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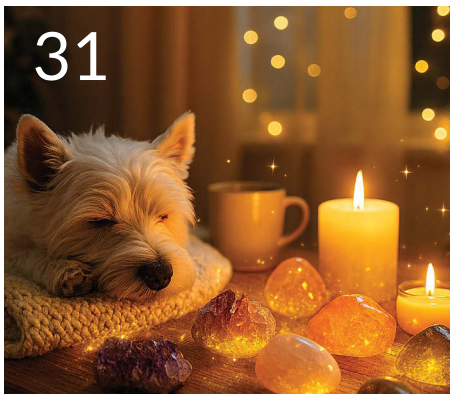
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EDITOR
Tony Ortzen

CHIEF REPORTER
Ann Green

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

CIRCULATION MANAGER
& EDITORIAL SECRETARY
pneditorials@gmail.com

TECHNICAL ASSISTANT
Magnus Smith

DESIGN AND LAYOUT
Louise Lynch

ACCOUNTS
Bryan Golland

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

TELEPHONE:
01376 563091

EDITORIAL EMAIL
pneditorials@gmail.com

WEBSITE &
ONLINE SUBSCRIPTIONS
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TWO WORLDS ARE ONE

NEWS AND VIEWS FROM
THE EDITOR'S DESK

BY TONY ORTZEN

Ben's book features paranormal

HAVING worked for *The Times* since 2005, Ben Machell is a principal feature writer, interviewer and columnist for its award-winning *Magazine*. A recent edition highlighted his new book which is devoted to the supernatural.

"I'm a sceptical, rational 43-year-old who has become obsessed with the paranormal," ran a headline. "My wife thinks I've lost the plot. Knock twice if you agree."

Now a member of the Society for Psychical Research (SPR), his article included mention of well-known investigators Tony Cornell and Dr Alan Gauld.

Ben said that Mr Cornell could not explain the case of an elderly woman who grew weary of being visited regularly by the apparition of a man wearing a green smoking jacket.

Visiting her, within a few minutes she explained that the form was standing next to Mr Cornell, who saw nothing.

Moments later they were joined by an SPR colleague, who knew nothing whatsoever about the case. All he had was the woman's address.

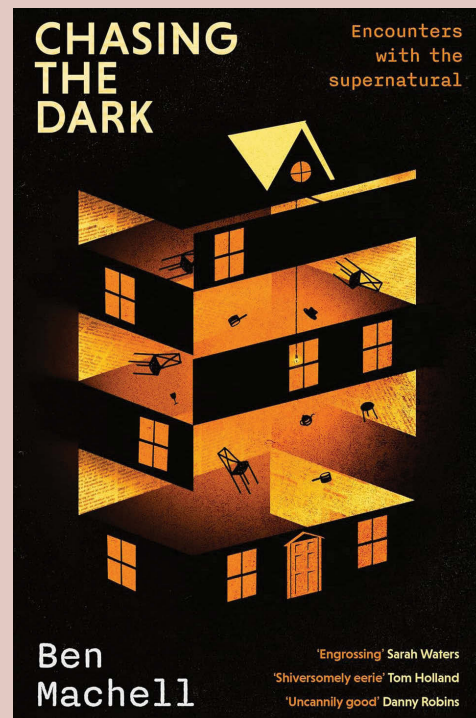
The colleague asked where was the man he had just seen? "What man?" Mr Cornell asked.

"The man," his colleague replied, "who had been standing beside you. The man in the

green smoking jacket."

Further on, Ben said he tried to find the medium who Mr Cornell took to a Cambridgeshire family's home and "correctly sensed a number of remarkably specific things about her location."

Standing in the garden, the clairvoyant described seeing a fair-haired nineteen-year-old man hiding in a bush, then entering the house and going into the master bedroom.



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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A PSYCHIC researcher saw the form of a man wearing a green smoking jacket, which, unknown to him, had been reported by the occupant of the property concerned.

"There," said Ben, "she sensed a gun and the presence of a teenage girl holding a doll." Correcting herself, the clairvoyant said it was not a doll, but a baby.

Ben added: "She was confused by all this until the father of house explained that some years ago, they had been burgled by a fair-haired nineteen-year-old who had hidden in the garden, then broken in and tried to steal a gun.

"Later, the burglar, his teenage girlfriend and unborn child all died in a car accident. All this did my head in."

Published by Abacus at £22.00, Ben's book is called *Chasing the Dark: Encounters with the supernatural*.

Incidentally, back issue of the National Trust's *Magazine* also contains a psychic feature, which was announced on the front cover and headlined *In good spirits*.

An inside four-page spread highlights several Trust properties which are haunted. One of them is the Treasurer's House in York, which is "home to the Trust's oldest-known ghosts: a legion of Roman soldiers.

"The most infamous sighting dates from 1953 when plumber Harry Martindale was working in the cellar.

"Out of nowhere, he heard the blast of a trumpet as twenty Roman soldiers marched through the wall towards him."

Later excavations revealed that Treasurer's House "had been built on top of a major Roman road, Via Decumana."

Mother heals family rift from Beyond

ON page 14 there's a feature about Madonna, who has sold over 400 million records worldwide.

As an entrée, here's another angle I found about an experience she underwent after being placed in a medically induced coma. What's more, seeing her "dead" mother helped to heal a family rift.

On the Billboard website, journalist Hannah Dailey explained that Madonna revealed all whilst guesting on an episode of the *Jay Shetty Podcast*. A former monk, Jay is now a social media influencer and author.

More than two years after being in the coma for four days due to a severe bacterial infection, Madonna said she "was almost there on the Other Side and had a conscious moment.

"My mother appeared to me and said, 'Do you want to come with me?' I said, 'No.' My assistant was in the room with me. I was still unconscious, but she heard me say, 'No.'"

"When I did eventually wake up, I realised that the 'No' was about me needing to forgive and make good with people that I still held grudges against."

One of these was her younger brother Christopher Ciccone. A visual artist, interior decorator, and designer in New York, Miami and Los Angeles, Christopher passed on aged 63 last year.

The pair's relationship was strained after Madonna found fame. At one point, Christopher accused her of outing him as gay during an interview.

At the time of his passing, Madonna wrote on Instagram, "We did not speak for some time, but when my brother got sick... we found our way back to each other."

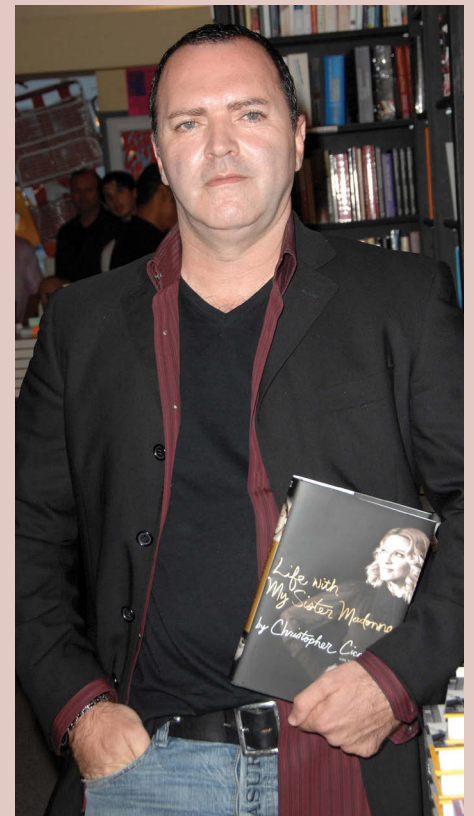
On Jay's podcast, the singer explained how seeing her "dead" mother, who passed when she was five years old, was the inspiration behind mending her relationship with Christopher.

Madonna said: "It was such a load off my back, such a weight that was removed, baggage that I could put down to finally be able to be in a room with him and holding his hand even if he was dying and saying, 'I love you, and I forgive you.'"

Of her coma, the singer said: "It was pretty scary. Obviously, I didn't know for four days because I was in an induced coma.

"When I woke up, the first word I said was 'No.' I'm pretty sure God was saying to me: 'You wanna come with us? You wanna come with me? You wanna go this way?' And I said: 'No. No!'"

I don't know if Madonna's ever sung a song about her near-death experience, but it would hopefully get her many fans thinking about the reality of life after death once we quit earthly existence.



CHRISTOPHER CICCONE is seen with a copy of his book "Life With My Sister Madonna." (Photo: Shutterstock/s_bukley)



ABRAHAM LINCOLN had a precognitive dream just days before his assassination by John Wilkes Booth at Ford's Theatre in Washington, DC, in April 1865. (Image: Adam Cuerden)

Assassination seen in dream

LOOKING on the internet last week for some background to another story, I found these accounts. Some have been told over the years, but may well be new to you.

Just days before his assassination in 1865, President Abraham Lincoln told his bodyguard about a dream he had.

In it, Lincoln walked into the East Room of the White House and saw a body lying there, surrounded by mourners. When asked who had died, he was told: "The President. He was killed by an assassin."

Fast forward to October 21, 1966, when a coal-waste landslide killed 144 people, most of them children, in the Welsh village of Aberfan. In the days leading up to the tragedy, several residents reported having premonitions.

Among them was ten-year-old Eryl Mai Jones, who told her mother she had dreamed of "something black" covering her school. She passed in the disaster the very next day.

Next came the sinking of the *Titanic*. In 1898, fourteen years before it sank, author Morgan Robertson published a novel titled *Futility*.

The story was about a fictional ocean

liner called the *Titan* which was deemed "unsinkable," lacked enough lifeboats and sank in the North Atlantic after hitting an iceberg. This mirrored the *Titanic's* fate.

The site also highlighted how clairvoyants have assisted police. In 1983, authorities in Illinois publicly thanked local psychic Greta Alexander for providing clues which helped them locate the skeletal remains of 27-year-old Mary Coussett and arrest her boyfriend.

In 2012, Debbie Malone was contacted by an investigator about the cold case of Maria Scott, who was stabbed to death four years earlier.

Debbie claimed to have felt the murderer "pass through her body" and led police to the murder weapon.

To the mid-1990s and the fiancé of missing Sydney woman Paula Brown got in touch with clairvoyant Philippe Durant.

Using Paula's hair, Philippe reportedly located her body in Port Botany, New South Wales.

While a truck driver discovered the body, a police spokesperson later said Philippe had been "uncannily accurate."

Lastly, after Penny Serra disappeared in 1971, Connecticut police consulted medium Pascarella Downey.

Pascarella had a vision of the murder, but predicted the culprit would not be found for a long time. It took 30 years, but a mechanic named Edward Grant was eventually connected to the crime.



IT has emerged that beasts of burden were involved in moving boulders from Wales to Stonehenge in Wiltshire, which would have taken up to four months.



Beasts of burden hauled boulders

SITUATED on Salisbury Plain in Wiltshire Stonehenge stands proud. Of both spiritual and historic significance, it attracts one million-plus visitors annually.

For years, experts wondered where its boulders came from and how they were transported to the site by ancient peoples.

Now to the BBC's Antonia Matthews, who began her report: "New analysis of a Neolithic cow's tooth found at Stonehenge shows the animal likely came from Wales, reinforcing theories that cattle helped to transport the enormous stones.

"The tooth, from a cow's jawbone found beside the ancient monument's south entrance in 1924, was analysed by scientists from the British Geological Survey, Cardiff University and University College London.

"They sliced it into nine horizontal sections and analysed it for clues about the animal's diet, environment and movement.

"Their work offers evidence for the first time of links between cattle remains at Stonehenge and Wales at the time when the bluestone megaliths were moved to the site."

Prof Jane Evans, from the British Geological Survey, commented, "You can tell that the animal has been grazing on the Palaeozoic rock, typical of those found in Wales, particularly in and around where bluestones are found."

While bluestones are also in the Lake District and Scotland, Prof Evans said the evidence clearly pointed to the animal coming from Wales.

Prof Evans said the study offers the first new piece of evidence since research several years ago that the boulders were taken to Stonehenge with the help of cattle rather than being dragged there by humans.

"There's been no evidence that cattle were used as beasts of burden in the Neolithic, but that changed in 2018 when there was a paper which showed that oxen had structures in their feet that were typical of animals that were pulling additional weight and working as beasts of burden," Prof Evans continued.

"It feeds into this new narrative that cattle were perhaps important as beasts of burden," she said, adding that cows could be used to carry more lightweight items.

The cow's jawbone dates back to the monument's very beginning in 2995 to 2900 BC and was placed in a ritually

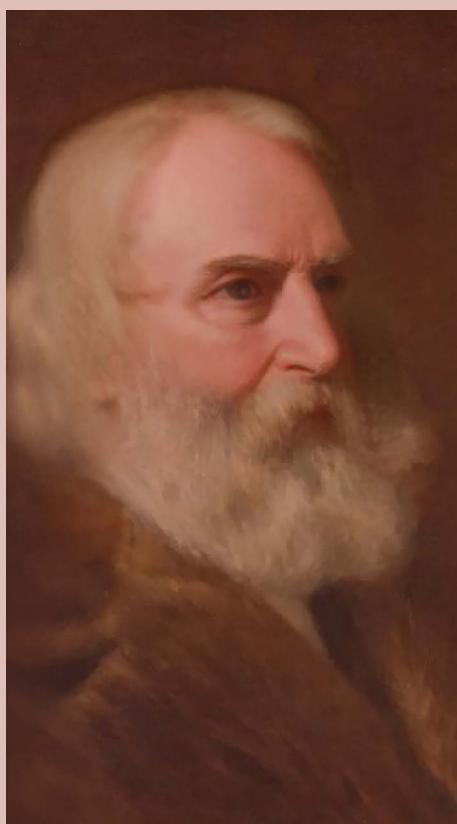
significant place.

Moving the stones from their origins in the Preseli Mountains in west and south Wales to Stonehenge would probably have taken two to four months.

"It's rarely considered that women were involved," Prof Evans pointed out. "Surely, they've got to have been there.

"There were probably as many women as men, and children. Making food and providing accommodation – there's a lot involved...

"So much research around Stonehenge



POET Henry Wadsworth Longfellow wrote wonderful words on spreading kindness. (Photo: National Park Service)

has been surprising and unpredicted in the last few years, but now we're looking at people and animals."

Poet wrote on roots of kindness

SADLY, our world is often cruel, callous, unkind and violent. One of the many mantras buzzing about my head is, "Kindness often costs little or nothing."

It's true. Buying a sandwich for one of the many homeless, smiling at someone who looks downcast and giving way to a harassed mum in a supermarket who's

struggling with a trolley and three unruly kids all lighten someone's load.

To end on an optimistic note, here are some inspiring thoughts on kindness from a wide variety of sources.

- No act of kindness is too small. The gift of kindness may start as a small ripple that over time can turn into a tidal wave affecting the lives of many
– **Kevin Heath.**

- When we feel love and kindness toward others, it not only makes others feel loved and cared for, but it helps us also to develop inner happiness and peace
– **The 14th Dalai Lama.**

- A tree is known by its fruit; a man by his deeds. A good deed is never lost; he who sows courtesy reaps friendship, and he who plants kindness gathers love
– **Saint Basil.**

- Those who make compassion an essential part of their lives find the joy of life. Kindness deepens the spirit and produces rewards that cannot be completely explained in words. It is an experience more powerful than words.

To become acquainted with kindness one must be prepared to learn new things and feel new feelings.

Kindness is more than a philosophy of the mind. It is a philosophy of the spirit

– **Robert J. Furey.**

- I have never met a person whose greatest need was anything other than real, unconditional love. You can find it in a simple act of kindness toward someone who needs help.

There is no mistaking love... it is the common fibre of life, the flame that heals our soul, energises our spirit and supplies passion to our lives

– **Elisabeth Kübler-Ross.**

- Kindness is an inner desire that makes us want to do good things even if we do not get anything in return. It is the joy of our life to do them.

When we do good things from this inner desire, there is kindness in everything we think, say, want and do

– **Emanuel Swedenborg.**

- Kind hearts are the gardens, Kind thoughts are the roots, Kind words are the flowers, Kind deeds are the fruits.

Take care of your garden, And keep out the weeds, Fill it with sunshine, Kind words, and Kind deeds

– **Henry Wadsworth Longfellow.**

THIS image shows some of the cast in the on-screen version of Jilly Cooper's novel "Rivals." (Image: Disney+)

Queen wishes best-selling writer 'handsome men' in hereafter

FRIENDS and fans have paid tribute to best-selling author Dame Jilly Cooper, who passed on last month at the age of 88.

Queen Camilla – a friend of Jilly's – commented: "Very few writers get to be a legend in their own lifetime, but Jilly was one... I join my husband The King in sending our thoughts and sympathies to all her family."

Her Majesty raised a few eyebrows when she added, "And may her hereafter be filled with impossibly handsome men and devoted dogs."

Jilly was renowned for racy novels which often portrayed the scandals, sex lives and social circles of the wealthy horse-loving country set.

Her agent Felicity Blunt explained, "She wrote, she said, simply 'to add to the sum of human happiness'."

The BBC's Senior Royal Correspondent Daniela Relph described Jilly as "warm, fun, terribly posh but not at all snobby with a fierce intellect."

The author was also known for her outspoken advocacy and support for animals. In an interview with *Saga* magazine, Jilly said:

"My best thing is that when you arrive in heaven, all your dogs come rushing across a green lawn to meet you, with your favourite dog leading the pack. That will do for me. That would be heaven."

Jilly was not always so open-minded. In 1976, she wrote an article for the *Sunday Times* saying she had long been

interested in Spiritualists and was "fascinated" by *Psychic News*, which was then a weekly paper.

She went on to poke fun at a number of unnamed mediums she visited adding that her sceptical attitude was "obviously rotting up the vibrations."

Twenty years later, *Psychic News* reported that soon after the Cooper family moved into their country house in Gloucestershire, they realised they were sharing it with a long departed previous owner.

"The spare bedroom is always icy cold," said Jilly. "We discovered that it's haunted by the one-time head of the house who got terribly ill and died there."

"One night a couple who were visiting were asleep in the room and the woman woke up to the sound of someone rushing around."

"She thought it was her husband running around in a panic trying to find the bathroom, but when she put out her hand, he was still beside her."

Previously, Jilly revealed an unexplained event that her grandfather William Sallitt experienced in 1910.

Walking down a Yorkshire lane one autumn day, returning home to his house in Ilkley, he passed an elderly woman who then vanished. Jilly repeated the story in 2017 in *The Spectator*, adding more detail.

She wrote: "The November night was falling fast, as were starched, curled leaves which crackled beneath his feet as he walked, because, very unusually for the West Riding, there had been no rain for weeks."

"Surprised to see an old woman approaching with a black shawl around her head, he raised his hat and bid her 'Good evening,' at which she totally ignored him."

"Only after she'd passed him did his blood run colder than the evening, as he realised her feet had made no rustling sound in the dry leaves."

"Swinging round, he found no one in



JILLY COOPER told of living in a haunted home. (Photo: Allan Warren, Creative Commons Attribution-Share Alike 3.0 Unported license)

the long straight lane. She had vanished without trace. Crossing himself in terror, he ran all the way home."

Elsewhere, Jilly commented: "I believe ghosts are in a huge departure lounge of people getting to another world."

"I like to think I'll see the people I love again. I'm not frightened of the dead: I'm more frightened of the living."

Jilly was married to Leo Cooper from 1961 until his passing with Parkinson's disease in 2013. She later told *The Times* that she continued speaking to him.

"I ask him how he is, how God is getting on," she explained. "If any of our friends arrive in heaven, I expect him to be there waiting with an enormous glass of red wine or a whisky. He was such a hospitable man."

Jilly was made a Dame Commander last year in a ceremony with the King. It is estimated that she sold over eleven million books in the UK alone. The writer's novels were translated into many languages and published internationally.

Her breakthrough 1985 novel *Riders* launched *The Rutshire Chronicles*, a series of eleven titles.

The chronicles, which featured Iothario Rupert Campbell-Black, recently found a new audience after *Rivals* became a hit Disney+ series when it was adapted for the screen last year.



QUEEN CAMILLA calls writer "a legend." (Photo: Carfax2)

Medium gives journalist 'uncannily specific' details

A SCEPTICAL journalist plans to keep an open mind in future after receiving "uncannily specific" details at a sitting with an Australian medium.

Known as David the Medium, David Stevens has taken the country by storm. Last year he became the first Australian medium to hold a live demonstration at Sydney's iconic Opera House.

Currently on a multi-city tour of Australia and New Zealand, David, 38, promises "to pass on messages of connection, support, love and validation as proof that our loved ones who have crossed over are still around us and always watching over us from the afterlife."

Despite a year-long waiting list for one-to-one sittings, Elise Wilson managed to book a meeting with David. Originally from the UK, she is senior lifestyle reporter at *Daily Mail Australia*.

Before the pair met in a stylish Sydney hotel, Elise ensured that her social media sites gave away very little personal information which could be used in a potential psychic scam.

Nevertheless, David "floored" her within 45 seconds by supplying the names of close family members.

The clairvoyant "reeled off the names of a few of my siblings: Tom, his wife Ruby, my sister Lauren, as well as their personality traits and how many children they had."

David "also knew my mother Sue's name. And then, casually, he told me my late grandmother Joyce was present."

"He didn't just pluck 'Joyce' out of thin air either; according to him he got there via a bizarre but strangely accurate pop culture reference."

"The spirit is showing me Buffy the Vampire Slayer's mother... her name is Joyce, right? Sure enough, Joyce was my grandmother, who passed away several years ago."

It did not stop there as, David correctly said that Tom was named after his "heroic great-grandfather," who had a military connection.

More details followed, including a "family dog bounding into the room of his vision – my childhood Border Collie, Ben," who Elise hadn't thought of for years.

Elise said the information via David was "uncannily specific on every count. And while I tried not to let it show, part of me was... impressed."

Revealing his insights about Elise's career, "David seemed to hit on things I hadn't even said aloud, and that threw me again."

He suggested a "specific idol" of hers would come forward as a mentor in the beauty and wellness field.

Mindful of David's advice to avoid being sidetracked by other offers on her career path, Elise found herself considering a new job just a week later, but decided against applying.

Events then turned emotional for Elise, leaving her "reduced to blubbing tears" after David spoke about her mother's health.

He urged Elise not to carry the weight of constant worry, correctly stating that the problem began with a cancer diagnosis nine years earlier.

Elise confirmed that her mum has recently been given the all clear and was said to have a "perfect bill of health for her age."

By the end of the one-hour sitting, Elise felt somewhere between "mystified, comforted and annoyed at myself for not being able to pick apart his 'method'."

Elise had fully expected to uncover a fraud, but instead left with "goosebumps and more than a few things to think about."

Among issues to ponder was David's assertion that everybody has the capacity for intuition.

Elise admitted that she has experienced unexplainable knowledge and foresight of scenarios, but had dismissed these as coincidence.

The sceptical journalist was still struggling to accept that she really had witnessed a remarkable example of mediumship, but conceded that if David was cheating, she had no idea how he did it.

