Chatsworth Road,  
Croydon,

Surrey CRO 1HE

Telephone: 020 8688 1827

Email:

[croydonspiritualist  
church@gmail.com](mailto:croydonspiritualistchurch@gmail.com)

Website: [www.croydon  
spiritualistchurch.org.uk](http://www.croydonspiritualistchurch.org.uk)

**OCTOBER 2025**

Sunday 11am Service

5<sup>th</sup> CIRCLE MEMBERS

12<sup>th</sup> KATHLEEN

CUNNINGHAM

19<sup>th</sup> VICKY KNIGHT

& DEREK PIPE

26<sup>th</sup> SHARON FORDE

Wednesday Evenings

of Mediumship at 7.45pm

Members: £2.50

Non-Members £5

1<sup>st</sup> ED LINEHAM

8<sup>th</sup> BRENDA HODGSON

15<sup>th</sup> JUDITH FREEMAN

22<sup>nd</sup> LYNN PROBERT

29<sup>th</sup> DIANA REID

**Special Event**

Saturday 18<sup>th</sup> October

12 noon - 5.30pm

£20 (£15 Members)

Mediumship Workshop with

ANNE-MARIE BOND

**Community Coffee Morning**

Tuesday 7<sup>th</sup> October

11am-1pm

Open to everyone

Come along to our church for

tea or coffee and a biscuit.

Find out more about what we

do or just drop in for a chat.

If you have any questions

there will be at least one

committee member on hand.

1st Tuesday of each month.

**Please visit our website for**

**details of Open Circles, Open**

**Platforms, Special Events,**

**Workshops and Healing**

**Please enquire with the**

**Church regarding Thursday**

**Healing Sessions**

All Welcome

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For further details email:

[pntemp12@gmail.com](mailto:pntemp12@gmail.com)

or call: 01376 563091

## 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

**OCTOBER 2025**

Sundays at 6.30pm

5<sup>th</sup> HAYLIE FOX

12<sup>th</sup> LORRAINE FRANÇOIS

& ALAN SALMON

19<sup>th</sup> SARAH NORRIS

A free will offering will

be collected

Tea/coffee and home-made

cake after the service

Healing available

**Open Platform**

Friday 17<sup>th</sup> October 7.30pm

Practise your mediumship

All levels welcome

£4 to work

£2 Supportive audience

All Welcome

### KINGSTON NATIONAL SPIRITUALIST CHURCH

Villiers Road,

Kingston upon Thames,

Surrey KT1 3AR

Website:

[www.kingstonsnc.net](http://www.kingstonsnc.net)

Email: [kingston.spiritualist  
@yahoo.com](mailto:kingston.spiritualist@yahoo.com)

Follow us on Facebook

Enquiries: 07503 405007

Bookings: 07780 474440

**OCTOBER 2025**

Sunday Service at 11am

Plate Collection

5<sup>th</sup> ANGELA WATKINS

Animal Sunday

12<sup>th</sup> LESLEY HAMILTON

19<sup>th</sup> ESI CAKMAKCIOGLU

26<sup>th</sup> MICHAEL DJAN

Mondays at 7.30pm

Evening of Mediumship

£4 (members £3.50)

followed by Healing

6<sup>th</sup> LYNN ROSE

& STEVE CORBETT

13<sup>th</sup> LEE ROBERTS

20<sup>th</sup> CORAL THOMPSON

27<sup>th</sup> SHEILA SMOOTHY

**Spiritual Healing**

By donation

Mondays 8.45pm - 9.15pm

Wednesdays - Pets allowed

2pm - 4pm

**Special Event**

Saturday 25<sup>th</sup> October,

10.30am - 4pm

£30 (members £28)

Animal Healing Workshop with

DR ANGELA WATKINS PhD

SRN ONC

### Open Platform

Medium training for 18+ on

first Saturday of month with

LESLEY HAMILTON

Saturday 4<sup>th</sup> October

2pm - 4pm £6 (members £5)

Audience £3

**Open Awareness Circle**

For beginners

18+ on 1<sup>st</sup> & 3<sup>rd</sup> Friday of month

Friday 3<sup>rd</sup> & 17<sup>th</sup> October

with LESLEY HAMILTON

7.30pm - 9pm

£6 (members £5)