Elise concluded: "It's either the most extraordinary gift or the best-kept performance trick I've ever seen. So, do I believe now? Honestly, yes, I do."

"The sceptic in me wants to hold tight to

logic, but there's now a part of me that heard things I can't unhear."

"Like my grandmother's name and whole personality described, my childhood dog perfectly depicted, and my brother's military namesake all coming out of a complete stranger's mouth... I'll be keeping an open mind from now on."

Based in Melbourne, David's website says that his real world, no-nonsense approach and understandings have helped him attract a large mainstream audience.

He likes being able to explain and turn the "supernatural" into simply just the "super-natural."

A professional medium for ten years, David promises that nothing is off-limits during a reading.

Publicity for him states, "Any and every topic can, and likely will, be discussed! David is a man with an unfiltered message, and he says it how it is."

Several of David's demonstrations are available on YouTube at <https://www.youtube.com/@DavidthemediumYT>



Pioneering primate expert accepted life after death

CONSERVATIONISTS across the world have paid tribute to Dr Jane Goodall, who passed to the Larger Life last month aged 91.

In a message recorded in March, but kept secret until after her passing, Dr Goodall said, “I believe, and now I know, that there is life beyond death, that consciousness survives.”

Last year, the respected and compassionate explorer said: “Somebody asked what my next big adventure would be... I said dying.”

Dr Goodall added her belief that “when you die, either there’s nothing – which is fine – or there’s something.

“If there is something, which I just happen to feel, although I couldn’t begin to prove it, then I can’t think of a greater adventure than finding out what it is.”

From former US presidents Barack Obama, Bill Clinton and Joe Biden to Prince William and Sir David Attenborough, all agreed that the news of her passing was deeply saddening.

Now aged 99, Sir David said Dr Goodall “was the first to prove that an investigating scientist and a great ape living in the wild could become true friends.

“In doing so, she came to transform our understanding of chimpanzees. She was their tireless advocate and a great champion of environmental protection.”

Oscar-winning actor and environmental campaigner Leonardo DiCaprio mourned the loss of his “dear friend” and personal “hero” adding that now “we all must carry the torch for her in protecting our one shared home.”

Considered to be the world’s foremost expert on chimpanzees, Dr Goodall was credited with transforming the way we understand the habits and personalities of our fellow creatures.

Dr Goodall once commented that she believed in an afterlife “because of experiences I’ve had and because of experiences other people have had – very powerful ones.”

The scientist spent a great deal of time in nature, trekking through dense jungles in her bid to reveal the intelligence in the Earth’s myriad species, particularly primates.

Observing chimpanzees in a rainforest reserve at Gombe, Tanzania, in 1960, Dr Goodall made the astonishing discovery that our close relations could make and use tools.

She also saw our nearest evolutionary cousins embracing, hugging and kissing each other, and realised they had social and even political behaviours just like humans.

Dr Goodall had no early academic training. Growing up in middle-class Bournemouth, Dorset, she was expected to settle down to family life in due course, but had other ideas.

“I got my love of animals from the *Dr Doolittle* books and my love of Africa from the *Tarzan* novels,” she told *The Guardian*.

A trip to Kenya changed Dr Goodall’s life when she met scientist Louis Leakey,

whose fossil discoveries proved that modern-day humans had their roots in Africa and not Asia, as previously believed.

Louis Leakey employed Dr Goodall, noting that she had “a mind uncluttered and unbiased by theory.”

Dr Goodall worked in some of the most dangerous areas of Africa, frequently beset by periods of violence and war.

Asked how she kept going against heavy odds, Dr Goodall replied: “I think I have a mission. And it’s happened again and again – we call it Jane Magic.”

Dr Goodall related a recent example when her voice became extremely tired through speaking, “and yet when I get out onto that platform, my voice comes back.

“It’s very strange. Sometimes if I’m really, really tired, I feel like I open up my mind to say ‘Please, please, please help.’

“This is why I feel I’m on this mission – because things come to help me do it.”

Dr Goodall added her concern that “more and more are we being dissociated from nature. Especially children.

“If they aren’t able to be in nature, if they can’t feel the Earth, if they don’t learn how there are millions of little organisms in the ground beneath us, if they can’t go to places where there is none or very little light pollution, and see the brilliance of the stars, and how they stretch up and up and up until you can’t really see them any more, then

how can they develop this sense of wonder?"

When she was out in the forest – her favourite environment – Dr Goodall had “this very strong sense of spiritual connection with some greater power, which some people would call God, some people call Allah, some people would call The Creator, but out in nature it’s like you feel the power of the universe.

“Then you look up at the moon and the stars and you think about the evolution of life on Earth, and then you wonder: ‘Is there a meaning? Is there a reason we’re here?’”

Asked for her own belief, Dr Goodall replied: “I think every single one of us has some role to play, even if we don’t know what it is, and that every one of us matters. And every one of us can make a difference.”

In her 1999 memoir *Reason for Hope: A Spiritual Journey* Dr Goodall referred to the spiritual dimension we can experience in nature. She wrote:

“Lost in awe at the beauty around me, I must have slipped into a state of heightened awareness.

“It is hard – impossible really – to put into words the moment of truth that suddenly came upon me then...

“It seemed to me, as I struggled afterward to recall the experience, the self was utterly absent: I and the chimpanzees, the earth and trees and air, seemed to merge, to become one with the spirit power of life itself...

“And I knew that the revelation would be with me for the rest of my life, imperfectly remembered yet always within. A source of strength on which I could draw when life seemed harsh or cruel or desperate.”

In her introduction to the book, Dr Goodall recalled an experience in Notre-Dame Cathedral in Paris.

As the sun glowed through the great Rose window and the organ struck up a thunderous tune, she found that moment was perhaps the closest she had come to experiencing the “ecstasy of the mystic.”

Even as a scientist, Dr Goodall felt she must believe in a “guiding power in the universe – in other words, I must believe in God.”

Announcing her passing, the Jane Goodall Institute said that she died of natural causes while in California as part of a US speaking tour.

“Dr Goodall’s discoveries as an



WHEN out in a forest, Dr Jane Goodall had “this very strong sense of spiritual connection with some greater power.” (Photo: Simon Fraser University)

ethologist revolutionised science,” the statement read. “She was a tireless advocate for the protection and restoration of our natural world.”

The conservationist was on stage in New York the previous week, before talking about her work on a *Wall Street Journal* podcast two days later. She had more speaking engagements booked for the following week.

Dr Goodall was appointed a dame in 2003 and received the Medal of Freedom, America’s highest civilian honour, from outgoing president Joe Biden.

In March, Dr Goodall filmed an interview with Netflix, which would only be released after her passing.

She was interviewed by Emmy Award-winner Brad Falchuk, an American TV writer, director and producer. The interview was held on an empty stage and captured by remotely operated cameras.

The unedited footage was securely held until Dr Goodall passed, so that nobody outside the pair would know the contents until now.

Mr Falchuk left the stage, so that Dr Goodall could speak directly to the camera to deliver her thoughts, which run to just over 1,800 words. Here is a synopsis:

“What message do I want to leave? I want to make sure you all understand that each and every one of you has a role to play.

“You may not know it, you may not find it, but your life matters, and you are here for a reason.

“I want you to know that whether or not you find that role that you’re

supposed to play, your life does matter, and that every single day you live, you make a difference in the world.

“I want you to understand that we are part of the natural world. And even today, when the planet is dark, there still is hope. Don’t lose hope. If you lose hope, you become apathetic and do nothing.

“I just hope you understand that this life on planet Earth isn’t the end. I believe, and now I know, that there is life beyond death, that consciousness survives.

“I can’t tell you what you will find when you leave planet Earth. But I want you to know that your life on planet Earth will make some difference in the kind of life you find after you die.

“As we destroy one ecosystem after another, as we create worse climate change, worse loss of diversity, we have to do everything in our power to make the world a better place for the children alive today and for those that will follow.

“You have it in your power to make a difference. Don’t give up. There is a future for you.

“Do your best while you’re still on this beautiful planet Earth that I look down upon from where I am now.”

You can read the full transcript if you Google Final words from Dr Jane Goodall.

The Jane Goodall Institute was established in 1977 to promote understanding and the protection of great apes and their habitat. Its UK website is at <https://janegoodall.org.uk>



FBI agent said that John Edward "was giving information we didn't know."

Top medium gave FBI vital information to crack cases

A RETIRED FBI special agent has written about his twenty-year association with a famous medium who gave crucial evidence to help solve serious crimes.

Bob Hilland has collaborated with celebrity psychic John Edward to write about their paranormal partnership in their new book *Chasing Evil: Shocking Crimes, Supernatural Forces, and an FBI Agent's Search for Hope and Justice*.

In it, Bob admits that when he first heard John giving readings over the radio in 1998, he turned off in disgust, sure he was a fraud.

John is the son of a police officer named John McGee, who was adamantly against anything otherworldly. However, his wife Perinda was firm in her belief, holding psychic parties in the family home.

At the age of fifteen, John junior was told by a medium that he had the gift and would go on to work internationally.

Within a year, John was practising locally: his parents divorced, and his father forbade him to use the family surname, so he became John Edward, using his first two names.

John's father also dictated that he must never engage with police. That rule would soon be broken.

It was natural that among his sitters would be those wishing to know the whereabouts of missing loved ones.

In his first case, John immediately knew the girl had been murdered. "He saw the scene like a movie clip in front of him," wrote Bob Hilland.

John's description of the perpetrator was correct, but it also fitted the girl's innocent boyfriend.

The medium was disturbed by the possibility of convicting the wrong person and "decided I never wanted to point fingers at anyone ever again."

Publicity for their book states: "In the summer of 1998, FBI agent Bob Hilland reluctantly picked up the phone to call the famous psychic John Edward.

"Bob didn't expect much from the call, but he was working on an unsolvable cold case and had nowhere else to turn.

"What Bob never imagined was that the call would lead to a shattering of all his preconceived notions, a huge break in the cold case, and an unlikely crime-solving partnership that spanned twenty-five years."

First, Bob wanted to test John's ability, bringing in nine bags of evidence which included items with no connection to the case.

Not only did John successfully sort the genuine from the false, but told the detective personal details which nobody else could have known. He had passed the test.

John correctly gave the missing woman's name as Fran. He then described her personality in detail before stating how she had been murdered by her husband, John Smith.

John explained, "After she was hit on the head, the J-S name – let's call him 'Smith' – strangled her to make sure she was dead." The scene continued, pouring out as the psychic witnessed it.

The medium had already explained his method of working to Bob and his colleague, saying: "The information comes to me from my spirit guides in three different ways: clairvoyance, clairaudience and clairsentience.

"That means I see pictures, I hear thoughts and I get feelings or sensations. I will interpret what I'm seeing, hearing

and feeling using my own frame of reference, and hopefully you'll understand it."

John added that Bob, who retired three years ago, and his colleague should write down everything in case some details made more sense later.

"Not only was John confirming details we already knew, he was giving information we didn't know – details that made sense, information that rang true that we could follow up on," wrote Bob.

There was one crucial issue on which they needed help. "I had to ask," the former agent recalled, "what did he do with her body?"

John described what he could see. "She's not in one piece," he said. "He dismembered her and put the pieces in something.

"She's encapsulated in something. I keep seeing cylinders... I'm not sure what this is. He's very smart.

"Whatever he put her in, it's got no smell and it's somewhere no one would suspect there was a body... or pieces of a body."

In fact, Smith had also murdered his first wife Janice in 1974. Her dismembered body was found in 1980, but that crime had remained unsolved.

Thanks to clues provided by John, Smith was found in California with a third wife and arrested.

Smith was handed a life sentence in 2001. The remains of Fran have yet to be found.

Chasing Evil: Shocking Crimes, Supernatural Forces, and an FBI Agent's Search for Hope and Justice by John Edward and Robert Hilland runs to 368 pages.

Published by Macmillan, it is available through bookshops and online.



Emma Divine Dragoness

Spiritual Artist • Medium • Healer



I offer paintings and drawings of your **Spirit Guides, Guardian Angels, Animal Guides and Spirit Animals**, as well as other spiritually related paintings and creations, including mystical creatures.

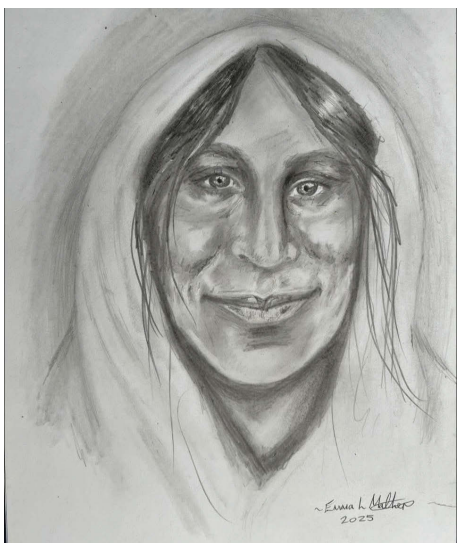
I also offer **Spiritual Healing and Mediumship Readings**.

Read reviews from satisfied customers below the work I created/channelled for them.

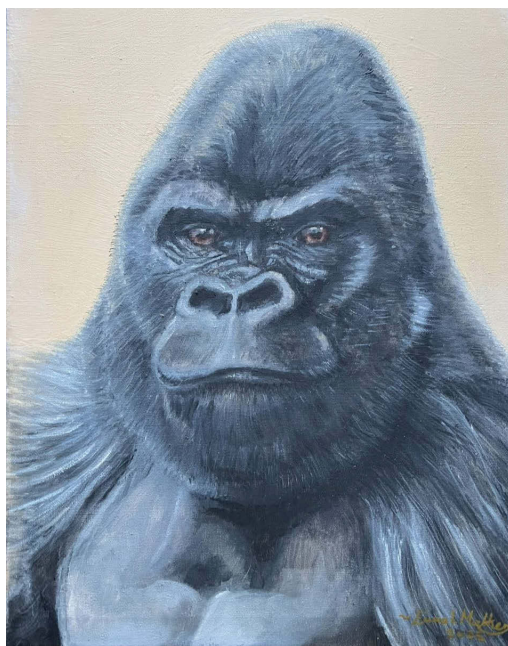


ALL READY TO GO – GUARDIAN ANGEL GUIDE

"Emma did me a stunning painting earlier this year. She is a Guardian Angel Guide. I also received an in-depth report about Emma's connection with my guide called Saquel. I used this information to help me seek healing for a small yet irritating health issue and Saquel came to me and guided me on how to deal with it. I had no expectations but within the week the health issue had improved significantly. Thank you Emma" *Lisa*



"I would highly recommend Emma Divine Dragoness to draw a portrait of your spirit guide. She drew this guide for me who made herself known to me because of Emma. This guide has a wonderful energy. I will definitely be asking Emma to draw another guide for me." *Patricia*



GATEKEEPER PAINTING – Painted in water mixable oils

"I heartily recommend Emma and her fantastic spirit art. I am privileged to have received an amazing portrait of my Gatekeeper, which has pride of place in my home." *Ray*

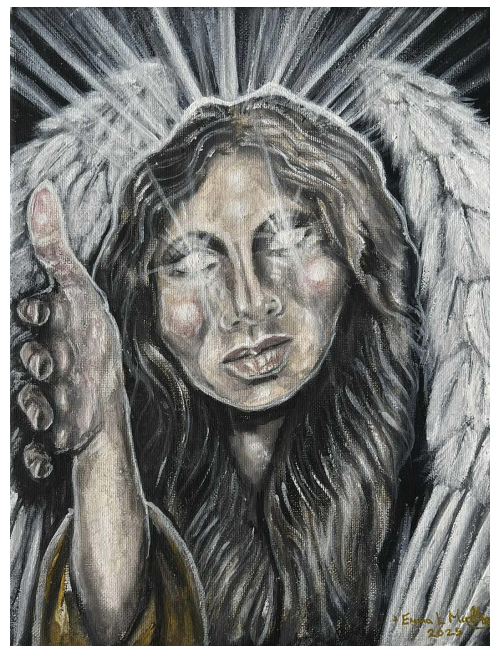


ETHOR GUARDIAN DRAGON



LYRAN LION GUIDE

"100% recommend this very talented and spiritually gifted lady. The Lyran Lion Guide drawn for me is absolutely how I see and feel him. Fully resonates. The reading was spot on too! Wonderful to have that confirmation! Don't delay, book in now." *Karen*



GUARDIAN ANGEL

"Emma connected to my guardian angel and provided me with her portrait and a transcript! It was phenomenal! I would highly recommend her. She is a truly gifted medium and a very talented artist." *Jules*

Website: <https://emmadivinedragoness.wixsite.com/home>

Facebook: www.facebook.com/EmmaDivineDragoness

MADONNA: "If you don't have a spiritual life, you're never gonna stop and ask any questions." (Photo: Raph_PH on Flickr)



Madonna sings the praises of spirituality

KNOWN by fans as the Queen of Pop, Madonna has opened up about the importance of her spiritual life saying, "I wouldn't be here if I didn't have one."

The 67-year-old star famously adopted the Jewish mystical tradition Kabbalah in 1996. Launching a new online study course on the *Zohar* or *Book of Splendour*, the music icon gave an in-depth interview with life coach Jay Shetty for his podcast *On Purpose with Jay Shetty*.

In the opening sequence, Madonna insists: "If you don't have a spiritual life, you're never gonna stop and ask any questions."

"You're just gonna plough through life and you're gonna see everything that happens to you as just a random event."

"I don't believe that anything is random. I think that everything that happens to us is meant to happen to us, to teach us some kind of a lesson."

Without her spiritual path, Madonna said she would believe that the physical world is "all there is. I would believe all the illusions," she stated, adding that would be her "downfall."

While she studies the Kabbalah, Madonna openly agrees that other paths are valid – "whatever works for you," she commented. "Some kind of practice, some kind of internal life" were helpful in finding peace.

Studying, reading poetry, yoga and breathwork were all part of her path, which began when she was expecting her first child, Lourdes, in 1996.

When Jay Shetty asked how the top singer reconciled the seemingly opposite attributes of success and spirituality, Madonna argued that it was "absurd" and "narrow minded" to say the two could not

function together.

"You need to be spiritual to be successful," she insisted.

The pioneering artist, known for eye-popping outfits and songs such as *Like a Virgin* (1984) and *Material Girl* (1985), said that putting emphasis on wealth and possessions was unwise.

"People who are focused on making money are definitely not focused on a spiritual life," she said.

The two-hour interview highlighted Madonna's views on the "radical acceptance" of suffering and challenges, facing patterns of behaviour, letting go of grudges and the need to stop blaming others.

Madonna added that her beliefs inspired her to campaign for human rights, explaining: "What have I done for others? That's really the only way you can be successful in life."

"It's like the greatest amount of light is where there's darkness and you can reveal the most amount of light. When you're in a dark room, you turn on the light."

"My soul's purpose is to reveal light in the world through whatever I do... I want it all, but I want it for the sake of sharing, not to keep it for myself."

Madonna's Kabbalah teacher, Eitan Yardeni, appeared in the interview to talk about their new course titled *The Mystical Studies of the Zohar*.

The course website www.kabbalah.com/en/courses/madonna-mystical-studies-zohar-class/ invites online participants to "Step inside Madonna's home as she and

her longtime teacher, Eitan Yardeni, invite you for a rare look at her deep, intimate study of the *Zohar*.

"The primary source of Kabbalah's spiritual teachings and wisdom, the *Zohar*, can help us demystify our life's purpose, understand our soul's journey, illuminate our unique lessons and reveal the impact we are meant to create in the world."

The topics include reincarnation, desire, manifestation, love, forgiveness and false gods. The course fee is "pay what you can."

Madonna, whose real name is Madonna Louise Ciccone, is a seven-time Grammy winner, also achieving two Golden Globe Awards, twenty MTV Video Music Awards and a host of other accolades. She remains the best-selling female recording artist of all time.

Her first top ten hit *Borderline* (1984) began her meteoric rise in popularity, which progressed as she reinvented herself several times to remain relevant to younger generations.

The sixth world tour in 2004 was titled *Re-Invention*, aiming to transform the star's old hits musically and display her capacity for transformation and self-reflection.

It followed on from an art project in which she appeared in different incarnations from yogi, prophet, queen to freak and pole dancer.

Madonna has tens of millions of followers on social media. Her new album with a working title *Confessions on a Dance Floor part two* is set to be released in 2026.

It will be her first studio album in seven years. Madonna has warned fans to "expect the unexpected" from the new music, hoping to provoke "a few needed conversations."

Cheers! Researchers find psychic pub nights are 'meaningful'

A GROUP of university researchers who investigated the attraction of psychic pub nights have published their findings.

The researchers are Josh Bullock, Senior Lecturer in Criminology and Social Sciences at Kingston University, Caroline Starkey, Associate Professor of Religion and Society, University of Leeds, and Adam Powell, Assistant Professor in Medical Humanities at Durham University.

They conducted sixteen interviews, attended four public readings and surveyed 84 people to make their observations.

In their report, they said that pub psychic nights “blur boundaries between sacred and secular, grief and humour, scepticism and belief.”

The report added that such nights also blend the ordinary and the extraordinary, transforming historically male-dominated pub spaces into “local hubs of female-led spirituality.”

The researchers admitted that measuring the popularity of pub psychic nights is difficult.

They checked sources such as Google search data, which suggests these events are increasing in popularity: the past eight years have seen a 600 per cent increase in Google searches for “Psychic night near me” in the UK.

The academics noted that these events, which often take place in working men’s clubs, pubs and local function rooms, “hold spiritual, social and emotional meaning.”

“This is particularly the case for working-class and otherwise marginalised women.”

Commenting that audiences were at least 95 per cent female, they found people attending “with friends or family and ranging from teenagers to retirement age.

“A large number of those we interviewed identified as working-class.” On average, people attended ten pub events.

Describing what happens at a psychic evening, the professors commented that pub night readings offer participants “the chance to engage in spiritual experimentation without committing to institutional religion.”

Most of the audience “actively distanced themselves from organised religion altogether, with 57 per cent stating that religion was not so or not at all



EXPERTS conclude that psychic pub nights “blur boundaries between sacred and secular, grief and humour, scepticism and belief.”

important in their lives.”

The authors wrote that while psychic nights can be entertaining, they are rarely just about entertainment.

Many who attend the popular sessions are “dealing with loss and grief. Others have questions about what happens when you die, and whether communication with the dead is possible. Some are just along for the laugh.

“Many of our participants had longstanding interests in spirit communication and the paranormal (on the rise in Britain and globally)... often dating back to childhood stories, family traditions or exposure to ghosts and spirits in popular culture.”

A number of people were introduced to psychic nights by friends or family and attended with them; others saw events advertised on social media or in their local pub and were curious.

“Most described the experience as meaningful; some described it as life-changing,” the report ran.

Mediums were seen encouraging audience members to “take time for themselves, assert boundaries with partners or children, or trust their instincts.

“In some cases, these messages provide a sense of agency, helping people make difficult life decisions or come to terms with loss.”

Turning again to “working-class women,” the researchers felt that these nights offer a space where “emotional labour is validated, grief is acknowledged and hope is offered.”

The authors observed that psychic nights “operate outside formal institutional

frameworks.”

They said that although mediums are not allowed to offer health advice or make predictions, some appeared to do so.

“We witnessed distressing moments,” wrote the lecturers, “such as the teenage girl crying over her lost baby, a sister informed that her brother who had violently taken his own life had a message for her, and a male medium telling a woman she was being followed by a sex demon.”

Despite having noted that many people attend with friends and family, the authors expressed concern about the perceived “lack of support structures (which) raises ethical questions about vulnerability and responsibility.”

In conclusion, the study showed that many participants described feeling “hooked,” because the nights “helped them manage grief and the uncertainty of modern life.”

Their findings had confirmed that pub psychic nights are becoming “a meaningful feature of contemporary British spirituality...”

“At a time when established forms of Christian affiliation are in decline, these events create opportunities to ask existential questions – about life, death, love and the hereafter – outside the boundaries of formal religious institutions and long-term commitment.”

The full 21-page report titled *Pub Psychic Nights: Spiritual and Social Transformation Beyond Institutional Boundaries* is available to read at <https://journal.equinoxpub.com/IR/article/view/33028/31901>.



MATA AMRITANANDAMAYI DEVI:
"Never squander an opportunity to
help others." (Photo: copyright Mata
Amritanandamayi Math)

'Avoid using harsh words' says hug-giving guru

AN Indian spiritual leader famed for embracing her followers is returning to the UK this month as part of a European tour.

Sri Mata Amritanandamayi Devi will be bringing her teachings on topics from climate change to terrorism, cross cultural tensions to poverty and women's rights.

Known as Amma meaning Mother, she has personally embraced more than 40 million people in her life. It is thought that she has directly listened to more of the world's poor than anyone else alive today.

Born into a humble fishing family in Kerala, Amma, now 72, began composing spiritual songs and meditating for hours while still a young child.

When she was nine her mother fell ill. Amma had to quit school to take care of the household, and her seven brothers and sisters.

She later recalled that she would go "to about 60 houses each day to gather tapioca peels and leftover rice gruel for our cows and goats. At that time, I saw many people suffering.

"I saw people who had not eaten all day. I would give them whatever I could. Seeing their hardships, I wondered why some people suffered so much while others were enjoying life."

Amma's Hindu upbringing taught her that the fate of each individual is ultimately due to their karma – a result created by their previous actions.

Reflecting on this, Amma wondered, "If someone falls into a ditch because of their karma, then what is my duty?"

She heard a voice from within reply, "It is your duty to lift them up and help them." Her path of service to others was clear.

As people began to call her Amma, she increasingly saw them all as her children, embracing them in a motherly way.

Her website states that giving hugs in public "created quite an uproar, both in the

surrounding villages as well as within her family.

"But Amma simply didn't view men and women differently. Having set her path in life, she would not be deterred."

In the late 1970s, hundreds of people regularly sought Amma's help; some saw her as a spiritual master. Soon disciples were sleeping all around her home in cow sheds and makeshift straw huts.

In 1981, the Mata Amritanandamayi Math was officially registered as an ashram or spiritual retreat. It is now an international charitable organisation with headquarters in Amritapuri, Kerala.

Amma began touring in 1987, pouring out her love and promoting five keys to a meaningful life. They are:

Never squander an opportunity to help others.

Amma says: "Every day we should resolve to do something compassionate: 'Today I should do or say something nice. I should not just take. I should do something to help others.'

"Each time we act with compassion, our heart expands and the ego in us melts a little."

Avoid using harsh words. If you cannot speak with love and respect, wait until you can.

Amma says we should "create a gap between our thoughts and words, or between our thoughts and actions. Then the light of awareness would shine therein. In that light, we can see ourselves and exercise self-control.

"A few careless words can cause wounds that can never be fully healed and even destroy precious relationships.

"Let us make a resolve to never harm anyone in thought, word or deed. If we do

lose our temper and speak with cruelty, let us sincerely apologise."

Make protecting nature a part of your daily routine.

In the old days, "protecting nature was part of worshipping God and life itself. We should try to reawaken this attitude.

"Making resolutions to recycle, carpool, plant trees, participate in cleanliness drives, and so on... There are many such small contributions we can make. They definitely have their impact."

Maintain a regular spiritual practice, even to a small extent.

Amma says that if "we want to make progress in spiritual life we need to maintain regular spiritual practices.

"It can be chanting your mantra, reciting prayers, spending time in meditation... Whatever it is, do it sincerely every day without fail."

Every day, strive to spend a little time discussing or reflecting on spiritual topics.

When "we listen to spiritual talks and study the scriptures or words of enlightened masters, we develop detachment.

"From detachment comes freedom from delusion. From freedom from delusion comes steadfastness of mind: from steadfastness of mind comes liberation.

"Every day we should spend at least a little time dwelling in the eternal spiritual truths."

Amma will conduct free public programmes including guided meditation, spiritual talks, devotional singing and the opportunity to meet personally and receive her darshan (embrace).

From November 20-22, she will be at Sandown Park Racecourse in Esher, Surrey. Visit <https://amma.org/> for more information.

Haunted historic palaces feature in new children's book

TOP publisher Bloomsbury – who produced the world-famous Harry Potter novels – has collaborated with the keepers of some of Britain's most precious heritage sites to commission a set of ghostly tales for children.

In partnership with the charity Historic Royal Palaces, *Ghosts in the Walls* features eleven chilling stories which bring to life six iconic locations in its care.

Historic Royal Palaces manages, maintains and opens unoccupied royal palaces to the public.

The buildings owned by The Crown are the Tower of London, Hampton Court Palace, the Banqueting House, Kensington Palace, Kew Palace and Hillsborough Castle in Northern Ireland.

The charity offers educational programmes while undertaking crucial work in heritage conservation, historical research and the management of the vast collections housed within these former royal homes.

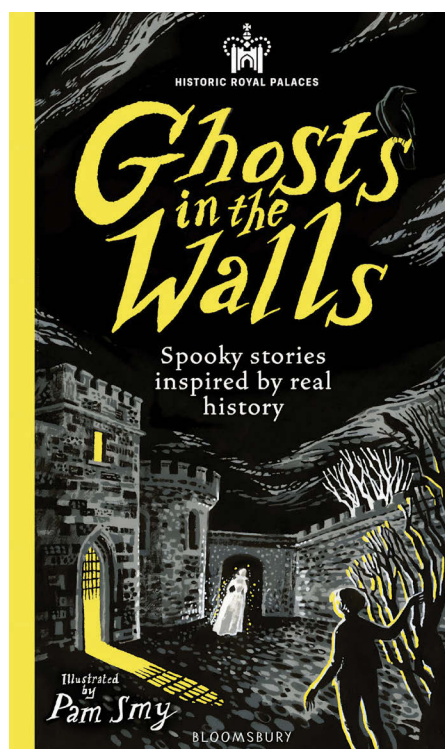
The book's publicity says, "From a maze that has the power to eat you alive to a haunted painting with a terrifying secret, and ravens with a taste for revenge, these spine-tingling stories of ghosts, ghouls and unexplained events bring history to life in the eeriest way imaginable!"

One reviewer wrote that the story *Children of the Maze* by Sam Sedgman is "deliciously sinister."

"It uses the famous maze at Hampton Court Palace as the setting for a story which is the stuff of nightmares."

Another tale based at Hampton Court is *The Prince in the Painting* by E. L. Norry. The reviewer warned that readers "will never look at portraits the same way again, but are also sure to be inspired to seek out the painting which features in the story, just to check..."

The other writers are bestselling, award-winning and rising-star authors including Faridah Abike-Iyimidi, Alexia Casale, Joseph Coelho OBE, Larry Hayes, Jim Helmore,



Catherine Johnson, Sophie Kirtley, Jasmine Richards and Imogen Russell Williams.

The atmospheric illustrations are by award-winning artist Pam Smy, who commented on Instagram that it was "a gift" to be asked to produce the illustrations.

"I really enjoyed painting those royal settings and even got to paint some of our past Kings and Queens, mostly being upset or cross," she said.

"Here is Queen Victoria being grumpy, Queen Liz being fierce and Charles I being angry."

The book contains a Foreword from Yvette Fielding, dubbed the "First lady of the paranormal" due to her appearance on hundreds of haunted TV shows, and an Afterword by Hampton Court Palace's Chief Historian, Tracy Borman OBE.

Historic Royal Palaces is an independent charity which does not

receive regular public funding. It relies on income from visitors, members and donors to support its conservation and public engagement work.

The sites in its care include castles, palaces, a fort, a cottage and a pagoda as well as over 1,000 acres of green space including parks, gardens and a moat as well as Home Park at Hampton Court Palace, a Site of Special Scientific Interest.

Experts in its conservation and collection team look after over 60,000 objects. These include the internationally significant Royal Ceremonial Dress Collection, a hoard of over 10,000 items of historic royal and court dress from the 16th century to the present day.

Reports of paranormal activity abound at the royal sites. The Tower of London boasts thirteen alleged hauntings including Anne Boleyn, Lady Jane Grey, Guy Fawkes and even a bear, which was once incarcerated there as part of Henry III's menagerie.

At Hampton Court Palace, stories persist that at least two of Henry VIII's queens haunt the property.

These are his beloved third queen Jane Seymour, who passed after giving birth in 1537, and most famously, his fifth wife Catherine Howard, executed for alleged adultery in 1542.

It is said that her spectre screams as it passes through the picture-lined corridor now known as The Haunted Gallery.

Kensington Palace – the birthplace of Queen Victoria – is believed to be haunted by a number of ghosts, including King George II, who reportedly wanders the palace, and Princess Sophia, who is said to be heard spinning her wheel.

A mysterious monk has also been reported on the palace's rear terrace. There are accounts of an 18th-century servant seen in the gardens.

Ghosts in the Walls: Spooky stories inspired by real history runs to 304 pages in hardback. It is available in bookshops and online. The recommended reading age is nine to eleven.

TV presenter films unexplained orbs near her home

A TV presenter who offers healing and energy therapies has filmed a number of clips showing unexplained aerial phenomena (UAP) near her home on the Welsh coast.

Melinda Messenger commented that her dog began to “bark like crazy” before a “profound light” lit up the nighttime time sky.

“I had an experience last night in North Pembrokeshire,” the former glamour model wrote on social media. “Golden sun sized orbs showed up over the sea horizon.

“They appeared on over ten different occasions throughout the evening, moving, hovering, changing formation and size and shape, and splitting into more orbs, then merging.”

Melinda said the camera on her phone which she used to film the shots did not do justice to the event, adding, “They weren’t plane or boat lights and were not a man-made light show or drones, Starlink (satellites) or a meteor shower nor flares”

First there were three “golden orbs the size of the sun” which appeared before dark, followed by further sightings as the evening wore on.

“What my camera didn’t pick up,” Melinda explained, “was how much they separated into different orbs, how distinct they were and that some of them changed into star cross shapes in one of the sightings.”

Melinda added that the “intensity of the light was profound.” She later posted that the lights kept returning through the night, “multiplying into around fifteen orbs and creating incredible patterns, changing shape and form that the camera didn’t pick up.”

The presenter found the experience “profoundly peaceful and carried an ecstatic sense of joy.”

Born in Swindon, Wiltshire, Melinda worked as a flight attendant and marketing manager before becoming a model and actor.

Following an emergency caesarean section in 2000 for the birth of her first child Morgan with then-husband Wayne Roberts, Melinda concentrated on developing her career as a presenter.

Although she had hoped for a large



THE orbs Melinda Messenger saw “created incredible patterns, changing shape and form that the camera didn’t pick up.” (Photo: Facebook)

family, the TV host decided not to have more children after suffering from post-natal depression following the births of her second and third children, Flynn and Evie.

From 2015, Melinda began studying, gaining a master’s degree in counselling and psychotherapy and a postgraduate diploma at London’s Centre for Counselling and Psychotherapy Education.

Further training in dream work followed at the Dreams Research Institute in London. Melinda is also a master reiki practitioner.

Five years ago, Melinda opened up to ITV’s *Loose Women* panel about her spiritual side that guided her onto a new career path.

“I thought, ‘I can carry on doing what I’m doing but how painful would that regret be?’” she told viewers.

“I made the decision to go for it. I have been practising for the last five years and can tell you that it’s the best thing I’ve ever done.”

Melinda admitted that changing course so dramatically did not happen easily, saying: “It’s a big leap. Psychologically, you have all these dependencies and that fear of change is huge.”

The lure of material wealth had dimmed and Melinda “reached a point where money and having fabulous things was not meaningful to me in any way and I wanted to be of service.

“That desire to be of service oversized everything else. I downscaled everything, and sold everything.

“As everything does, it becomes self-rewarding. The pleasure I get from it is through the roof.”

Melinda had long believed she couldn’t fulfil her dream and “hadn’t started my own therapy before the training.

“As far back as I can remember, I remember being around seven and thinking I wanted to be a psychiatrist.

“My mum said: ‘Oh no. You’d have to go to university. You can’t do that.’ We take in these ideas of what we can and can’t do.”

Melinda faced the biggest challenge in not letting that mindset stop her. “A lot of it is an internal struggle,” she explained. “You can feel trapped by other people’s ideas of you.”

In 2023 Melinda faced up to the public’s preconceived ideas of her by participating in *Celebrity SAS: Who Dares Wins*.

Filmed in Vietnam, contestants underwent gruelling tasks set by the ex-special forces trainers. Although Melinda did not complete the full military-based selection process, she found the experience life-changing, later crediting the challenging show with igniting a passion for physical and mental fitness.

Melinda’s website with details of her healing therapies is at <https://melinda-messenger.com/>

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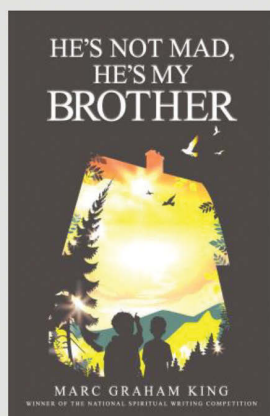
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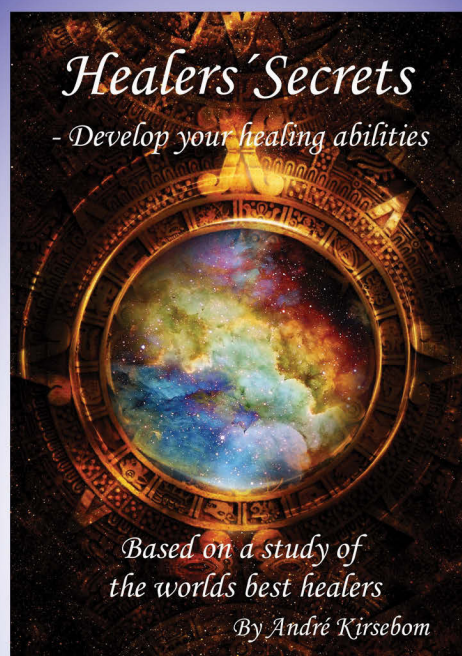


Jason was a happy child, sensitive and kind, much loved by his brother. So what caused him to become so disturbed in his late teens? Yes, there were family issues, not so unusual these days. But what about the paranormal events in their old cottage?

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The book can be purchased on www.amazon.co.uk and www.amazon.com

YouTuber is arrested over haunted airport allegation

POLICE in Goa, Western India, have arrested a YouTuber from Delhi on charges of circulating false information in a video which claimed the Manohar International Airport at Mopa is haunted.

The airport, which only began operating in January 2023, is a key hub for tourists in Western India. Authorities said the allegations were false and damaging to one of the state's flagship infrastructure projects.

Akshay Vashisht runs two channels with over half a million subscribers; he focuses on horror stories and paranormal case studies.

His arrest in Delhi followed a complaint by Goa Police's social media monitoring unit, which accused him of spreading misinformation about the new airport, which cost around £283 million to build.

Titled *Goa ka Haunted Airport* (Goa's Haunted Airport), the video claimed that the facility was constructed on a cremation ground, and alleged that staff and pilots had reported paranormal activity there.

The phenomena included sightings of a woman in a red sari on the runway. Vashisht also said he had heard that some pilots avoided night flights, as they were afraid of encountering apparitions.

Police dismissed the claims as "false, malicious and superstitious," saying that the host was deliberately aiming to alarm the public and boost his channel's popularity.

Investigators went on to accuse him of fabricating testimonies from supposed subscribers to lend credibility to the video.

Vashisht advertises that his content consists of real-life horror stories and urban legends, which are narrated by himself.

He invites contributions from anybody with a chilling story to tell, promising to explore "the darkest corners of the supernatural world, uncovering secrets that will make your skin crawl."

A team from Mopa Airport police station travelled to Delhi to arrest him, seizing his phone, laptop and camera.

Vashisht faced charges under the Bharatiya Nyaya Sanhita, India's new penal code, for public mischief and

criminal conspiracy.

The code is designed to modernise the country's criminal law, incorporating technological advancements. It also replaces terms from the era of British control. For instance, "unsound mind" now reads "mental illness."

Authorities said they were also considering action against a Facebook page which shared the same video clip.

According to *Gulf News*, officials expressed concern that such rumours could damage the image of Goa's second international airport, which aims to handle twelve million passengers



AKSHAY VASHISHT runs two channels with over half a million subscribers. (Photo: Facebook)

annually within five years. The airport is fully operational and has reported no disruptions.

An update on Instagram by lawyers MUJ Law Chambers stated that in a "dramatic" late night ruling, Judicial Magistrate First Class Shabnam Nagvekar had granted Vashisht bail.

The magistrate criticised police for not following due process, highlighting their failure to serve the mandatory prior notice before arrest, which violated Vashisht's legal rights.

Represented by Advocates Ankur Kumar and Meghna Nimbekar, Vashisht secured bail while investigations continued.

The local paper said the authorities remain "vigilant to curb any attempts

to spread fear or misinformation about critical state infrastructure."

The post by lawyers for the accused called the action "A classic case of misuse of the mandatory compliance of providing Notice to the alleged accused where arrest is not warranted." It continued:

"Our team headed by Meghna Nimbeka had reached Goa and followed up the matter. After the illegal arrest of Akshay (and continued harassment throughout the day), he was taken to the house of Duty Magistrate, Pernum (Goa), at 11.00 pm. Justice was rightly served!"

Vashisht posts new videos every Thursday and Sunday, focusing on ghosts, demons, witches and black magic practices. The creator has recently appeared as a guest on other horror channels, such as RealHit.

An Indian podcast and video content platform, it features a tri-host format which explores diverse topics like news, true crime, lifestyle, mysteries and interviews with successful individuals.

Founded ten years ago, it provides thought-provoking conversations and real-life stories, aiming to deliver informative, engaging and relevant content to a broad audience across various platforms like YouTube and Spotify.

The site promised: "In this gripping episode of the RealHit podcast, we are joined by Akshay Vashisht, a master storyteller known for his terrifying tales and real-life paranormal encounters.

"From haunted houses to unexplained supernatural events, Akshay shares spine-tingling stories that will leave you breathless.

"Whether you're a fan of true horror stories, paranormal experiences or ghost stories based on real events, this podcast is your perfect eerie escape."

However, before the video commenced, a disclaimer stated, "The opinions expressed in this podcast are solely those of the guest and not necessarily of the host."

It went on to clarify that the hosts "do not guarantee the accuracy or reliability of the information provided herein by the guest." As in the UK, the podcast is said to be "for entertainment only."



PICTURED outside Derby Gaol, Richard Felix says that “*Most Haunted*” created “more argument, discussion and debate than any ghost programme ever has or probably ever will.” (Photo: Facebook)

Paranormal historian tells of his ‘Most Haunted’ experience

A PROMINENT paranormal historian has reflected on his time with the ghost hunting TV show *Most Haunted*.

Richard Felix shared his most haunting memory and admitted that some scenes were made more theatrical for the cameras.

Richard joined the cast alongside medium Derek Acorah and host Yvette Fielding in 2002. He contributed to 120 programmes before leaving after the eighth series in 2006.

In an interview recorded inside the former Derby Gaol, which Richard purchased in 1997, the historian said that although he is “frightened of ghosts,” he always asks to stay in a haunted room when filming on location.

During the team’s visit to the cruise liner *RMS Queen Mary*, now serving as a floating hotel and museum in Long Beach, California, he did exactly that.

Records suggest that 57 people passed on the *Queen Mary* during the years she operated as a luxury ocean liner from 1936 to 1967.

Up to 150 spirit entities are said to promenade around the decks, including a mechanic who was crushed by a door and a young girl who drowned in one of the ship’s pools.

During World War Two, the *Queen Mary* ferried over 810,000 military personnel across treacherous waters: many of them did not survive the journey.

Richard commented that the most notorious place on board is cabin B340, kept unoccupied due to its history of unexplained phenomena. He told Middlesbrough-based TikTok host Sara:

“No carpet. Rickety old table. Toilet and bathroom didn’t work. It took me ‘til about half one before the security guy came and let me in. By that time, I’d had considerable numbers of quite large glasses of whisky.

“About half past four in the morning there’s this crescendo of noise in the cabin. It was metallic, as if someone had got a huge bundle of metal coat hangers – 50 to 100 – and bounced them from wall to wall.”

Resisting the urge to flee, Richard tried to go back to sleep, aware that parapsychologist Ciarán O’Keeffe was recording the events on a laptop placed in the cabin. Back in the UK, the crew reviewed the footage and witnessed the unexplained noises.

“But then,” said Richard, “we hear footsteps going around my bed, and a voice that twice goes ‘Mummy.’ You ought to have heard Yvette scream.

“Legend has it – and Derek picked up – that a little girl had been murdered in that room.” The historian described the event as a “highlight of his career.”

There has long been speculation about the authenticity of some scenes in *Most Haunted*. Richard commented: “Remember that this is an entertainment programme. I never caught anyone faking anything when I was on there.”

He added that when the show started, “it was terribly impressive, but I know full well they had to keep the public entertained.

“They believed you needed a ghost every five minutes. For me, there was

not enough investigation into what was happening.

“None of the crew apart from Derek and Ciarán knew anything about ghosts.”

Every time somebody “screamed, fell over, felt sick or got a headache, or anything else... Have you ever heard anyone screaming before you faint?”

“You just go down. Well, if you didn’t scream before you fainted, the camera wouldn’t get to you in time.”

Richard praised the achievement of the *Most Haunted* team, saying the programme has created “more argument, discussion and debate than any ghost programme ever has or probably ever will.

“I say ‘Well done *Most Haunted*,’ but for me there wasn’t enough research done when something happened. I knew it would go down one day, and people would see through it.”

Richard, who survived a teenage cancer diagnosis, has a fascination with history, especially military campaigns.

He is active in hosting ghost tours of Derby, including the gaol, which he has described as his “second home.”