Doors shut promptly at

7.30pm

**Light-hearted Spiritual Talk &  
Associated Guided Meditation**

Sorry - no Meditation and

Light-hearted Talk in October

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.sutton  
spiritualistchurch.co.uk](http://www.suttonspiritualistchurch.co.uk)

Sunday 6.45pm

Divine Service

Thursday 7.45pm

Service with Demonstration

of Mediumship

For Special Events and

mediums serving the church,

see our Facebook page:

**Sutton Spiritualist Church**

All Welcome

## EAST SUSSEX

### SEAFORDSPIRIT

Seaford Independent

Spiritualist Church,

3 Warwick Road,

Seaford,

East Sussex BN251RS

Telephone: 01323 737407

Email:

[enquiries@seafordspirit.co.uk](mailto:enquiries@seafordspirit.co.uk)

Weekly Divine Service

Thursday at 7.30pm

Alternate weeks

In-Person and Online

Demonstrations of

Mediumship and Workshops

**For full details see**

**our website:**

[www.seafordspirit.co.uk](http://www.seafordspirit.co.uk)

Subscribe for updates and to

register for online events and

to receive log-in codes for

Divine Services

All Welcome

## WEST SUSSEX

**LADY AMETHYST  
SPIRITUAL CENTRE**  
Heene Community Centre,  
Heene Road,  
Worthing,  
West Sussex  
BN114PL  
Telephone:  
**07746 906523**  
2nd Saturday in the month  
at 7.30pm  
Clairvoyant Evening  
for cancer charity  
£9 entry, refreshments  
and a small buffet  
For mediums serving the  
centre please see our  
Facebook page:  
**Lady Amethyst Spiritual  
Centre Worthing**  
All Welcome

## WEST MIDLANDS

**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

**FOLLOW  
PSYCHIC NEWS  
on Blue Sky Social**  
**@psychicnews.bsky.social**

## 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

## 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 1pm 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: **redditchspiritualist  
centre@gmail.com**  
Telephone: **07907 378448**  
Sunday 11am  
Divine Service  
Tuesday 7.30pm - 9pm  
Healing  
Wednesday 7.30pm - 9pm  
Mediumship Demonstration  
For details of Special Events  
and mediums serving the  
centre, please visit our  
Facebook page  
All Welcome

## 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

**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

**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

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## WALES

**THE  
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Wrexham,  
North Wales LL13 0SP  
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& much, much more  
Website:  
**www.warrenstarling  
psychicmedium.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/  
TheGreetingPlace  
Foundation/**  
Our regular services are:  
Sunday 11am  
Address and Communication  
Other services as announced  
Everyone Welcome

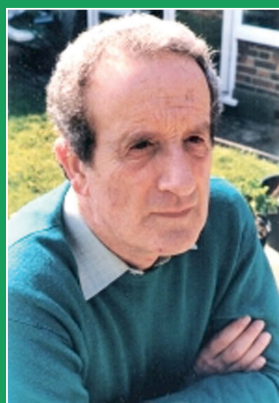




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## RONALD HEARN

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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

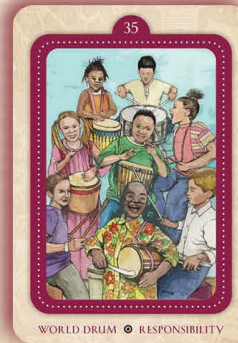
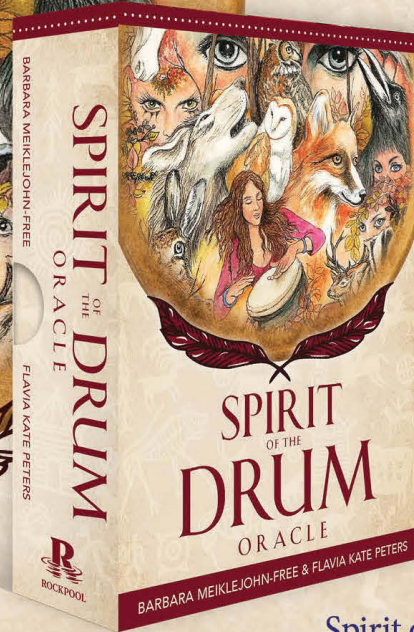
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