Richard also writes regularly for the *Derby Telegraph*, has appeared on local radio and written a number of books about ghosts. His website is <https://richardfelix.co.uk/>

Most Haunted ran on Living TV followed by Really TV from 2002 to 2019, clocking up more than 300 episodes.

It is available to watch on Amazon Prime and other streaming platforms. The *Queen Mary* visit featured in series six, episodes 23 and 24, which first aired in 2005.



Father meets wife and baby during near-death trip

AN American father whose wife and baby passed in a car accident has described a near-death experience in which his “dead” spouse urged him to return to life to save their young son.

In 1997, Jeffery Olsen was driving his wife Tamara and two sons, Griffin, one, and Spencer, seven, when he fell asleep at the wheel.

Aged 33 at the time, only now, 28 years later, can Jeffery talk openly about his experience, during which his car swerved uncontrollably and rolled over.

“I blacked out for the actual crashing,” Jeffery said. “When the car came to a stop, I was completely conscious.

“The first thing I became aware of was my seven-year-old son in the back seat behind me crying hysterically. As a father I knew I had to get to him. That’s when I realised I could not move.”

Jeffery suffered extensive injuries resulting in his left leg being amputated above the knee. His seatbelt caused internal ruptures and his back was damaged.

“I was unaware of my injuries,” Jeffery recalled. “Both my legs were crushed and shattered, and my lungs were collapsing.

“My right arm had almost been completely torn off. I was in and out of consciousness. All I could think was that I had to get to my boy.”

He realised then that his wife and infant were silent, as both had been killed in the accident.

“As I blacked out, I felt light come and surround me – a tangible light,” said Jeffery. “It felt comfortable, like it was holding me in this horrible, terrible situation.

“It felt like I was rising above the

accident scene. I was confused because now I could breathe.

“There was no pain. I was very much alive. I suppose my spirit or soul left my body, but I was very much alive.”

Suddenly, his partner Tamara was there in the light, alive and uninjured. She made it clear her husband had to go back, as she could not.

“If I stayed our surviving son would be orphaned,” the couple knew, and the choice was made.

Emergency workers extricated Spencer from the wreckage and his father was airlifted to the nearest trauma centre. Whilst Jeffery lay unconscious in hospital, he could “see” all around him.

“Everyone I encountered there I knew personally,” he explained. “I knew their thoughts; I knew their love. I knew their hopes, their motivations and even their anger.

“I felt everything, but there was no judgement of any of it. There was just this profound sense of love.”

A nurse passing by was unaware of Jeffery, but he immediately knew all about her life, the abuse she suffered as a child and saw “the magnificence of her soul” as she helped others heal.

“I felt I was seeing these souls as God sees them,” Jeffery added. He noticed himself in his “skin suit,” his body broken.

Nevertheless, he saw it as a magnificent machine. Jeffery knew he had to “get back in,” an intention which returned him to his

earthly form.

Jeffery was hospitalised for six months, most of which spent in intensive care, and underwent eighteen operations.

One night while sleeping he “saw that same light come again. I was in so much grief. The light surrounded me again, lifting me above the hospital bed.”

Jeffery found himself in a beautiful place which he likened to heaven, but felt was simply “home.”

He had both his legs again, which “was such a physical experience, I could feel the ground beneath my feet.”

Jeffery knew he wasn’t there to stay, but was able to visit a room containing a crib, where his baby son was lying asleep. He picked up the infant and felt him as if he was alive, warm and breathing.

Next, Jeffery sensed a “wise, cosmic presence” behind him, and terrible guilt that he had caused the accident which took Griffin’s life.

He then felt a loving embrace, followed by a communication from the presence that there was “nothing to forgive,” as it was all in divine order.

Before returning his baby son and coming back to Earth, Jeffery realised there was no judgement, but just unconditional love.

Now Jeffery wants to spread the message that we should go out in nature and smile at strangers on the street

“I think if we step into our kindness, if we step into compassion, that’s the divinity which is within us,” he said.

“If we could be more kind, it seems to expand this ability to connect to something that’s bigger than I am.”

Conservationist was guided by 'dead' fiancée

A RECENT talk has revealed that a man who is recognised as the father of American conservation spent twenty years communicating with his "dead" fiancée.

The event organised by Grey Towers Heritage Association in Milford, Pennsylvania, highlighted the relationship between Gifford Pinchot, the former owner of Grey Towers, and his belief in an afterlife.

"It's a story of love after death – and much more" ran the publicity for the presentation by the Rev Darrell Berger, a Unitarian minister.

Grey Towers was built in the style of a French chateau in 1886 by James and Mary Pinchot, who used it as a summer retreat.

James became troubled by the reckless destruction of natural resources across the USA and encouraged Gifford, his eldest son, to consider a career in forestry, with an eye to conservation.

Gifford went on to establish and serve as the first Chief of the US Forest Service, and was twice elected Governor of Pennsylvania.

Historians have noted that alongside his public duties, Gifford also developed a profound spiritual life, as evidenced by the many books in his library and his diaries.

Over a twenty-year period, Gifford detailed how he communicated regularly with his sweetheart Laura Houghteling following her passing from tuberculosis.

Although it seems there was no formal engagement, the 28-year-olds had made their intentions clear.

It has been reported that Gifford believed he and Laura enjoyed a "spiritual marriage," which continued beyond the grave. Only when her presence seemed to be waning did he marry what he may have considered to be his "temporary wife" on Earth.

Gifford and Laura moved in the same social circles for some time, but only fell in love a year before she passed on February 7, 1894.

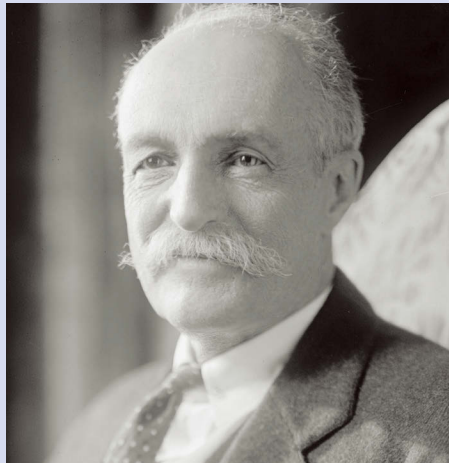
On March 18, his diary entry stated,

"My lady is very near." On April 3, Gifford rejoiced in writing, "My Darling is with me, and I know it already."

The diaries continued for two decades, recording Gifford's feelings of love, happiness and peace. Other entries state:

"Tonight my Dearest spoke to me saying she wants to be with me as much as I want to be with her" (January 10, 1895).

"I was blessed with a wonderful nearness of my Dearest in the train to Frankford. I could hardly help expecting to



GIFFORD PINCHOT developed a profound spiritual life. (Photo: Library of Congress)

see her with my own eyes" (May 16, 1895).

It seems that Gifford never saw Laura as a spirit form, but sensed her and talked with her. He felt guided by her in his work.

Following a speech in Philadelphia on January 18, 1896, Gifford wrote, "I spoke as my Lady's servant." After testifying as Chief Forester before a Senate Committee on March 24, 1906, he recorded, "I felt today my Lady's help."

Gifford also read spiritual books, believing that Laura was there with him, absorbing the contents as he did.

Conscious that his family would be

disturbed by his ongoing relationship with Laura, Gifford often used a code to indicate whether or not he had felt her presence on a particular day.

As if merely noting the weather, he would call it "a bright day" or "a clear day" when they had been in touch.

When Gifford felt less confident of their connection, he would describe it as "not a clear day" or worse, "a blind day" or "a lifeless, useless day."

As the years rolled by, Gifford came to accept that he had an earthly duty to marry and produce an heir to his parents' estate.

At the age of 49, in August 1914 Gifford married conservationist and women's rights activist Cornelia Bryce, just days before her 33rd birthday.

It seems that Laura had begun to withdraw a year before his betrothal. The last diary entry to mention her was on July 30, 1914, two weeks before the wedding. It stated, "Not a clear day."

Gifford passed in 1946. Subsequently, his edited diaries were published as *The Conservation Diaries of Gifford Pinchot*, highlighting his daily interactions with conservation pioneers including Theodore Roosevelt Junior, the 26th president of the United States.

After William Howard Taft succeeded Roosevelt in 1909, Gifford's influence was seen as unwelcome. Republican Taft once declared, "Pinchot is a socialist and a Spiritualist, a strange combination and one that is capable of any extreme act."

Following Cornelia's passing in 1960, their only son Gifford Bryce Pinchot donated Grey Towers to the Forest Service.

The Pinchot Institute, which continues Gifford's work and administers the site, was dedicated by President John F. Kennedy in 1963. The same year Grey Towers was one of the first sites declared a National Historic Landmark by the Secretary of the Interior.

Today the house and 103-acre grounds are open to the public for tours and hiking on its trails.

HERE is just part of the magnificent Gifford Pinchot National Forest. (Photo: US Forest Service-Pacific Northwest Region on Flickr)



Cancer charities benefit from centres' community spirit

TWO spiritual centres hundreds of miles apart are making a difference in their communities by hosting events and donating impressive sums of money to local charities.

Scottish group Spirit N Sky was formed by medium Laura Graham and her friends whom she describes as a "group of ladies who have a massive love of all things spiritual." They are Lee-Anne, Lynn, Janice, Cathie, Gina and Vicky.

Laura continued: "I met the other girls through various other development circles. They are at all different levels within their spiritual journey.

"I started my own development circle and the ladies followed me. They are developing brilliantly."

The group fulfilled their dream last year when they opened their own church in the Camelon Community Centre in Falkirk, which is in the Central Lowlands of Scotland.

"We agreed that all monies raised through the church would go back into the community," said Laura.

"Within the first month of opening, we raised enough money to donate £200 to Camelon Foodbank last December.

"Our next donation of £100 went to Stenhousemuir Boys football club for them to purchase essential kit.

"Throughout the rest of the year, members of our congregation donated raffle prizes, completed football cards, etc, and we just carried on with these until our big fundraiser held earlier this year.

"We had 150 people present, with three working mediums, guess the weight of the cake, raffles and more football cards on the night.

"Mediums Lorraine Bathgate, Maria Sharp and Kerry Lawson had an amazing night and so did everyone who received a reading.

"In total between ticket sales and all the fundraising on the night we raised £2,829 for Maggie's, which we rounded up to £3,000."

Laura explained that Maggie's centre is a cancer support hub in the grounds of Forth Valley Royal Hospital.

"Maggie's centre plays a massive part in our lives," she added. "We wanted to help people and their families with a diagnosis



THIS happy shot shows Cathie Lees, Laura Graham, Leanne Graham, (Gina) Georgina Gorman (back row left to right) and Victoria (Vicky) Beveridge, Janice Fullarton and Lynn Aikman in the front row.

or in remission to use this amazing facility.

"Without the awesome congregation and the community spirit we have at the centre this would not have happened.

"We are on track to make a donation of £1,000 to Strathcarron Hospice around Christmas. The hospice has played a massive part in most of our lives.

"We've had friends and family receive care there towards their end of life. One of our ladies worked there for a while, so she knows how valuable donations are to the hospice."

The Facebook page for the group is <https://www.facebook.com/p/Spirit-N-Sky-A-Spiritual-Connection-61562008559609/>

Down on the south coast at Worthing in West Sussex, the Lady Amethyst Centre has also been showing community spirit in raising funds for good causes, notably the cancer unit at Worthing Hospital.

Practising medium Carol Cowley founded the spiritual centre in 2013 following treatment for Non-Hodgkin lymphoma.

This occurs when germ-fighting cells in the lymphatic system grow out of control. Thankfully now in remission, she underwent months of chemotherapy during her period of care.

Carol decided to help the cancer unit after seeing there were shortages in equipment. She now holds monthly psychic evenings to raise funds, but "didn't realise it would be so popular."

In the early days, Carol called upon her friend the acclaimed TV medium Colin Fry to host an evening, which made over £3,000.

Since then, platform mediums have gladly made the journey to Worthing to give their services.

The usual venue is Heene Community Centre, but local restaurants such as the Hantone in Littlehampton have also been happy to hold psychic evenings for this worthwhile cause.

Carol, who manages the centre entirely on her own, chose the name Lady Amethyst Centre because purple is her favourite colour.

She was keen to point out that there is nothing "churchy" about the events, which are simply demonstrations of communication with loved ones on the Other Side.

Carol's donations to the Worthing cancer unit are now nearing a total of £20,000. With a major Christmas fair planned, she may well reach that amount soon.

When she reaches this target, there will be no stopping her, as Carol will continue helping other health charities, ever grateful for the care she received when she needed it.

The Facebook page for Carol's centre is <https://www.facebook.com/p/Lady-Amethyst-Spiritual-Centre-Worthing-100064830242843/>

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By the light of the silvery Beaver Moon

By staff writer

ON a chilly November night, when the air grows sharp and the frost may begin to bite, the moon rises with a glow which feels ancient and watchful.

This particular full moon, known as the Beaver Moon, has fascinated stargazers, storytellers and seekers of wisdom for centuries.

Its name alone evokes mystery. Why beavers? Why November? What is it about the moon that stirs both our imagination and our inner tides, drawing us to rituals, myths and practices that still endure across cultures?

A moon of seasons and survival

The Beaver Moon takes its name from a very practical source. In the Northern Hemisphere, November was the time when beavers were busiest shoring up their dams and lodges for winter.

It was also the period when hunters and trappers would set their lines since beaver pelts provided valuable warmth against the cold.

Among Algonquin peoples of Eastern Canada, the

moon was named accordingly, and colonial almanacs later carried the term forward. In this way, the November moon became a marker of seasonal necessity, linking the cycles of the sky with those of Earth.

Each year, this moon appears just once, the full moon of November, though its exact date shifts depending on the dance between the solar calendar and the lunar cycle.

Visually, it is no different from any other full moon, yet context is everything. Rising against a backdrop of increasingly skeletal trees and frost-hardened fields, its light can feel sharper, more commanding and a reminder that winter is near.

For agrarian societies, such lunar markers were more than poetic names. They were practical guides to survival.

The Harvest Moon in September signalled the time to bring in crops while the Wolf Moon of January reflected the howls of hungry animals.



BIRDS have been recorded singing more at night during full moons, their cycles of communication subtly altered by a silver glow.

These cycles connected human communities to their environment in intimate ways. In naming the Beaver Moon, people were not only marking the sky, but acknowledging their dependence on the animal kingdom for warmth and sustenance.

Even today, many modern calendars note the Beaver Moon, though most of us are far removed from trapping and storing rhythms that inspired its name.

The survivalist necessity has faded, but the symbolic resonance remains. November's moon is a time of preparation, of gathering in and laying down stores before the long cold.

Moon mysticism across cultures

Though many associate the Beaver Moon specifically with Native American traditions, naming moons after seasonal rhythms is a global human practice.

The moon, after all, is a universal companion, its waxing and waning visible to every culture across time.

The Maori of New Zealand structured their fishing and planting practices around lunar phases, with certain nights deemed auspicious for sowing seeds or setting nets.

In Hindu tradition, the full moon of Sharad Purnima – a religious festival celebrated on the full moon day of the Hindu lunar month of Ashvin – is celebrated with fasting, prayers and moonlit vigils believed to bestow health, prosperity and spiritual awakening.

Meanwhile, in China a mid-autumn festival honours the harvest moon with lanterns, mooncakes and family reunions, echoing a reverence which stretches back millennia.

Turning to Africa, moonlit nights are times for storytelling, dance and ritual. Among the Yoruba people of Nigeria, lunar

phases inform divination practices, guiding decisions both mundane and profound.

In ancient Celtic lands, Druids observed lunar cycles for agricultural rites and spiritual ceremonies, often linking the moon to fertility and rebirth.

The Egyptians also tracked the moon meticulously. Thoth, a god of wisdom and timekeeping, was linked to the lunar cycle, which structured not only festivals but also agricultural tasks along the Nile.

The Maya of Central America created detailed lunar calendars, associating the moon with fertility, childbirth and the underworld.

In Norse mythology, the moon was

This sense of influence is not only mystical. The moon's gravitational pull is a scientific reality, responsible for tides that govern the heartbeat of the oceans. Just as it stirs the seas, many believe it stirs the waters within us.

Women's menstrual cycles often align closely with lunar phases, an echo of our biological kinship with the heavens.

Whether through science or symbolism, the moon remains one of humanity's most intimate celestial partners.

Rituals of light and water

Because a full moon is believed to heighten energy, it has become a time for ritual. Placing crystals under the moonlight is thought to cleanse them of absorbed negativity and amplify their natural properties.

Clear quartz, amethyst or rose quartz are often laid on windowsills or directly outdoors, soaking in silver light. For many practitioners, this is not only energetic but deeply psychological – a way of “resetting” tools used for meditation, healing or intention-setting.

Water, too, becomes sacred when left under the moon. Known as moon water, it is said to absorb lunar energy and is later used in cleansing rituals, in baths, for drinking or even watering plants.

Its uses are varied: some dab it on their skin for clarity whereas others add it to teas or elixirs, or sprinkle it around a home to bless and purify.

Another ancient practice is lunar bathing: lying or sitting in moonlight, often in stillness or meditation.

Unlike sunbathing, which warms and energises, moonbathing cools, soothes and balances. Practitioners describe it as calming for the nervous system, helpful for insomnia and spiritually nourishing.



MOONCAKES feature in a Chinese mid-autumn festival.

personified as Mani, pursued eternally across the sky by a wolf, whose eventual capture would signal Ragnarok – the end of the world.

The moon is not merely a passive orb in the sky, but an active participant in the spiritual imagination. It governs the waters – oceans, rivers and even the subtle tides within our own bodies.

Additionally, it shapes fertility cycles and dreams. It is the clock of the night, a teacher of rhythm and for many a messenger of the divine.

In Ayurveda, the moon embodies soma, the nectar of immortality, representing rejuvenation and renewal. To bask in its glow is to symbolically drink of that celestial nectar.

Ritual extends even to the soil. For centuries, farmers and gardeners have planted and harvested according to lunar cycles.

The waxing moon is thought to favour crops that grow above ground while the waning moon favours roots.

This system of lunar gardening remains popular today among those who feel that aligning with natural rhythms yields stronger crops and healthier plants.

Whether explained by gravitational influence or spiritual attunement, the principle remains the same: the moon is a guide for life.

Astrology also builds upon lunar influence. Full moons are seen as times of culmination, revelation and heightened emotion, while new moons invite new beginnings.

Astrologers often advise using full moons to release what no longer serves, and new moons to set intentions. For those who track their natal charts, the sign and house of each full moon offer insights into which life area is being illuminated.

Dreamwork is another practice tied to the moon. Many people report vivid dreams during full moons. Some traditions encourage keeping dream journals at this time, believing the moon opens portals to the subconscious.

In ancient Greece, dream incubation rites where supplicants slept in temples were often timed with lunar phases, seeking divine guidance through night visions.

Moonlight, madness and mystery

The moon's power is not always gentle. Throughout history, it has been linked with madness, danger and the uncanny.

In Mesopotamia, temples were dedicated to the moon god Sin whereas in Greece, Selene, the goddess and personification of the moon, rode her silver chariot across the sky.

In India, Chandra shone as a deity of fertility and wisdom. Yet alongside reverence came fear.

Superstitions abounded: lovers swore vows beneath its glow, but sailors dreaded eclipses as ill omens.

Tales of werewolves, shapeshifters and other nocturnal dangers became woven into folklore, reflecting the belief that the

full moon could unleash transformation.

Even our language carries this imprint, as the word lunatic derives from the Latin *lunaticus*, meaning moonstruck.

Medieval English records from the 13th century used the term to describe those whose mental states were believed to fluctuate with lunar phases.

Pliny the Elder, the Roman naturalist and philosopher, reinforced such associations in the first century AD, claiming that the moon caused madness and epilepsy.

His authority gave weight to the idea that celestial bodies directly shaped human health and behaviour. Though science today is more cautious, the cultural resonance endures.



SEA turtles "time their nesting with lunar cycles, emerging under moonlight to lay eggs."

Even now, many police officers and prison wardens swear that full moons coincide with spikes in crime, violence or unrest.

Studies are mixed. Some show no correlation. Others suggest small upticks, but belief itself is powerful. If people expect madness beneath the full moon, they may unconsciously act it out.

Hospitals, too, have reported higher incidences of emergency admissions during full moons, though again science remains divided.

The line between myth and reality blurs. What is certain is that the moon, more than any other celestial body, has become a mirror for our fears, instincts and hidden depths. It reflects both the luminous and the shadowed aspects of the psyche.

Creatures of the lunar cycle

The influence of the moon extends beyond humans. In the natural world, countless species live by its rhythms.

Coral reefs synchronise mass spawning

events with full moons, releasing eggs and sperm in spectacular underwater displays.

Predators alter their hunting during moonlit nights: lions hunt less when prey can see more clearly while owls take advantage of extra light.

Birds have been recorded singing more at night during full moons, their cycles of communication subtly altered by a silver glow.

Marine life is especially attuned. Sea turtles time their nesting with lunar cycles, emerging under moonlight to lay eggs.

Fish are known to migrate in response to lunar phases. Even insects, such as certain moths, adjust their activity according to the brightness of the night sky.

Domestic animals also seem affected. Pet owners often report restlessness in cats and dogs during full moons, a behaviour that may echo ancestral instincts shaped over millennia.

Taken together, these examples show that the moon is not just symbolic, but ecological. It shapes the rhythms of life across the planet, threading itself into the biology of species as much as into human myth.

The moon's enduring call

The Beaver Moon is more than a quaint name in a farmer's almanac. It is a reminder of the depth of our connection to the night sky and of humanity's ongoing dialogue with cycles of light and shadow.

From ancient temples to modern rituals, from survival calendars to spiritual practices of bathing and charging, the moon continues to guide us.

It reminds us that we, too, are cyclical beings. Just as the beaver prepares its lodge for the long cold, we prepare ourselves for the seasons of our lives – times of growth, fullness, release and renewal.

Even in an age of artificial light and digital distraction, the moon still calls us back to wonder, to reverence and to a deeper awareness of rhythm.

The moon asks us to live not only by the clock but by the cycle: to remember that light always returns after darkness and that release is as essential as growth.

It is a celestial mirror reflecting the eternal truth that life itself is rhythm – a pulse of becoming, peaking, dissolving and beginning anew.

Under the Beaver Moon, we glimpse this rhythm not as theory, but as a living presence etched in silver across the November sky.



All forms of life 'are equal to God'

By Lionel Owen

I RECENTLY officiated at a wedding, which of all ceremonies is my favourite. Afterwards, it led me to think about the all-empowering influence of love in life whether on Earth or in the spirit world.

Family life is intrinsic to human existence. Without it our core values as human beings would be vastly different. Indeed, one can envisage a scenario where the lack of family life could lead to the extinction of sentient life altogether.

In fact, it is impossible for me to think of any species living on Earth where family life is not the basis of its continued survival.

The love that empowers all species is surely mother love. No matter where you look, a mother is fiercely defensive of her offspring. She is willing to sacrifice her own life in their defence and will brook no interference in her method of nurturing her young.

It is a basic feature which is instinctive and not thought-driven, and features in that revolutionary book *On the Origin of Species* by naturalist, geologist and

biologist Charles Darwin.

Traditionally, family life begins with the attraction between male and female, which is beyond doubt based on love.

This powerful emotion within humanity changes the way lovers see the world around them. Of course, in contemporary times family life also embraces same-sex couples.

Lovers become more tolerant of each other and those around them, and see beauty in their surroundings, which they perhaps totally ignored before falling in love.

Those who may have never written a word in their lives are sometimes moved to compose poetry for a loved one: nothing is too much trouble in performing actions for their benefit. Their reactions to others are transformed and people speak of "seeing the lovelight in their eyes."

To be capable of producing such a huge transformation in behaviour, this love must surely be very special. Indeed, it is because it stems from the love of God, which without exception animates all forms of life.

In view of past teachings, it is difficult for many people to think of God other than as a person in human-like form. However, Spiritualists know from conversations with those in the spirit world that He must be a great deal more.

Individuality always imposes limitations whereas God is limitless and the love of is God all-embracing. It is not constrained in any way by the petty considerations which seem to be an inescapable part of individuality.

Humans frequently question what we see as the actions of God, but as Shakespeare said, "we see through a glass darkly." What we assume is God's action – or more frequently lack of action – is often a rationalisation of our own disappointment that events worked out



NO "matter where you look, a mother is fiercely defensive of her offspring."

differently from what we anticipated.

Too many people assume that by worshipping God bad things which happen to us all will no longer transpire. They cannot understand why an all-loving God is unable or unwilling to prevent them from occurring.

Were physical life all that there is, this might be justified. More often than not, bad events arise because of human frailty and duplicity.

The basis of such beliefs and assumptions is a totally unrealistic image of "God the Father." To a large degree, such thinking has been influenced by the growth of materialism and the desire to accumulate as much monetary wealth as possible here on Earth.

The discoveries of science and the exploitation of these discoveries by industrialists has led to the wealthy being placed upon pedestals and envied.

"Why," the materialist argument goes, "does God place humanity at the pinnacle of earthly life if we are not intended to exploit 'lower' animals for our own benefit?" Such thinking totally misrepresents life on Earth and its purpose.

Whilst we assume humanity is the most advanced form of life, this is not how God planned it. All life is equal to Him and was created with the same love and intention.

What materialism has done is to ignore God's intention and by its selfish and misguided ideas tried to thwart the plan. Its efforts will ultimately be in vain, though they are likely to lead to greater suffering for human beings than should have been necessary.

In His love and wisdom, God provided everything needed for all beings to live

their material lives in happiness. By pillaging the resources of Earth in a selfish and thoughtless manner, we are in grave danger of ensuring our descendants find life much more challenging than our generation.

The love of God created physical life as a means of refining the inner spirit in a special way. That we frequently choose to use the gifts of God differently is using our free will, which is another loving gift.

God also gave us brains to enable us to convert our thoughts into action. Using our brains properly would have turned us away from many of the worst excesses of materialism.

If you think about it, free will is an amazing gift. Using it, we can either co-operate with God's plan or else do our own thing and ignore it.

It shows the breadth of God's love that having provided everything we need to share this wonderful Earth with all other inhabitants, He gave us the option to please ourselves. There is, thank goodness, a mechanism to prevent things becoming too unstable.

This is the spirit, the spirit within every form of earthly life. Our spirit has a great leavening effect upon the tendency to allow self-interest to run rife. Our spirits likewise know the truth, even though we may not acknowledge it consciously.

This inner light is the root of every aspect of love we see around us whether it be romantic love, mother love, deep friendship and the willingness to make sacrifices for the sake of the loved one, or the love of country and a particular way of life.

No matter how much we try to rationalise it away, the light of the spirit

cannot be extinguished. When a wild animal buries its fear of human beings to seek help from us for its offspring demonstrates the light of spirit.

Similarly, when a person puts his or her life in danger to save animals or other humans in difficulties is also an instance of the light of spirit.

Just think of all the examples of self-sacrifice when communities are faced with injury or worse as a result of extreme weather or the refusal to consider personal danger when helping a friend or colleague in horrific circumstances faced during wars.

The greatest boon of all is that those who love us and have ended their earthly lives can still draw close to bring us comfort and loving companionship when we are in need.

The biblical statement "Greater love hath no man than he lay down his life for another" highlights the heroic actions of people over millennia. Only love can lead to such awe-inspiring acts of self-sacrifice.

Love is without doubt an essential part of the human character and has long been recognised as such.

Turning to the Bible once again, we find the words "Though I speak with the tongues of men and of angels, though I have faith so that I can move mountains; if I have not love, I am as sounding brass or tinkling cymbals."

A truly incredible medium, healer and teacher, Jesus said, "You shall love the lord your God with all your heart, with all your soul and with all your mind" and "Love your neighbour as yourself."

Throughout the centuries of humanity's life on Earth, irrespective of religious belief, there has been an instinctive acceptance of these exhortations.

This quite clearly demonstrates that love is the true foundation of life in all its forms, and is necessary to fulfil the true reason for the existence of earthly life.

Life is of the spirit, not of the flesh. When Native Americans referred to God as the Great Spirit, they were describing the deity accurately.

To achieve true happiness on Earth, humanity must accept God in this light and understand that although physical life exerts a dominant influence over us while we are on Earth, it is merely the shadow.

The substance is the spirit, and it is for its effect upon our spirit that we live temporary earthly lives. Love shining from our spirit is what gives us our humanity.



PETS can also benefit from the properties of crystals and play a “powerful role in lifting one’s spirits.”

Add sparkle to life with spirit-lifting crystals

By Kris Meredith

In this specially commissioned article, Kris Meredith, who runs The Crystal Hut, tells how to beat bad weather blues with crystals.

AS autumn deepens and the days grow shorter, many of us feel an energetic shift. The light fades earlier each evening, mornings begin in darkness and the welcome warmth of summer feels like a distant memory.

With this change often comes a heaviness of mood. People talk about feeling “fed up” or “low” and there’s truth in this.

The seasons affect not only our environment but also our inner worlds. It’s a time when routines can feel harder, motivation dwindles and we crave comfort in ways we don’t always notice during brighter months.

At The Crystal Hut, we know that like companions, crystals can bring warmth and

cheer during these darker times. They carry light, energy and colour which help us reconnect to joy.

Alongside crystals, pets play an equally powerful role in lifting one’s spirits. My West Highland Terrier called Burt does so for me. Welcoming our lovely customers each day, he brightens their day too.

Together, they create an uplifting combination of healing energy and unconditional love, which makes winter feel less of a challenge and more like an opportunity for comfort and growth.

Come with me as we explore the winter mood shift, crystals that shine brightest when the days grow darker and how pets can be as vital to our wellbeing as crystals.

Why we feel fed up in winter

As the year heads toward its colder half, daylight hours shrink. In the UK, by late October and November, sunset creeps into the afternoon. The early darkness can feel stifling.

Many people experience seasonal affective disorder (SAD), a mood imbalance triggered by lack of natural light. Even without a formal diagnosis, the season affects energy levels, sleep patterns, and

our overall outlook and mood.

This is not simply about being “tired of the cold.” It’s a deep, physiological and emotional shift, which is why rituals of light, comfort and connection become so important.

Crystals are powerful companions in this transition, bringing a symbolic and literal glow into our spaces and places. They can alter how we feel throughout the whole season and bring us the light we are missing from summer months.

Crystals which bring light into dark months

Certain crystals seem as if Mother Nature made them for winter. They radiate energy that helps ease sadness, spark joy and remind us of warmth even when the world feels grey.

At The Crystal Hut, we often recommend these stones for lifting our spirits:



Citrine – The sunshine stone

Citrine carries the energy of the sun. Golden and radiant, it brings optimism and positivity.

Holding citrine or keeping it in your living space can feel like a shaft of sunlight breaking through heavy clouds. It’s especially useful for people who find themselves struggling with motivation during shorter days.



Carnelian – The fire of vitality

This fiery orange crystal rekindles zest for life. It encourages confidence, creativity and action.

When winter makes you feel sluggish or uninspired, carnelian is like a warm cup of spiced tea for the soul and reignites passion and drive.



Amethyst – Calm and clarity

Dark evenings can also stir up restlessness, worry or overthinking. Amethyst soothes the mind, offering balance and clarity. It’s a crystal of spiritual connection and relaxation, ideal for placing by your bedside during long winter nights.



Rose quartz – Comfort and love

As we retreat indoors during colder months, our need for connection often deepens. Rose quartz surrounds you with gentle loving energy, reminding you to nurture yourself.

It helps combat feelings of isolation and loneliness, creating a sense of being held and supported.



Sunstone – Joy and warmth

True to its name, sunstone sparkles with golden warmth. It’s often called a happiness crystal because it encourages joy and a positive outlook.

If the darkness feels oppressive, sunstone’s uplifting energy can make daily life brighter.



Smoky quartz – Grounding and protection

Winter can sometimes stir anxieties or intensify feelings of uncertainty. Smoky quartz grounds us, absorbs negative energy, and helps us feel safe and secure. It’s a reminder that even in dark seasons, we can find stability.

Crystals in the home: creating a winter sanctuary

One of the best ways to work with crystals in winter is to bring them into the home environment.

As we spend more time inside, our spaces become an extension of our mental and emotional states. Surrounding yourself with crystals can transform a room into a sanctuary.

- **By the window:** Place citrine or sunstone where it catches what daylight there is. These crystals magnify the light and seem to store sunshine.
- **On your bedside table:** Amethyst or rose quartz create a calming, nurturing energy for restful sleep.
- **Near the fireplace or candles:** Carnelian or smoky quartz enhance the sense of warmth and grounding.
- **By your workspace:** Fluorite or clear quartz can bring focus and clarity, especially when dark days sap productivity.

Light also plays a key role. Pairing crystals with candles, fairy lights or Himalayan salt lamps enhances their energy, creating a cocoon of comfort against the dark. However, always take special care with candles when pets or the infirm are about.

How pets lift our spirits

While crystals radiate Earth’s energy, pets radiate love. They bring joy, structure and companionship during winter months, often without us realising how vital they are to our wellbeing.

Dogs sense shifts in our mood. When winter blues creep in, they remind us to move, to play and to go outside even when we would rather stay in.

Their loyalty and love are unwavering. A dog’s wagging tail can feel like the brightest light during the darkest evening.

Cats know how to embody rest and presence. Curling up with a purring cat is like holding a vibrating piece of rose quartz. The sound and warmth ease anxiety, and remind us that stillness has its own beauty.

From birds singing in the morning to fish offering energetic calm and reptiles basking under heat lamps, each pet adds its own rhythm to a household. They break the monotony of long evenings and give us something positive to focus on.

Caring for pets creates purpose and daily rituals, both of which are essential in fighting the sense of stagnation winter sometimes brings.

Pets and crystals together

At The Crystal Hut, many customers ask if crystals are safe for pets. The short answer is, "Yes, but with care."

Crystals can be placed in spaces where pets rest without being directly chewed or swallowed. For example:

- A rose quartz near a dog's bed can radiate calm and love.
- An amethyst cluster in the room can ease stress for both owner and pet.
- Smoky quartz placed near a cat's favourite sleeping spot can keep energy grounded and protective.

Like us, pets are sensitive to energy. You'll often notice a cat drawn to a certain stone or a dog lying near a crystal display.

It's a reminder that the healing properties of crystals aren't just for humans. When we visit our Chester outlet, Burt, who is thirteen, always lies by the amethyst we have in the store.

Rituals to brighten winter evenings

Here are some simple practices to combine crystals, pets and self-care as winter approaches.

Crystal and candle evenings

Choose a few uplifting crystals, such as citrine, sunstone and carnelian, and light candles around them.

As the flames flicker, let the crystals catch the light. Sit with your pet beside you, letting the warmth and glow wash over you.

Crystal-infused walks

For dog owners, carry a pocket stone like smoky quartz or carnelian on evening walks. The act of holding a crystal while being outside, even in the cold, can transform a walk into a ritual of grounding and vitality.

Meditation with crystals and pets

Place amethyst or clear quartz nearby while sitting quietly with your pet. Their presence combined with the crystal's energy creates a powerful sense of calm and connection.

Crystal grids for the home

Build small grids of cheerful stones in your living space using rose quartz, citrine, fluorite and amethyst.

These grids radiate supportive energy

throughout the room. Pets will often naturally gravitate towards them.

The Crystal Hut community

At The Crystal Hut, we love seeing how customers use crystals in their daily lives, especially through colder months. Visitors often share stories of placing citrine by the window to mimic sunlight or how their cats nestle near amethyst clusters.

Others tell us that gifting rose quartz or



KRIS MEREDITH: "Crystals help us shift perspective."

smoky quartz to friends has been a way of spreading warmth during dark days.

Crystals remind us that we're never alone. Each stone carries thousands of years of Earth's story.

When combined with the presence of pets and loved ones, they create a network of support that makes winter less daunting.

Reframing winter

Instead of seeing winter as only a season of darkness, we can begin to view it as an invitation.

It's a chance to slow down, to cherish the small moments of comfort and to

surround ourselves with light whether from crystals, candles or the eyes of our pets.

Crystals help us shift perspective. They remind us that joy and beauty are still present, even in the quiet and the cold.

Pets remind us of loyalty, playfulness and unconditional love. Together, they help us to remember that seasons always turn, and spring automatically follows winter.

Final thoughts

As winter draws near, it's easy to feel the shift in energy. The shorter days and long, dark evenings can leave many of us feeling drained, restless or even low in spirit.

It's a natural reaction to the season, and if you feel that way, you're not on your own. What matters is remembering that while we can't change the weather, we can choose how we move through it.

Crystals can act as steady companions during this time, carrying their own quiet energy to lift, balance and protect us when we need it most.

Whether it's the grounding strength of hematite, the gentle glow of rose quartz or the clarity of clear quartz, each crystal holds the potential to shift your mood and reconnect you with your inner light, but it's not just about crystals.

The warmth of a pet curled up beside you, the simple rituals of lighting a candle or the habit of making space for stillness all bring comfort when the world outside feels heavy.

These practices can turn your home into a sanctuary, a space where peace, warmth and love live no matter how grey or wet the skies may be.

At The Crystal Hut, we believe every crystal has its own story and each animal companion is a reminder of love in its purest form. Together they remind us that winter doesn't have to be endured, but can be embraced.

With light, love and intention, the season becomes an invitation to slow down, reflect and rediscover beauty in small things.

As the nights stretch longer, gather your crystals close, cherish the warmth of your pets and let rituals of care carry you through.

Winter may feel endless at times, but with sparkle in your spirit and love at your side, it can become not just bearable, but truly beautiful, like a shimmer of The Crystal Hut.

Find us at our stores on Llandudno Pier, Clonmel Street (Llandudno town centre), New Chester Market or online at www.thecrystalhutstore.com



Honouring the wisdom of children

By Ceryn Rowntree

IF you've ever spent much time in the company of children, you know they often hold deep wisdom of the kind which can stop us in our tracks.

Children tend to spot things older people miss, ask questions we've been taught to silence, speak the kind of deep but simple truths which unravel all of our adult complications and get right to the heart of a situation.

I once heard a child of no more than four describe in great detail his previous incarnation as a train engineer, talking at length about the different bolts used to hold steam engines together and common problems with the furnace.

The lad spoke with such certainty that there was no doubt he knew exactly what he was talking about.

For me, this wasn't a huge surprise. As a child, I also regularly talked about things which made no sense, describing people no one else in the room could see, but whom everyone else recognised from the accounts I

gave.

Both stories – and so many more – are an important reminder of the ways that spiritual wisdom and insights can come so easily to us as youngsters.

With World Children's Day taking place on November 20, when better to consider and honour their wisdom more deeply not only for their sake, but ours too?

Remembering what we once knew

Then aged about two, I once took my young goddaughter on a walk through my local park.

It was a place I had been to hundreds of times over the years and was pretty familiar with, so could walk from A to B in about five minutes.

With her by my side, the walk took longer. She insisted on stopping to sniff every flower, contemplate every beetle and feel the bark of each tree.

At times this may be frustrating but for me on that day it was beautiful, and an important reminder of something adults spend a lifetime trying to rediscover – presence.

Children have a beautiful ability to inhabit every moment of their lives fully. They laugh when something is funny, cry when it hurts and dance to music as it plays.

They stop to look at the beauty of the world around them and don't think twice about talking to anyone or anything which feels like a friend even if it's a beetle, a flower or someone no one else can see.

Many spiritual traditions call this childlike wonder "enlightenment," a state adults can spend a lifetime trying to reclaim.

Children teach us that before society worked so hard to teach us what is "real," "sensible" or "appropriate," we all knew well that all life is sacred and deserves our attention.

Maybe that is exactly why children can so naturally see through the veils between worlds, lives and so much more besides. This is because no one has yet taught them that they shouldn't, and no one's told them to forget such things.

To my mind, that's why it is so important for us to truly listen to children around us because when we do so, they can teach us to remember that vital wisdom of our own.

Souls born for a world in transition

Perhaps this is one of the things these souls came here to do. Over the past half century, terms such as "Indigo," "Crystal" and "Rainbow" children have been used to describe those souls in each generation who seem to have been born with particular skills, abilities or energetic characteristics.

Even outside those labels, many who work closely with youngsters comment on how different today's children feel from those which came before.

A lot of today's young people are highly intuitive, deeply sensitive and fiercely aware of what is being felt rather than said.

Whatever names we choose to give them, one thing is clear: today's children are a generation born for change.

Whereas adults tend to accept that things are just as they are, children now tend to see the world through much clearer lenses of both injustice and possibility, allowing them to see not only



MANY of "today's young people are highly intuitive, deeply sensitive and fiercely aware of what is being felt rather than said."

what needs to change, but also how it might happen.

Those are incredible gifts for a generation which is growing up amidst climate change, social upheaval and rapid technological shifts.

Maybe the role of this generation is to help us not only imagine but build the new for themselves and all those who will follow.

For some, this can be incredibly overwhelming. Many of today's children struggle more than ever before with anxiety and emotional dysregulation, which are perhaps symptoms of sensitivity in a world that is so far out of balance.

As parents, teachers and guides, many suggest our role is to somehow "fix" such children by dimming this sensitivity.

However, if we as spiritually aware adults know anything, it is that the most powerful thing we can do for those in the generations after our own is to help them feel safe enough to stay open and tender.

When we show children that their empathy is a strength and sensitivity a gift, we not only support them and their growth, but also help to heal the youngest parts of ourselves which felt they had to stay silent and hidden.

Supporting a child's spiritual journey

Every child's spiritual experiences will be different. For some it will be imaginary friends who offer comfort on a dark night whereas others will be fascinated with

crystals or stars.

Some will remember previous connections and incarnations, and be able to see or feel the energy around them or within their own hands.

Our job is never to dictate or define this journey, but to create safe, supportive spaces for these to unfold. There are a number of ways we can do this:

- **Encourage a connection with nature:** For many of us, nature is our first spiritual teacher, one which holds us throughout our lives and roots us into that great web of what it means to be alive. Whether through talking to trees, wading into the sea or listening to birdsong, don't be afraid to let the children around you embrace their connection with the natural world.
- **Normalise what is unseen:** I'm so grateful that my parents remained open-minded when dealing with a child who saw things they didn't. Normalising the unseen doesn't mean encouraging children to do something scary, but simply opening space for the unexplained, spiritual and magical to be shared rather than silenced.
- **Listen deeply:** When children share their dreams, feelings or visions, it can be easy to half listen or explain them away. If we really want to support our children's spiritual journeys, we must truly listen and invite them to share as much as they wish. Who knows what wisdom will emerge?



AS “winter draws us inwards, let’s remember to take spiritual cues from our children, slowing down, playing where we can and asking the questions our curiosity cannot deny.”

- **Teach gentle discernment:** When it comes to supporting their spiritual path through life, perhaps the greatest gift we can offer children is discernment.

Knowing when to trust ourselves, to seek inner guidance or being able to recognise when a situation is or isn’t right for us are crucial skills when it comes to living a spiritually aware life. This isn’t about scaring children around us, but about empowering them.

- **Model what matters:** So many people worry about the world which children are being brought into, but let’s remember that they learn far more from what we do rather than what we say.

If we model compassion, presence and gratitude, we will teach them so much about spirituality and the ways that we live.

- **Protect where it’s needed:** Don’t be afraid to use the same tools of spiritual protection for children as you would for yourself.

From prayers in their bedrooms to crystals placed into school bags, it is always beneficial to support your child’s spiritual journey with energy protection in whichever ways feel good to you.

Remember that guiding or parenting a spiritual child is never about perfection: it’s about open-hearted authenticity, walking beside them and

recognising that sometimes they will teach you just as much as you do them.

What children teach us

Reflection is one of the greatest gifts children offer. They have a brilliant ability to show us where our own beliefs and behaviour have become dogmatic, where we’ve forgotten how to play or where we are learning from a place of fear rather than exploration.

Although a child’s honesty can be stinging at times, it’s often exactly the medicine we need to bring us back into integrity.

Children’s questions tend to crack through our excuses, and their simplicity softens our anxiety and their imagination. This breaks through the limits adults so often put upon themselves and the world.

Though we might cast such things off as “kids being kids,” it’s important to recognise these moments for the breakthroughs they can offer and the shift in perspectives they can bring.

If we believe our children are gifts from the world of spirit, we can also recognise them as being so much closer to that threshold between worlds than most of us are, having lived within the realms of spirit not too long ago.

With this in mind, we can see their joy and curiosity as a form of reverence, one which we should incorporate into our

own lives more deeply if only we have the courage to accept them.

Honouring the light of our children

With this in mind, World Children’s Day isn’t just an opportunity to celebrate them, but also to reflect on the responsibility we hold for those souls and their journeys.

So often we worry about the world we’re leaving for the next generation, but what if it is their wisdom, not ours, which was meant to build whatever comes next?

The greatest gift we can offer children is the confidence to ask questions, the strength to be empathetic and respect for sharing their wisdom no matter how old they may be.

As winter draws us inwards, let’s remember to take spiritual cues from our children, slowing down, playing where we can and asking the questions our curiosity cannot deny.

When we take time to truly listen to the younger generations, we not only honour what they bring to the fore, but also remember a part of ourselves which has always known how to see beauty and love in everything.

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

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Angel expert proves more popular than former Prime Minister

By Jacky Newcomb

A "Sunday Times" best-selling author, angel and afterlife expert, Jacky Newcomb has written 30 books. She is also an artist whose work has sold all over the world.

She and her husband John live on the Cornish south coast, where they have an apartment just yards from the sea. Although Jacky still writes, most of her time is spent painting angels, guides and spirit animals.

In this far-reaching feature, Jacky covers various topics including beating cancer, her TV appearances and spirit guidance she has received.

I WAS publishing my best-selling angel and afterlife books, writing hundreds of articles and appearing on TV and radio on a regular basis. John, my husband, ran our online shop.

We travelled around the country each weekend where I gave talks and ran workshops at all the big mind, body and spirit events.

John was in charge of our stall, selling angel figurines, angel cards, angel keyrings, bookmarks, guardian angel T-shirts and books.

I appeared on daytime chat shows including ITV's *This Morning*, and other popular programmes with Lorraine Kelly and Alan Titchmarsh.

My sister Debbie used to work at a hospital. One day when walking through the waiting room carrying a urine sample, she glanced up at the patient's TV.

The volume was off, but she could see me on the sofa at Channel 5 Live sitting next to singer

THIS representation shows Jacky Newcomb producing one of her many portraits of angels.



and presenter Peter Andre. Apparently, the other nurses found this hysterical.

I did a lot of radio interviews, often chatting late into the night. I would be invited to talk about angels, but listeners had questions about all things paranormal, including spirit beings and ghosts.

I became a sort of paranormal agony aunt during phone-ins, often chatting to long distance lorry drivers.

One evening, Tony Blair, who was then Premier, was the special guest. My slot followed his. Afterwards the presenter announced, "You were even more popular than the Prime Minister!"

I took to my agony aunt persona and became a columnist for several magazines. I also interviewed lots of celebrities about their spiritual beliefs and paranormal experiences.

Some of my favourites were TV mediums, including the talented Tony Stockwell, my dear friend Colin Fry and Derek Acorah, all of whom I worked with over the years.

Colin was a sweetheart and often forgot I was interviewing him for a magazine. He was very open and told me all sorts of things he probably shouldn't. I kept his secrets!

Additionally, I also interviewed personalities like musician, singer, TV presenter and model Myleene Klass, who was a member of the pop group Hear'Say.

Once I did a meditation with Myleene and guided her to connect with her guardian angel.

I did another interview with my TV presenter friend Anthea Turner. This was picked up by all the national newspapers and I was bombarded with requests for



A representation of Jacky Newcomb's pet Coco, who learned to "speak" using recordable speech buttons of the kind used for non-verbal children.

psychic readings for weeks.

Then I became ill with thyroid cancer and lost my psychic abilities for quite a while. I couldn't give talks and workshops as I once had. My voice wasn't strong enough.

I became depressed. The word "cancer" filled me with dread, and I struggled to leave the house.

Ultimately, we decided to move closer to the coast, hoping it would help. After we settled, I decided that adopting a little dog might be the most therapeutic thing I could do.

I started creating a list of the breeds I liked, the temperament I was looking for, etc. On my list I had words like "fluffy" and "cat sized."

That's when my late father Ron visited me. He told me to "forget the list" and that he was choosing the dog. A regular dream visitor, I said: "OK Dad. I'll leave it up to you."

The very next morning I picked up my phone and the first image which popped up was a little dog.

I connected with her instantly and cried as soon as I saw it. She was a rescue dog called Coco, but then living in Gran Canaria, the Spanish island around 2,000 miles away.

I tried not to panic. It took a few months, but a charity flew her over to us. Dad made a good choice.

My previous pets had all been psychic and saw Spirit. Coco didn't have that ability, but showed great empathy.

We had a connection I had never experienced. She sat with me on days I didn't feel up to going out, but was always ready to go for a long walk when I was able.

With her help, gradually my confidence came back. Instead of "Jacky the Angel Lady" I was now "Coco's Mum," but didn't mind one bit.

Training her took up a lot of my time, but it was great to focus on something else. First, we worked our way through the usual tricks – sit, stay, spin, roll-over and so on.

I'd seen a woman on YouTube who



ONE of Jacky Newcomb's favourite mediums was Colin Fry, who passed to the Higher Life in 2015.

taught her dog to “speak” using recordable speech buttons of the kind used for non-verbal children.

I ordered some and was determined to teach Coco too. After three months I almost gave up, but suddenly she got it.

You teach a dog to press a button hard enough so that it makes a sound. Each button has a different meaning.

Coco has around 50 buttons and a great sense of humour. I sometimes record her conversations on my phone and put them on Instagram, where she has a channel.

She makes us laugh so much. Coco might not be psychic, but was certainly sent from heaven. Dad definitely chose the right dog even though she was out of the country.

Turning to my cancer diagnosis, as part of the treatment, I received a dose of radioactive iodine, which left me full of inflammation and feeling really poorly.

I seemed unable to write, as my brain had stopped functioning that way. Nor was I well enough to give talks and run day-long workshops.

One day I heard my spirit friends tell me, “Paint and sell your art.” I hadn’t painted since high school and had no idea if I’d still be able to do so. Luckily, I could and for a while earned a living selling my angel paintings.

As I slowly began to recover, my voices started to come back. A new spirit guide also emerged. He called himself Daniel. I was stunned because I could hear him so clearly.

Daniel shows himself to me as being in his mid-30s. He wears long robes in an open weave fabric neutral colour, and has long dark hair and a beard.

I have worked with spirit guides for years. One is a Native American, who appeared to me with a single feather sticking from a band round his head. He had a pronounced nose.

For a while, my late uncle Eric became a guide. His voice was clearer to me than the Native American. When Dad passed, he stepped forward as a sort of guide.

Dad was with me and my sisters for many years after he passed on. His visits were so regular that my sister Madeline and I wrote a book about it entitled *Call Me When You Get to Heaven*.

Daniel appeared after my recovery. I went from hearing nothing during my illness to his being the clearest voice so far.

He’s funny and would give me random information that I would then look up online. He was always right.

For a while I had fun thrifting at the

weekends, which was relaxing. I would tour charity shops searching for bargains.

I had been looking for a traditional mixing bowl and really wanted a luxury brand called Mason Cash, but they were pricey at around £25.00.

One morning I was sitting up in bed when Daniel popped in. “How much would you be prepared to pay for the mixing bowl?” he asked me. “Certainly no more than £4.50,” I responded.

After Daniel urged me to “Get dressed right now!” I saw a vision of a large local charity shop I knew well. “You’ll find it



A “DEAD” grandmother, a former nurse, gave a dream message about the use of healing herbs in a tincture.

there,” Daniel added.

Within five minutes I left the house and drove immediately to the location he had suggested. As I walked in the door there was the mixing bowl sitting on a table.

Laughingly I turned it upside down to find the price – £4.50. It was exactly the brand and colour I wanted, and the price I agreed with Daniel.

I used to indulge in *Homes & Gardens*-style magazines, but they had also become pricey. I asked Daniel if he could help.

One day he showed me a pile of interior design books and the thrift store location of where to find them, so I drove straight there.

I was drawn to the book section. A whole stack of beautiful interior design books was waiting for me.

I paid for my stash and drove back home, knowing it was the only reason I was

there that day. It sounds crazy but these little wins lifted my spirit. They were like spiritual bunches of flowers.

I do not hear from Daniel every day and don’t usually ask him for much, but when I do his replies are instant. My husband has got used to me saying, “Daniels says...” and respects my guide’s opinions on a matter.

After being diagnosed with cancer, I began to search for natural cures to aid my healing. I discovered herbs and started making my own preparations.

It came at a good time because my husband was also diagnosed with cancer. This time I was better prepared and so was he.

The word “cancer” no longer frightened me. It doesn’t have to be a death sentence. There are so many things you can do to help yourself and I was determined to learn.

One day I had a psychic dream and clearly saw a jam jar filled with herbs in a liquid solution.

I didn’t know what the solution was, but research later suggested it was alcohol, and that the mixture was called a tincture.

I’d already felt driven to buy herb books, but hadn’t done anything with them and had no idea why I felt compelled to acquire them. Ninety-nine per cent of them were thrifted.

Someone asked who gave me the dream message about the herbs. I immediately heard the word “Dan” and figured it was Daniel again.

“No, not me,” he said. “Dan, John’s grandmother.” As a toddler John couldn’t say gran. The closest he managed was Dan.

Apparently, she had been a nurse.

Of course she would be helping with healing for us both.

We now take the herbal preparations every day and I’m pleased to say we are both cancer-free. John calls me “Medicine woman,” but it’s all thanks to his late grandmother who guides me from the Other Side.

I am blessed with spiritual support from many sources and thankful to hear from them once more.

I’m back! We are both well now and I have a new book agent, so the future is looking bright again.

To read more about Jacky, please visit www.jackynewcomb.co.uk Further information is available at <https://www.facebook.com/JackyNewcomb> and Instagram [JackyNewcomb](https://www.instagram.com/JackyNewcomb). Author and coco.the.talking.dog

SUDOKU COMPETITION

This month we have copies of Sharon Blackie and illustrator Amanda Clark’s deck titled *The Fairy Tale Heroine Oracle* as prizes for five lucky winners.

The publisher writes: “Humans are natural storytellers, making sense of the world through tales, especially those encountered in childhood. Fairy tales are the finest teaching stories, holding rich, deep lessons that show us a pathway toward change and how to live more fully in the world. At their heart is the theme of transformation.

“Sharon Blackie, an award-winning writer, psychologist and internationally recognised teacher in the field of mythic imagination, has explored the power of fairy tales for over two decades.

“In *The Fairy Tale Heroine Oracle*, she distils this wisdom and knowledge into 48 cards that unlock the archetypal power of these tales.

“The cards are divided into four suits, each of which represents a critical aspect of the heroine’s journey, and your journey, because you are the heroine of your own life:

- Tasks cards represent the work that must be undertaken by the fairy tale heroine to grow and transform, and ultimately to reach her goal.
- Places cards depict the magical locations through which the heroine will have to pass – and in which she’ll be tested – during her journey.
- Guides cards characterise the allies and antagonists she’ll meet along the way.
- Tools cards portray the objects that empower her to fulfil her destiny.

“The archetypal images, characters and motifs at the heart of this deck act like keys to unlock your inner wisdom, and will offer comfort, guidance and inspiration at every point of your long, winding journey through life.”



For your chance to win one of the decks, complete the sudoku puzzle and email the numbers which appear in the shaded centre row, from left to right, along with your name and address to: pntemp12@gmail.com
Or post your entry to: Psychic Press Ltd, (Competition), 124 City Road, London, EC1V 2NX

WINNERS

The winners of the AUGUST 2025 sudoku competition are:

Elsie Foster,
Buckinghamshire

Mr Kevin Bulmer,
North Yorkshire

Barbara Peart, Cornwall

Suzanne Boyd-Wallis,
Hampshire

Sheela Taylor, Dorset

The winning numbers are: **298 714 365**

Each winner receives a copy of Barbara Meiklejohn-Free and Flavia Kate Peters’ *Spirit of the Drum Oracle*

For further details, visit:
www.spirit-visions.co.uk
or: www.flaviakatepeters.com

			1	6			2	7
3	2				4	8	9	1
7						6		5
2				8	9	5		4
4		1	7	3				6
8		2						9
1	6	3	9				5	8
9	7			5	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.



SEVERAL monks and William Rufus, the son of William the Conqueror and his successor as king, are said to haunt the estate.

Spirit beings guided excavations at haunted mansion

By John West

IN 1924, Lieutenant-Colonel Charles Noel Rivers-Moore, recently retired from the Royal Engineers, decided to look for a small country estate where he could live with his wife Barbara.

They eventually found Ladye Place at Hurley, East Berkshire, in the Thames Valley. The house stood on twenty acres of land with a long river frontage and contained thirteen bedrooms, five bathrooms and four reception rooms.

There were also two secondary residences, two cottages, a tithe barn, a dovecote and the remains of the old crypt, which had been converted into a cellar.

The moated house was about 100 years old, but stood on the site of much earlier buildings, including a Norman Benedictine priory founded in the late 11th century.

It was said to be the burial place of Edith, the wife of Edward the Confessor. She was the daughter of Godwin, Earl of Wessex, and the sister of Harold II, the last Anglo-Saxon king of England.

However, the claim that she was laid to rest at Hurley is inaccurate, as Edith was buried at Westminster Abbey.

After the dissolution of the monasteries, the land was purchased by Richard Lovelace, first Baron of Hurley, who built a mansion, Ladye Place, on the site in 1600.

By 1837, the house had fallen into disrepair and was demolished, after which

a new residence was erected. This later house was built around a courtyard, standing on the foundations of the former cloisters.

To the south lay the old parish church, to the north the converted refectory and the Tudor barn. To the east stood a 17th-century building known as *Paradise*.

The colonel soon joined the Berkshire Archaeological Society and learned that Ladye Place was supposedly haunted by Queen Edith. Her ghost was known as the Grey Lady.

Several monks and William Rufus, the son of William the Conqueror and his successor as king, were also said to haunt the estate.

The colonel was able to plot the outline of Lovelace's earlier mansion after a hot summer revealed the foundations on the lawn. He decided to dig a trial pit at the corner of the old parish church, which also stood within the estate grounds.

Three feet down, he reached a floor of hard chalk and abandoned the attempt. He also discovered that the area around the church had been raised roughly three feet because of flooding.

This aborted excavation apparently disturbed the ghosts of Ladye Place. In the spring of 1930, Mrs Rivers-Moore's brother, a doctor, came to stay and had a vision in which he was in the dining room speaking to a monk in a brown habit.

He commented that the fireplace was not in keeping with the rest of the house. The monk replied three times, "Sweep it away," making a sweeping motion with his hand.

Next, the doctor saw the fireplace fade away to be replaced by a semi-circular fireplace surmounted by a large oak beam.

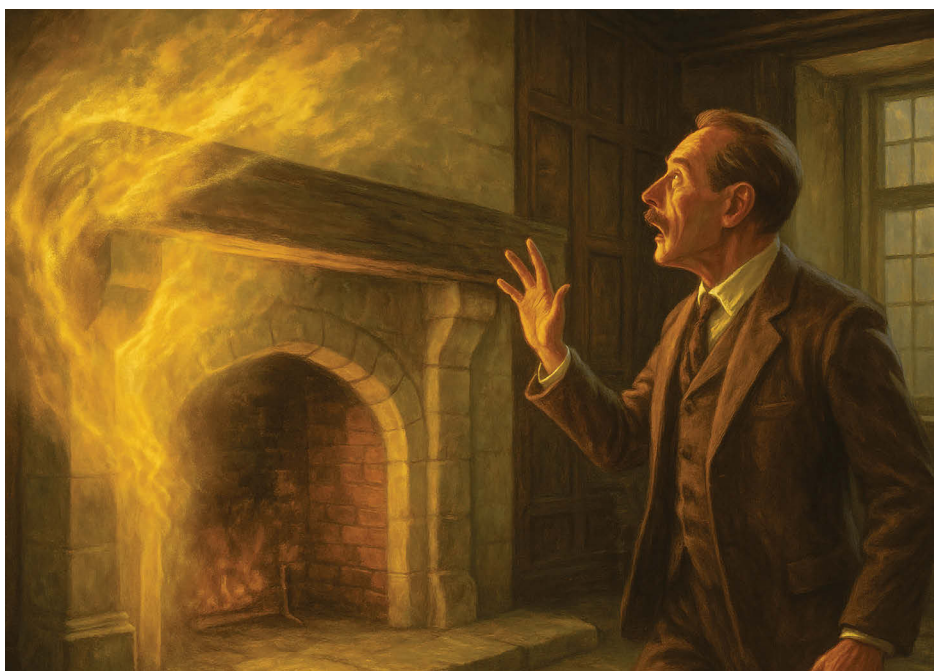
The doctor told his hosts about the vision, and the next day, the colonel asked workmen to remove the fireplace. Behind it was the one described in the vision.

From this moment on, the psychic activity increased. A lady staying at the house became convinced of unseen presences and decided to go to London to be instructed in psychical research. She returned and tried an experiment with automatic writing.

She wrote the words "Empty well" and later drew a picture of what appeared to be a well and three medieval arches. The guest showed these to the colonel and his wife, who knew of no such well on the estate.

The colonel, his wife and a few friends decided to hold a séance. A spirit entity identifying itself as King soon came through.

It stated that it was 400 hundred years old and, when asked about a well, said



AFTER investigation, a doctor's vision of a previous fireplace was found to be correct.

it could be found thirteen feet from the south corner of the church and six feet east. The spirit being added it would be filled with rubble from the demolished priory.

On April 23, 1930, the colonel took up his spade and began digging at the spot indicated by King. He unearthed part of an old flint wall, but found no sign of a well.

Another séance was held and the colonel was told to dig two feet further south. He did so and discovered a well filled with building debris. He started to clear it out, but the well began to fill with water and the excavation was suspended.

Guided again by King, he also found the foundations of the Tudor manor and the foot of a skeleton.

At another séance, Mrs Rivers-Moore asked the spirit being, "Can you tell me something we can find in the morning that nobody knows is there?"

King replied, "Look for the rust line." The following day, the excavation continued... and the rust line was discovered at the exact spot indicated by the spirit entity.

Guided by spirit messages, the excavations continued for two years. Relics uncovered included two fireplaces, 13th-century tiles, a skull, carvings, 17th-century pipes and a "secret passage" (in reality a sewer) leading from the moat to the cellar of Ladye Place.

This cellar was believed to have been where Whig politicians plotted against James II, deciding to invite William of Orange to land in England and claim the throne.

King claimed to have lived at the time of Henry VIII's destruction of the

monasteries. He said he had stolen some jewels and thrown them down the well. However, attempts to find them proved difficult, as the well contained several feet of water.

The spirit contact urged them to continue, so that the phantom of the Grey Lady could find peace.

The well was finally emptied, but no jewels were found. It emerged that the well had already been cleared when the Tudor mansion was first built.

The colonel and his wife continued their excavations, enlisting help from friends and fellow members of the Berkshire Archaeological Society.

He also continued to seek guidance during séances. By this time, the colonel had amassed so many relics that he placed them in a private museum in the old musician's gallery of the refectory.

Guests staying at Ladye Place claimed to have seen the ghosts of monks. People walking in the cloisters in the evening would often see a monk, arms crossed, pass them and suddenly vanish.

Witnesses to these strange happenings included a doctor, an architect and officers from various branches of the British armed forces.

One visitor staying in *Paradise* with her child became convinced that an evil presence was there. She sprinkled holy water in the rooms, but as she did so was confronted by a ghostly monk who said, "You must not do it; you will stop my work."

A medium was brought in to contact the spirit beings, but the séance quickly spiralled out of control when he became possessed by a monk and attempted to



A MONK made contact when a medium visited the haunted property.

attack the sitters.

The monk claimed that he once practised black magic and, in death, had tried to keep his persecutors from entering the house.

The circle assured him that he would be forgiven by his Holy Prior, after which the monk declared he would no longer trouble them or the house.

The colonel and his wife continued their excavations for more than twenty years. An account of their discoveries was published in *The Berkshire Archaeological Journal* in 1934, though it made no mention of the hauntings associated with the site.

Finally, in the spring of 1947, the estate was offered for sale as "A Small Country Estate of Great Historical Interest."

The *Maidenhead Advertiser* visited Ladye Place and wrote of "lawns full of mystery. On the one leading to the old monk's fishpond is the wooden lid of a vault. Lift it and you will see a skeleton."

"Buried near the crypt is the body of a man, accidentally disinterred, wearing the robes of the monastic order. Near him lies a local giant.

"Under the lawn is a subterranean passage approached through a trapdoor. The foundations of the chapel, built in 1086, can be traced, and you can walk on pieces of the original floor.

"There is a glass case around the foundations of the chapter house so that

the historical features may be seen.

"A reconstruction of the old priory is in the museum, reached from the gallery in the magnificent refectory hall..."

Sadly, the asking price was not met and the estate was broken up. The mansion was converted into three homes and the land turned into a market garden. The ghosts were never seen again.

The mansion still stands, and the priory's former hostelry, or guesthouse, now forms part of the Olde Bell Inn, one of the oldest inns still in operation in Britain. Will the ghosts ever appear again? Only time will tell.

Mersea Island

Off the Essex coast, Mersea Island lies where the River Blackwater meets the North Sea.

It is the most easterly inhabited island in England, connected to the mainland only by the tidal causeway known as the Strood. Twice daily, the sea covers the road, temporarily cutting the island off and lending it an air of mystery and isolation.

Local lore tells of spectral figures wandering the salt marshes and phantom lights flickering over the tide, often seen by fishermen returning late at night.

Some believe these are the spirits of drowned sailors; others suggest they are even older – the ghosts of Roman soldiers

eternally guarding the shoreline.

Roman artefacts frequently surface on the island. A burial mound dating from the second century AD can be found on East Mersea Road.

In 1912, excavators uncovered a small chamber measuring eighteen inches square and 21 inches high constructed of Roman tiles. Inside lay a small square lead casket containing a glass bowl, which held the cremated remains of a man aged 35 to 45.

A recent strontium isotope analysis on the small petrous bone near the ear suggested that the individual may have spent his early years in western Germany or southern Gaul. The remains, including the glass bowl, are now on display at the Mersea Island Museum.

In the late 19th century, Sabine Baring-Gould, rector of the nearby church, recorded a local legend in his novel *Mehalah*. He describes the great barrow, which he calls Grim's Hoe.

Long ago, when Danish raiders plagued the coast, twin brothers spent a winter on Mersea. In the spring, they sailed up the creek and carried off St Osyth's sister.

By the time they returned, both had fallen in love with her. Their brotherly bond gave way to jealousy and they fought savagely through the night until both lay dead.

When other Danes arrived, they found the twins dead and the young woman alive. They buried all three together – dead and living – in a boat beneath the mound.

Baring-Gould wrote: "When the new moon appears, the flesh grows on their bones, and the blood staunches, and the wounds close, and breath comes back behind their ribs..."

"If you listen at full moon on the hoe you can hear the brothers fighting below in the heart of the barrow. You hear them curse and cry out, and you hear the clash of their swords.

"When the moon wanes, the sounds grow fainter, their armour falls to bits, their flesh drops away, the blood oozes out of all the hacked veins, and at last all is still."

Although Baring-Gould later admitted he invented this tale, some claim to have heard fighting sounds coming from the mound.

He also recorded that a Roman centurion from Colchester (Camulodunum) was sometimes seen patrolling the Strood.

According to legend, he appears only from the waist up, still marching along the buried surface of the Roman road.

The tale says that he fell in love with a Celtic princess and married her. When she died, she was laid to rest in the mound. Stricken with grief, the centurion soon



VARIOUS witnesses have encountered the forms of Roman soldiers on Mersea Island off the Essex coast.

followed her in death, his spirit condemned to linger beside her grave.

His ghost is said to appear most often on the night of the autumn equinox, around September 23. Some believe his appearances became more frequent after the barrow was disturbed during excavation.

Despite crossing the Strood in hopes of witnessing the phantom, Baring-Gould never succeeded. He later wrote:

"I believe the sounds the people of Mersea heard were the ring of the swords and the clang of the armour of Roman soldiery who fought and died here centuries ago. Whether there be one soldier or more, I do not profess to know."

Other local accounts reinforce the legends. Jane Pullen, former landlady of the Peldon Rose Inn, told writer James Wentworth Day that she once heard someone walking behind her.

"He came off the Barrow Hills," said Mrs

Pullen. "The steady tramp of a man's feet, like it was a soldier marching, caught up with me and walked all the way down to the Strood.

"I could see no one, yet the feet were close beside me, as near as I could have touched him. I bopped down to look along the road in the moonlight, yet no one was there.

"Still the feet kept on. I walked down the hill till I came on a man I knew. He was all a-tremble. He shook like a leaf.

"I can hear him," he said, "but where is he? I can't see anyone."

"Keep all along of me," I said to the man, "'and no harm will come to you. 'Tis only one of those old Romans come out of the barrow to take his walk."

In 1987, Jill Smeaton, living near the burial mound, reported being awakened in the early hours of September 23 by the sound of two unshod horses moving through long grass or weeds, followed by

heavy wooden cartwheels.

The noise was so intense that the walls of her bungalow vibrated. Jill's next-door neighbour also heard it, but when they looked outside, nothing was visible.

Several other encounters with the Roman soldier have been recorded:

- One night, Alfred, returning from Colchester with a friend, saw a Roman soldier approaching the mound. The figure wore a helmet with an eagle emblem and carried a shield and sword, though his legs were not visible. When they stopped and approached, he vanished into thin air.
- Valerie, driving along the Strood at midnight with her husband, saw a tall Roman soldier holding two spears. Her husband initially doubted her, but upon turning the car around, he saw the figure as well before it disappeared.
- In 1970, two naval officers driving across the Strood reported seeing a helmeted figure step directly into their path. The driver braked, but the car passed through the figure, which then vanished.

Though the Romans left Britain in 410 AD, their restless spirits seem to linger, wandering the shadows still...



John West is a writer, film producer, broadcaster and actor. In 2018, he teamed up with director Jason Figgis to make films and documentaries.

The pair have so far collaborated on several projects ranging from a film called "The Ghost of Winifred Meeks" to a series on writer Colin Wilson.

John has written three books on the supernatural – "Britain's Haunted Heritage," "Britain's Ghostly Heritage" and "Britain's Haunted Land." All are published by JMD Media.

They are available from sites such as Amazon or can be ordered from any bookshop.



Passed on grandmother is seen in dream

By Marc Graham King

The demands of modern life cause many people to follow a materialistic path, with little or no interest in spirituality. Indeed, people sometimes reject anything which seems paranormal.

For some, however, the spirit keeps nudging until the mind opens. Here, Marc Graham King describes his own limitations and the events that turned his life around.

"MARC is becoming one of the naughty boys in class." My mother quoted my school report back to me, shaking her head.

It's true. I was a chaotic teenager, constantly battling my restless thoughts and questioning the very purpose of my existence.

We had very little at home and I grew up viewing money as the key to everything in life, torturing myself about never amounting to anything unless I made a fortune. I could see nothing else of value.

Accompanying this blinkered outlook was the anger I harboured towards my father for leaving us in the lurch and having to endure my lonely mother's often unpleasant boyfriends.

All these feelings of pointlessness continued to grow and, by the time I was nineteen, I was convinced that life was an endless treadmill and nothing more. As far as spirituality was concerned, I remained firmly in the closet.

Yes, there were some apparently paranormal experiences in our home, but I

always simply rejected them or sought a scientific explanation.

Shamefully, for example, I ignored my younger brother's needs when he insisted there were spirit beings around us who continued to disturb him.

It was just talk and I dismissed it all as the over-imagination of a creative mind, a phase that he would get over.

I met Nelson, the man I came to regard as "my Chinese father," who recognised he had a young man on his watch who needed guidance.

"You should try meditation," he suggested gently. "I think it will be good for you."

Nelson took me to the beautiful Buddhapadipa Temple in Wimbledon, SW London, where he meditated regularly.

One evening I entered into my first meditation session, full of intrigue. Within ten minutes I was just finding it incredibly uncomfortable, sitting in the lotus position on the hard wooden floor and pondering what it was all about.

When I told Nelson afterwards that I couldn't concentrate and found it uncomfortable, he laughed, telling me that it takes practice to find comfort and "become one" while meditating.

Somehow, this didn't encourage me. But what came next has stuck with me ever since.

"I often like to take a walk around the garden while I sit here meditating," the monk said serenely. I looked at him, confused. How can you walk around outside at the same time as sitting in meditation? He had evidence...

During one meditation session he left his body for a stroll around the beautiful gardens when he spotted two trespassers stealing valuable Koi carp from the pond.



MARC GRAHAM KING: "I couldn't ignore the evidence."



AT the Buddhapadipa Temple in Wimbledon, SW London, a monk left his body whilst meditating and saw thieves stealing Koi carp. (Photo: Doyle of London)

Rousing himself, he raised the alarm. Other monks went to stop the thieves and the police were called, arresting the intruders.

Nelson showed me a newspaper clipping about the event, clearly pleased that he had been able to protect the tranquil gardens.

I was mystified but couldn't ignore the evidence. How on Earth was such a thing be possible? He laughed and matter-of-factly told me, "Once you learn more, you'll understand."

The event filled me with wonder and, at last, I was on the long path of spiritual awakening.

I began to listen to my brother's accounts more attentively, slowly becoming aware that there is perhaps more to life than the physical world.

No longer dismissed, his stories of being troubled by something otherworldly became curiosities and eventually fascinations.

Knocks on his bedroom door at night, an old man standing by our fireplace, orbs dancing at the window... and some of these things were even witnessed by visitors.

The "truth" of it all is still debatable, but hearing such things from someone else's perspective was a major turning point in changing my outlook. As the adage goes,

"There's no smoke without fire."

I decided to give my brother a voice by writing a memoir of his life. This demanded diligent research, assembling facts accurately and transcribing accounts from others personally involved.

The work made a huge emotional impact on me and left an indelible message: we must be prepared to open our minds to other people's lived experience and try to understand their perspectives, however different they are to our own.

This was a spiritual task which pushed me along my own journey of awakening, helping me to understand how much my mind had become blinkered over the years.

I was discovering the possibility of alternative consciousness, a true revelation. It certainly raised the eyebrows of some of the staff at the British Library as I made copious photocopies from a wide range of eccentric spiritual books.

Another significant event was being invited to attend a talk given by renowned scientist and parapsychologist Dr Rupert Sheldrake.

I confess to feeling nervous, although as I sat in the courtyard outside St James's Church, Piccadilly, waiting for the doors to open, I realised that my apprehension had brought along a friend to keep it company – excitement.

I was now experiencing the very fulfilling sensation of being in the right place at the right time.

That evening's session was another important step in my fledgling understanding of human consciousness.

Dr Sheldrake is an impressive man with an equally impressive mind. The earlier mayhem of my own thoughts regarding our existence on this planet and our place within the universe was given some order.

Someone making sense of our innermost questions so eloquently reveals our true nature as being part of one consciousness.

Hearing spiritual teaching from the perspective of a great scientific thinker really woke up my own awareness. Moreover, being amongst a large, eclectic group of spiritual people made me feel connected at last.

These days, true connection with others often feels like a lost value, so it was refreshing to know that I wasn't alone in my quest for understanding.

I could now think back with more clarity about other experiences which had caused me to scratch my head confounded.

I can say with conviction that, yes, I have often been witness to the paranormal and alternative states of human consciousness.

My quintessentially English grandmother is an example. I never really knew my father when I was growing up, but distinctly remember missing his mother deeply when I lost contact with her.

She was "very posh," as I often described her, insisted on always looking her best and even applied lipstick before answering the telephone!

We were reunited following my grandfather's passing when she was in her late 80s, and my memories of her attentive care were rekindled.

My grandmother would always correct my pronunciation and was forever asking my brothers and me if we'd successfully been to the toilet that day. It was her touching way of expressing her concerns for our wellbeing.

A while after this reunion, I phoned to see how she was, but there was no answer. This went on for weeks until I resorted to calling another relative, discovering that she'd had a heart attack and was convalescing.

Eventually I did manage to speak with her, asking if I could visit. "When I'm a bit better," was her defensive reply.

These excuses continued for over a year – "I've not been well again, dear, so maybe in a few more weeks..." – and I began to feel rather rejected, giving up hope of ever seeing her again.

Then I had a dream. My grandmother

sat beside me on her favourite two-seater sofa, stroking my hand.

Smiling, she carefully explained the many reasons why she hadn't been able to see me, looking deep into my eyes.

She hadn't wanted me to see her in such a vulnerable state. I watched her silently, captivated by the words she spoke in such a gentle yet strangely excited way.

When I awoke, a huge weight had been lifted from me. I felt loved and cared for, not rejected at all.

I drove down to the coast to enjoy the rest of the day with a sort of euphoria, which I'm certain was a result of the dream's unexpected closure.

While driving back home, I received a phone call from a relative, who said, "Sorry to phone with sad news."

He explained that my father had found that his mother had passed on in her living

room that morning.

Everything about my dream instantly made sense, although I struggled to process the fact that she had come to talk with me after her death.

It is only now, having made some progress on my own journey of discovering and understanding the full power of human consciousness, that I find this an easier subject to discuss.

The younger me would have dismissed it as something psychological, "just a dream." But having begun to spend time amongst people who've experienced such phenomena and recognise what they represent, I no longer feel awkward in sharing them.

Recently, my developing spiritual awareness was given another jolt and I found myself doing it again, bewildered and searching for a rational explanation for what had just happened.

My dear friend Bobby had been like a big brother to me for decades. We shared many great experiences together.

Bobby was always someone to turn to, the only person I wanted to share my deepest feelings with, so when he passed prematurely I was lost. At least, that's what I thought.

A month later, I was at a train station many miles from home travelling to attend a meeting.

Sitting in a busy waiting room, I studied the digital display screens checking my next connection, my mind preoccupied with the business of another working day. At that moment all other thoughts and concerns were forgotten.

Then, clear, distinct and close to my ear came Bobby's unmistakably playful voice, rich with his characteristic Scouse burr.

"Hello, Kingy," he said. "How're yer doing? You okay, son?"

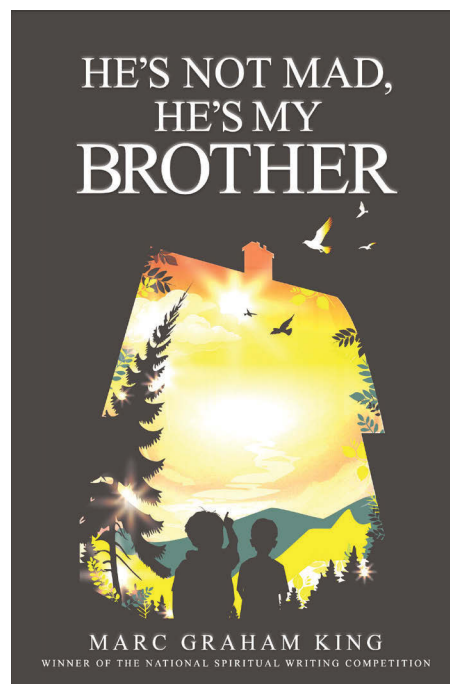
It was as though a shock of electricity had struck my head. I sat bolt upright, surveying the oblivious waiting room and wondering what was happening.

Was I ill? The world around me appeared normal. I was fully aware of everything, yet somehow and without doubt I had experienced a genuine communication from my friend.

Although I couldn't see him, I was absolutely sure that Bobby was smiling at me from somewhere nearby, satisfied he'd done his best work.

It took some time to come to terms with this, but it was visceral and real. Acceptance of the paranormal, of alternative states of consciousness and spirit worlds has been a gradual process for me, enabled by the collective experiences of others and making connections with those who have already learned about these important facets of our existence.

So now I'm truly out of the closet! I'm understanding more and more about the power of the mind and what it is to be human. Better late than never, I shall continue my journey of discovery.



Marc Graham King's memoir about his brother's experiences, "He's Not Mad, He's My Brother," won the national Spiritual Writing Competition.

It is published worldwide for £12.00 by Local Legend. See <https://local-legend.co.uk>

CAN YOU HELP?

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

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

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

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



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

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

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

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

We have been posting the names of the generous people donating to the appeal on our social media pages, but now we will also be printing the names (only) of donors in the magazine.

Hopefully, friends and relatives will see your name in the list and also be inspired to donate.

Of course, you can also donate

anonymously, and your name will not appear. Just mark your donation "Anonymous."



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



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Would you be prepared to let your followers on social media and your website know about *Psychic News*?

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‘Death is not a tragedy’ says spirit mentor

Last month’s issue of “Psychic News” contained spirit teachings from Silver Birch, the guide of our founding editor Maurice Barbanell.

As readers asked for more, here are further teachings from Silver Birch, which were given at Mr Barbanell’s London flat.

Several months ago saw an earthquake in Russia’s Far East, which measured 8.8 on the Richter scale. This made it one of the most powerful earthquakes ever recorded on Earth.

Although a catastrophic tsunami warning was issued over a wide area, fortunately damage was limited.

In this feature, Silver Birch comments on various topics, including earthquakes. The first point put to him was, “Is our lifespan on earth predetermined or is it a question of physical strength or some other factor?”

It is all part and parcel of the one thing. The physical structure, the body, is that which is necessary for the soul to have the experience which is essential for its growth on Earth. The two go together. The termination of the earthly period in most cases is known in advance.

You cannot isolate matter from spirit. The two are inextricably bound together, with matter restricting spirit and spirit animating matter. You cannot divide the aspects of your being into isolated compartments.

You are a comprehensive whole with every facet reacting on other facets. All aspects merge, combine and mingle to make up the totality, which is you, the soul.

Arising out of that, if, say, a thousand people were drowned simultaneously, were they all ready to go at that particular time? Was

the ordained span for their soul growth the same?

It is the use of words which is difficult. When you say “ordained,” by whom and by what? The underlying suggestion is that in some way this is a happening arranged by the Great Spirit, but it does not work that way.

The natural laws control every aspect of being throughout the vast panorama of life. At some stage, no matter what scientists may say in your world, death is inevitable to the physical body.

It serves its purpose by releasing the spirit. Thus, physical death is equivalent to spiritual birth. One is the exit of the spirit and the other is its entrance.

Your world regards death as a tragedy, but it is not a tragedy to us. Death is liberation because it is the spiritual birth of a soul. It is its release from all the problems

of your world. It is, in the vast majority of cases, a reward, not a punishment.

People must not regard death as something to be avoided at all costs, but to recognise it as an integral part of life, the means by which the soul must come into its own.

Can you explain the cause of earthquakes and the thousands of people, regardless of their spiritual development, killed in them?

Why do you think death is such a disaster? You rejoice when babies are born into your world, but we often cry. We rejoice when people come into our world, but you cry. Death for the majority is not a tragedy for those who die.

There may be a temporary problem while adjustment is made, but death brings liberation. Death is the end of the thralldom that earth imposes on the spirit.

You are bound – and I appreciate your problem – to view all your difficulties with earth-time measurement. But you are infinite. If you live on earth for 60, 70 or 100 years, then 100 over infinity is a very small fraction.

There are no accidents in the operation of natural law. You pass from your world at the time appointed for the spirit. In many cases this is the time the spirit has chosen for its passing before it incarnated into your world.

Reverting to earthquakes and such disasters, we know people survive death, but they



suffer for years maybe before they die.

Perhaps they are homeless and never have the opportunity to make another home. Do you think that perhaps we are born into that part of the world for the sake of these experiences?

You cannot escape all the advantages and disadvantages of living in your world. You must experience its darker as well as its brighter sides.

The soul will develop not when you are lotus-eaters. The soul will come into its own in times of difficulty, struggle and crisis.

I appreciate you cannot understand this because you are measuring according to your earth-time, but from the viewpoint of infinity your difficulties are better for you than all your benefits.

On another occasion came these words from the guide: "You have no idea of the wonders, beauty, richness, glory and the radiance of life in our world. It is impossible to find language to describe it for you.

"Let me say without fear of contradiction that death is often the jailer who unlocks the door of the cell to bring freedom. Everybody in your world has to die. It is part of the law that you cannot live on earth for ever.

"It is inevitable that the physical body, when it has fulfilled its function, should be severed from the spiritual body and the soul which endowed it with animation.

"It is thus that the transitional period can be accomplished, and the soul go marching on as part of its eternal pilgrimage."

The next question asked on behalf of a friend was, "Do you agree it is foolish to keep sad anniversaries as it is a waste of good emotion and therefore unwise and quite useless?"

What would be considered, according to the questioner, as a sad anniversary?

The anniversary of a death. I have come across people who won't do anything on a death anniversary. I suppose they want to be miserable all over again.

It is a sad anniversary for whom?

For the loser, not for the person who has passed, I agree with you. It is a form of selfishness probably.

This is self-pity. This is sorrow for self, bemoaning its loss. No tears need be shed for those who are released from all suffering in your world.

The majority of people who come to our world are better for so doing. There is a minority who, because of selfish earthly

lives, are still chained to the world of matter.

But for the vast majority it is a release from prison. It is a new-found freedom in which there are the means of expressing all latent gifts. They are able to live in the sunlight of knowledge instead of the darkness of ignorance.

If because of days that have gone there are anniversaries that are sad, why recall them? What is achieved of value to the soul? Nothing!

It is always unwise to look backward. It is better to live one day at a time and to greet every morning with joyous anticipation as a herald of opportunity to grow, expand, unfold and develop



SILVER BIRCH: "Earth is your schoolhouse of experience. It is not perfect, neither are you."

spiritually. That is the way of wisdom.

"It is so sad when people are in the flesh that they cannot understand," said one visitor. "They are materialists who cannot realise that none of it matters. It is only a stage set. No one can go on when the curtain comes down."

This is the difference between ignorance and knowledge. 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.

It is very, very sad for us, particularly when we desire only to help, that we find people are surrounded by a wall of ignorance, prejudice and self-created

superstition that cannot be broken down because they are simply not ready.

Truth cannot penetrate that thick wall. It is sad because the ones they love here cannot reach them either. For a time there is sorrow on both sides of the veil.

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.

Another time, the subject of lifespan was discussed by the guide again when a visiting medium said, "Life seems to run out so quickly and we want to do so much." Silver Birch

replied:

You have to learn to become philosophical. You must realise that long before you incarnated into matter, there were others, rugged pioneers, hewing out the path, finding it very difficult and wondering what was going to happen when their earthly life ended.

They removed a few of the boulders and made it easier for you to tread where it was so hard for them. If you move a few more boulders this is your contribution.

After you will come others. They will continue to keep on moving the boulders until ultimately there are no more to be removed.

Earth is your schoolhouse of experience. It is not perfect, neither are you. You are imperfect beings in an imperfect world trying to express as much of perfection as you can while you are there.

So do your best; no more is expected of you. It is important to help those who cross your path to come into their own, to recognise that they are shaped in the divine image,

that they have the divine potential and that this power is capable of bringing a beauty, love and radiance into their lives that makes all worthwhile.

Thank the Great Spirit for the challenges that come to you. As you answer them you are better spiritually as a result.

If you find among your associates some who cannot measure up to the task, if their vision has become obscured, bypass them. Work with those who still have the vision splendid of the great purposes to be fulfilled.

For a full list of Silver Birch books which are available, please visit

www.spiritualtruthfoundation.org

Details of how to obtain e-book versions of Silver Birch's teachings can be found at <http://whitcrowbooks.com>



A Good Read

All titles available from [Amazon.co.uk](https://www.amazon.co.uk) or [Amazon.com](https://www.amazon.com) unless otherwise stated

SPIRIT WORLDS

The Library of Esoterica

By Jessica Hundley

RRP UK £30 US \$40

520 pages – Hardcover

The publisher writes: "A voyage through mysterious and haunted lands, the sixth volume of *The Library of Esoterica* delves into the art, rituals and global mythologies of the spirit realms.

"Unearthing our complex beliefs around death, rebirth and resurrection, we explore the art, traditions and ancient stories of the afterlife.

"Through interviews with scholars and practitioners, insightful essays and over 400 works of visionary art, *Spirit Worlds* delves into the shadows of the supernatural, from dark domains of ghosts and demons to the light-filled lands of angels and celestial beings.

"Across more than 500 pages, we celebrate the ways in which we connect with both our ancestors and with ourselves, as we worship, mythologise and honour our dead.

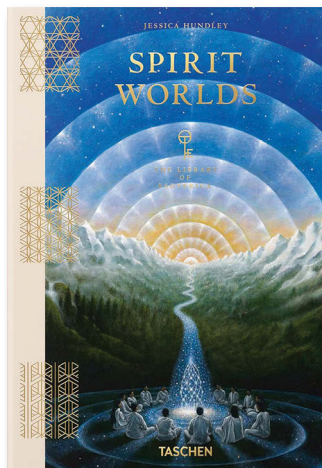
"We study the rites of death around the globe, highlighting the ancient monuments and sacred temples we build out of our sorrow.

"We showcase the altars we create and the communities we nurture as we share our grief with our gods.

"We dive into the rituals that connect us to those we've lost. We also decipher the messages communicated to us from the other worlds by mediums and prophets, through the elaborate séances of Spiritualists, and in the storied words of oracles and fortunetellers bent at their crystal balls.

"Finally, we showcase artworks that channel not only the muse, but the unknown, eloquent voices and visions from the Other Side.

"In this expansive volume, we board the ferry across the storied river and enter the gloomy passages between lands, stepping across the threshold to part the most sacred of veils."



head toward our destination, always there, always aligned.

"*The Guide(s) Book* by MaryAnn DiMarco – celebrated author, motivational speaker, psychic medium and spiritual teacher – shows spiritually-minded readers how to do exactly that.

"It shows readers how to recognise, communicate and be directed by their guides on the Other Side. With clarity, warmth and plenty of examples from her life and that of her clients, MaryAnn leads readers to tap into a broad network of ever-present guides who will guide them to find purpose, direction and serve their highest good."

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

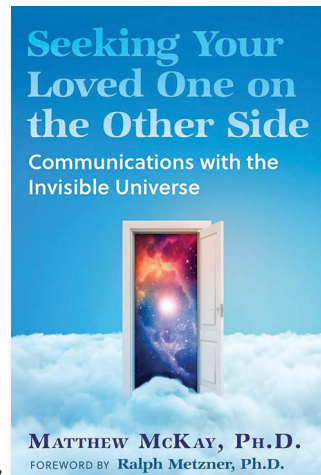
The publisher writes: "If you've lost a loved one or had a brush with mortality, you undoubtedly have wondered about life after death – or if it's possible to connect with souls on the Other Side.

"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.'"



THE GUIDE(S) BOOK

Mapping out life's journey with Spirit by your side

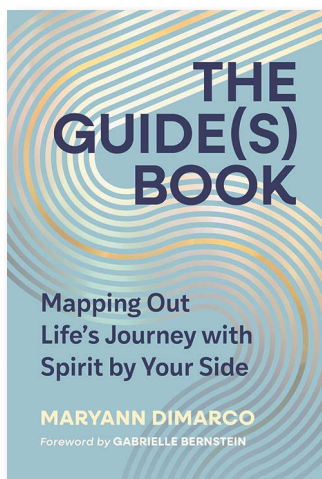
By Maryann DiMarco

RRP UK £21.50 US \$29

208 pages

The publisher writes: "Imagine getting divine input for every decision we make, knowing that at each fork in the road we could just tap into an inner voice and intuitively sense which way to turn.

"In a world that offers us infinite ways to go, spirit guides are an invaluable resource – an inner GPS that routes and reroutes us as we



Have you recently published a non-fiction spiritual book or oracle deck? If you have, please tell us about it. We may be able to feature it in *Psychic News*.

Please email details to: pnadverts@gmail.com

THE 36 SPIRITUAL LAWS THAT GOVERN ALL LIFE

Keys to achieving prosperity, happiness and well-being

By Diana Cooper

RRP UK £12.99 US \$16.99

192 pages.

The publisher writes: "Before we incarnate we are taught the timeless principles that govern all life. Once we are born, however, our free will allows us to choose whether or not to adhere to these rules of the universe."

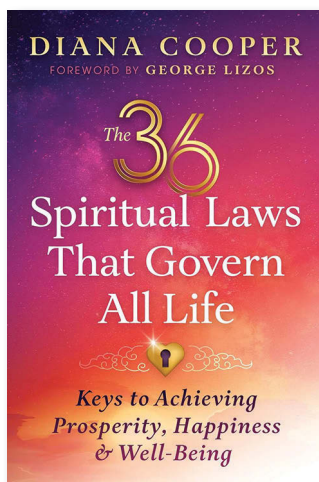
"A blueprint for conscious living, these universal truths can provide us with a path toward greater happiness, well-being and – at the highest level – enlightenment."

"From the Law of Intention to the Law of Karma, each of the 36 spiritual laws offer practical guidance for navigating life's challenges."

"Through vivid metaphors and inspirational stories, spiritual teacher Diana Cooper highlights each law's relevance and provides affirmations and prompts as a way to consciously work with its wisdom."

"As you learn to align with the universe's natural flow you will be able to positively transform every aspect of your life."

"Drawing on ancient wisdom and modern spiritual insights, this guide reveals the hidden forces that govern your thoughts, actions and experiences – empowering you to live with greater purpose, balance and abundance."



THE LIFE-CHANGING POWER OF GROUP PSYCHOMETRY

By Kim McCauley, PhD

RRP UK £16.95 US \$20.99

330 pages

The author writes: "The meditation/psychometry group that I started in my own home is unique. Although it's just one version among a myriad of other kinds of spiritual circles, it's very special – so special that most of the women in the group call it 'life-changing.'"

"I'm writing this book to share some of these wonderful experiences and guide others who might want to create a similar group of their own."

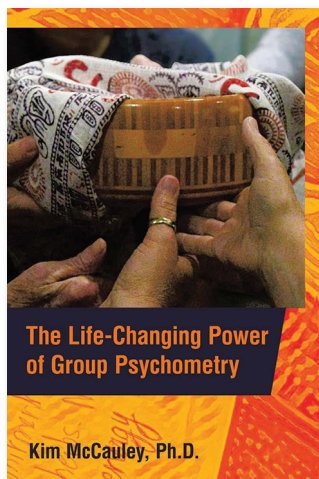
"My hope is that you remember three key takeaways from this book."

"First, everyone has the ability to give a helpful message. We can label it as the product of intuition, Spirit, God, our higher self, inner guidance or sensory information that works like a radio signal from our body's electromagnetic field. There is nothing to fear with that. Nothing."

"Second, no one needs to have any experience in being a 'psychic reader' to participate."

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"I hope that as you read, you'll be picturing yourself seated among us and growing with us. I also hope that eventually you will become part of a group that meets regularly or consider starting a group of your own."



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By Jeffrey Mishlove & Charles T. Tart

RRP UK £14.30 US \$18.99

226 pages

The publisher writes: "Charles T. Tart: seventy years of exploring consciousness and parapsychology offers a compelling portrait of one

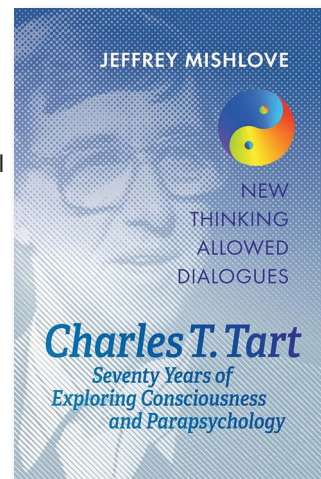
of the most influential figures in the study of altered states of consciousness and human potential."

"A pioneer in both parapsychology and transpersonal psychology, Charles T. Tart helped shape modern understandings of meditation, dreaming, hypnosis, psychedelics and extraordinary human experiences."

"This book features sixteen in-depth interviews with Jeffrey Mishlove, on his New Thinking Allowed channel, capturing the full range of Charles' intellectual journey from rigorous scientific inquiry to deep philosophical questions about the nature of mind, spirit and reality."

"Charles discusses the experimental challenges of studying consciousness, the need for state-specific sciences, and the often contentious dialogue between science and religion."

"He also reflects on his personal inspirations, including Gurdjieff, William James, and his own experiences with remote viewing and feedback mechanisms in psi research."



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By Stacey Demarco

RRP UK £16.99 US \$19.95

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Spiralbound, 216 pages

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365 Daily Affirmations

By Louise Hay

RRP UK £12.99

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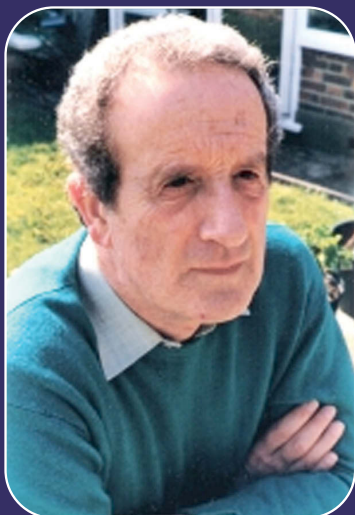
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The author of three books, London-based Ronald worked in the USA, Canada, Sweden, Australia, Germany and New Zealand as well as the UK

Ronald passed to the spirit world on June 5, 2016

To read about his unique gifts, please visit the official Ronald Hearn website at: www.ronaldhearn.com

What's On at Spiritualist Churches & Centres

ENGLAND

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River View Lodge,
Ray Mead Road,
Maidenhead
SL6 8NJ

President: Jenny Lloyd
Telephone:
07857 558927

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Wednesdays 1pm - 3pm

Healing Clinic

Thursdays 7.30pm

Mediumship Demonstration

Monthly Open Platform

and other Special Events

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Email:

reading.events@outlook.com

Website:

readingsnucentre.com

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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

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plymouth.org.uk

Email: brunswickspiritualist
church21@gmail.com

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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

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Dorset BH1 2PE

Telephone: 01202 551751

Website: www.bsnucc.co.uk

Every Sunday at 10.45am

Service with Mediumship

First Sunday of month

at 6.30pm

Service with Mediumship

Thursdays at 3pm

Demonstration of

Mediumship

Open Circle Tuesdays at 7pm

*Visit our website for
details of our other events
and names of mediums*

serving the church

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St Leonards & St Ives
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St Leonards,
Dorset

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See our Facebook page:

Ringwood Spiritual
Connections

Telephone: 01202 951405

Mobile:

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Spiritual Connections

Demonstrations of

Mediumship & Open Circles

Sundays

Divine Service at 6pm

Please see our Facebook

page for details of mediums

serving in November, 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

NOVEMBER 2025

Sunday Service

at 10.45am

2nd TONI GOSWELL

9th VANESSA SMALLWOOD

16th ROY MACKAY

23rd VICKIE DRIVER

30th KARLA HAYNE

Thursday Service

at 7.30pm

6th JACKIE GUNNINGHAM

13th BRENDA AKISTER

20th JOHN MORROW

27th ELAINE ASTIN

Healing In person

Tuesdays 10.00am - 11.30am

Special Event

Saturday 15th November

10am - 2pm

Mind, Body, Spirit Event

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01202 735346

Facebook page:

www.facebook.com/

KinsonSpiritualistGroup

Fortnightly Sunday

Divine Service at 6.30pm

with a Medium

See Facebook for specials

and other events

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please see our
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SS15 5SP
(4th turn on the left!)
Telephone:
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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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DEADLINE
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issue is
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www.snu.org.uk/cheltenham-spiritualist-church
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Sundays at 11am
DIVINE SERVICE
Thursday 7.30pm
Open Awareness and
Development Group
Friday 1.30pm - 2.30pm
Healing
Saturday 7pm
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Memorial Services
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Sunday 2nd 6.30pm
Divine Service with
CARIANNE ROBINS
Sunday 9th 6.30pm
Divine Service with
JIMMY DIMITRI
Sunday 16th 6.30pm
Divine Service with
LESLIE KNIGHT

Sunday 23rd 6.30pm

Divine Service with
JON GAULT

Sunday 30th 6.30pm

Divine Service with
VANESSA SMALLWOOD
**Crossroads Development
Group**

Every Tuesday 7.30pm - 9pm
with ALISON POWELL
Healing Service Offered

Every Tuesday

2pm - 4pm & 5pm - 7pm

Last booking at 6.30pm

Special Events

Friday 28th November
7.30pm - 9pm

Philosophy Evening with

LAWRENCE SAVILL

Saturday 29th November
10am - 1pm

Coffee Morning

Private Readings with

JEANETTE FOOTE

& Spiritual Healing

All Welcome

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<https://bexleyheathchurch.wixsite.com/website>
Email: Bexleyheath.church@gmail.com

Or see us on Facebook
NOVEMBER 2025

Sunday

Divine Service at 6.30pm

2nd INGRID KELLY

9th JULIE SINCLAIR

16th JAN MAWSON

23rd TINA MUDDLE

30th TINA STEWART

Tuesday Service at 2pm

4th SUE POOLE

11th BRENDA HODGSON

18th SHARON FORDE

25th LIZA PEGG

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£5 Entry

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12noon - 2pm £5

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Wednesday 19th November

7.30pm - 9pm £5

with SHERRIE HARDAKER

Special Events

Wednesday 26th November

7.30pm - 9pm £5

(Please arrive by 7.15pm)

Evening with

KEITH THOMPSON

and Spirit Orbs

Saturday 29th November

10am - 12.35pm £20

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See website for details

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Sundays 6.30pm - 8pm
Divine Service (Donations)
2nd Communion &
TINA MUDDLE
9th JANET MILLS
Remembrance Service
16th KIM COLLIER
23rd KIM CATTERMOLLE
30th CARREY BLACKERY
Friday Evenings of
Clairvoyance 7.30pm - 9pm
£4 (Members £3)
7th MARY WARD
14th CLOSED
21st STEVE GRAVES
28th ELAINE GROUT
Special Event
Wednesday 19th November
7.30pm Evening of
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Email: mitchellsleight@
btinternet.com
Mediums' Secretary:
Sharon Harris
Telephone: 07731 815220
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(doors open 5.50pm)
5th ELAIN STANTON
12th STEPHEN HARDY
19th DIANA REID
26th ANNETTE CARTY
Evenings of Mediumship
Wednesdays 8pm
£5 (£2.50 members)
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15th INGRID KELLY
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Evening of Clairvoyance with
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Tickets £15 please book in
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Saturday 22nd November
7.30pm
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Tickets £20 please book in
advance
Website:
www.westwickham
spiritualistchurch.co.uk
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CHURCH**

93 Beach Road,
Thornton Cleveleys,
Lancashire
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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
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Readings Day Spring and
Autumn - See notices or
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Healing
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Facebook:

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barneshealingchurch
Website: www.barnes
healingchurch.co.uk
Email: barneshealing
church@hotmail.co.uk
NOVEMBER 2025
Sunday Service of
Mediumship at 6.30pm
2nd JUNE FROST
9th PAULINE WALSH
16th DAVID COLE
23rd ANA MATYJIW
30th RAY PRENDERGAST
Healing

Tuesdays 7pm - 8pm
Thursdays 12noon - 2pm
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12th Special Evening with
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& Orbs

19th SUSAN GRIFFITHS
26th ROSANNA SMITH

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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
NOVEMBER 2025

*Sunday Divine Services in
Church at 6.30pm*

2nd LES & DENISE PILGRIM

9th NATHAN POOLE

16th NO SERVICE

(due to Christmas
Open Day Bazaar)

23rd MARC IMPEY

30th LORRAINE FRANCOIS
& ALAN SALMON

*Thursday Online Zoom
at 7.30pm*

6th CELIA MITCHELL

13th DAVID HALE

20th MARTIN JONES

27th MATT & KIRSTY
GROGAN

ONLINE ZOOM SERVICES
ID: 689 400 7125

Passcode:

**FULHAM (capitals)
Special Events**

Sunday 16th November
Doors open 10.30am

CHRISTMAS OPEN DAY BAZAAR

30 min. Private Sitzings £20
First sittings 11am
Last sittings 2.50pm
Refreshments available
all day

To book a sitting please
contact our email address:
fulhamspiritualistchurch@
yahoo.co.uk

This event will be held in
the church

**For more information
regarding our events,
services and making freewill
donations please contact**

us via email

Free Parking

All Welcome

MERSEYSIDE

BIRKENHEAD SPIRITUALIST CHURCH

2 Mount Grove, Oxtom,
Birkenhead,
Wirral,
Merseyside
CH41 2UJ

Facebook: Birkenhead SNU
Spiritualist Church

Email: hello@bscwirral.uk
Sundays 6.30pm - 7.45pm
Divine Service

Thursdays 7.30pm - 9pm
Open Circle

Saturdays Occasional
Specials when advertised
All Welcome

NORFOLK

HARBOUR LIGHTS SPIRITUAL GROUP

Council Hall,
1 Yarmouth Road,
Caister on Sea,
Norfolk
NR30 5DL

Telephone:
07746 516181

Every Sunday at 7pm
Mediumship Demonstration
For further details see our

Facebook page:

www.facebook.com/
caistercouncilhall

All Welcome

NOTTINGHAMSHIRE

EASTWOOD SPIRITUALIST CENTRE

Edward Road,
Eastwood,
Nottinghamshire
NG16 3EU

Sunday 6pm - 7pm

Divine Service

Monday 7pm - 8pm

Divine Healing Service

Tuesday 1pm - 2pm

Awareness Group

Wednesday 7pm - 8pm

Mediumship Demonstration

Friday 6.30pm

Educational Circle

For mediums serving the
centre and special events, see
our Facebook page:

**Eastwood Spiritualist
Centre**
All Welcome

SOMERSET

ALCOMBE & MINEHEAD CHRISTIAN SPIRITUALIST CHURCH

Grove Place,
Manor Road,
Alcombe, Minehead
TA24 6EH

Telephone: 0783 110 4896
Winter

(November to end of February)

Sunday Service at 3pm

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

Spring & Summer

(March to end of October)

Sunday Service at 6.30pm

Website:

www.mineheadspiritualist
church.co.uk

All Welcome

WESTON-SUPER-MARE NATIONAL SPIRITUALIST CHURCH

2 Stafford Road,
Weston-Super-Mare,
North Somerset BS23 3BW

Facebook:

www.facebook.com/
wsmspiritualistchurch

Website :

www.westonsupermare
spiritualistchurch.co.uk
Telephone: 07872 581902

First Sunday in month
11am Divine Service
Sundays (except 1st in
month)

6.30pm Divine Service
Mondays 7.30pm Open
Circle

Thursdays 3pm

Guild with Demonstration
of Mediumship

4.30pm - 5.30pm

Spiritual Healing

7.45pm Awareness Group

For details of mediums
serving the church,
Special Events, Workshops
and Demonstrations
see our Facebook page
All Welcome

STAFFORDSHIRE

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



Follow our channel

on **YouTube:**

PsychicNewsMagazine

**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
Email:

hello@thewitchofsuffolk.co.uk

Beyond being a physical
shop, The Magickal
Emporium is a welcoming
space where you can freely
express your true self and
engage in all things magickal.

We offer workshops on
Spiritual Development,
Astrology, Candle or
Incense Holder-making,
Pendulum Magic.

We also hold gatherings
and events such as Gong
Baths, Sound Healing,
Wheel of the Year gatherings
and much, much more.

Follow us on Facebook at:

[www.facebook.com/
witchofsuffolk/](https://www.facebook.com/witchofsuffolk/)
All Welcome

**SUDBURY
CHRISTIAN
SPIRITUALIST
CHURCH**

The Stevenson Centre,
Stevenson Approach,
Great Cornard,
Sudbury,
Suffolk CO10 0WD

Meetings:
Every Sunday at 2.45pm
for 3pm to 4.30pm
There is NO ENTRY FEE
We only respectfully
suggest that donations are
made during the service

For more information,
call Maureen on:
07931 366 610

All beliefs and denominations
are welcome

SURREY

**CAMBERLEY
SPIRITUALIST
CENTRE**

112 Gordon Road,
Camberley,
Surrey GU15 2JQ

NEW Website:
[www.camberley
spiritualistcentre.co.uk](http://www.camberley
spiritualistcentre.co.uk)
Email: [contact@camberley
spiritualistcentre.co.uk](mailto:contact@camberley
spiritualistcentre.co.uk)
Telephone: 01276 409004
NOVEMBER 2025

Sunday Divine Service 6.30pm
(free will donation)

2nd SARAH NORRIS

16th SPENCER ROSE

Evenings of Mediumship

Tuesdays at 7.30pm

£5 (£4 members)

4th LORRAINE FRANCOIS

& ALAN SALMON

11th HELEN AYRES

18th TANYA COOPER

& LYNN ST CLAIRE

Clairvoyance & Spirit Art

25th EMMA DOWSING

& IRENE HALL

Open Circle

Every Monday

7.15pm for 7.30pm start £5

Alternating tutors

GILLY PALMER

& KAREN NOGG

Platform Mediumship Class

Thursday 27th November

7.30pm £5

with SARAH NORRIS

Open Platform

Wednesday 5th November

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)

Special Events

Saturday 8th November

10.30am - 4.30pm £25
(reserve your place with a
£10 deposit)

Expanding Your Awareness
Workshop with
BILL HUGHES

Saturday 8th November
7.30pm £10

Evening of Clairvoyance with
BILL HUGHES

Saturday 29th November
10.30am - 4.00pm

Christmas Readings Day
20 min readings for £20

To book your reading
email: [contact@camberley
spiritualistcentre.co.uk](mailto:contact@camberley
spiritualistcentre.co.uk)
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:croydonspiritualist
church@gmail.com)

Website: [www.croydon
spiritualistchurch.org.uk](http://www.croydon
spiritualistchurch.org.uk)
NOVEMBER 2025

Sunday 11am Service

2nd PAUL BEAUCHAMP

9th INGRID KELLY

16th BRENDA HODGSON

23rd PAULINE WALSH

30th CIRCLE STUDENTS

Wednesday Evenings

of Mediumship at 7.45pm

Members: £2.50

Non-Members £5

5th MICHAEL LENNON

12th MINISTER

DAVID BRUTON

& RACHEL CASSON

19th MICHAEL LENNON

26th BRENDA HODGSON

Community Coffee Morning

Tuesday 4th November

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

**KINGSTON
NATIONAL
SPIRITUALIST CHURCH**

Villiers Road,

Kingston upon Thames,

Surrey

KT1 3AR

Website:

www.kingstonsnc.net

Email: [kingston.spiritualist
@yahoo.com](mailto:kingston.spiritualist
@yahoo.com)

Follow us on Facebook

Enquiries:

07503 405007

Bookings:

07780 474440

NOVEMBER 2025

Special Event

Saturday 8th November

12.30pm - 4.30pm

Entrance £1

PRIVATE SITTINGS

From 1.30pm - 4.30pm

20 minutes for £20

Book on the day

First come, first served

Lots of stalls, crystals,

jewellery, raffle, tombola

and much more with

refreshments served

Sunday Service at 11am

Plate Collection

2nd CELIA MITCHELL

9th MICHAEL LENNON -

Remembrance Sunday

16th DENISE SAUL -

Kingston Church Annual

Memorial Service

23rd MINISTER LORRAINE

GILBERT-GRAY DNSU

30th GAIL MOFFATT

Mondays at 7.30pm

Evening of Mediumship

£4 (members £3.50)

followed by Healing

3rd PAMELA POLLINGTON

10th LAURA WOOD

17th ROSA PLAZA

24th BARBARA POTTS

Spiritual Healing

By donation

Mondays 8.45pm - 9.15pm

Wednesdays - Pets allowed

2pm - 4pm

(Continued on next page)

Open Awareness Circle

For beginners 18+
on 1st & 3rd Friday of month
Friday 7th & 21st November
with LESLEY HAMILTON

7.30pm - 9pm

£6 (members £5)

Doors shut promptly at
7.30pm

Open Platform

Medium training for 18+ on
first Saturday of month with
LYNN ROSE

Saturday 1st November
2pm - 4pm £6 (members £5)

Audience £3

Spiritual Talk & Guided Meditation

7.30pm - 9.30pm

£6 (£5 members)

held on the third

Wednesday of the month
with

CHERRY SRINAGANAND
Wednesday 19th November

Please check our website
for updates and any
programme changes.
Open to members and public
All Are Welcome

FARNHAM INDEPENDENT CHRISTIAN SPIRITUALIST CHURCH

Hale Village Hall,
1 Wings Road,
Upper Hale,
Farnham
GU9 0HN

President:

Jean Harris

Telephone:

07936 708882

Follow us on Facebook

NOVEMBER 2025

Sundays at 6.30pm

2nd IRENE HALL

& EMMA DOWSING

9th Remembrance Service

JAN ROSS

& GILL THOMAS

16th JANEY JENKINS

A free will offering will
be collected

Tea/coffee and

home-made

cake after the service

Healing available

Open Platform

Friday 21st November

7.30pm Practise your

mediumship

All levels welcome

£4 to work

£2 Sympathetic audience

All Welcome

SUTTON SPIRITUALIST CHURCH

St. Barnabas Road,
Sutton,

Surrey

SM1 4NP

Telephone:

07958 034820

Website: www.suttonspiritualistchurch.co.uk

Sunday 6.45pm

Divine Service

Thursday 7.45pm

Service with Demonstration
of Mediumship

For Special Events and
mediums serving the church,
see our Facebook page:

Sutton Spiritualist Church

All Welcome

EAST SUSSEX

SEAFORDSPIRIT

Seaford Independent

Spiritualist Church,

3 Warwick Road,

Seaford,

East Sussex

BN25 1RS

Telephone:

01323 737407

Email:

enquiries@seafordspirit.co.uk

Weekly Divine Service

Thursday at 7.30pm

Alternate weeks

In-Person and Online

Demonstrations of

Mediumship and Workshops

For full details see

our website:

www.seafordspirit.co.uk

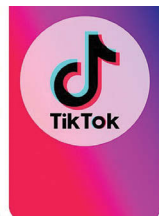
Subscribe for updates and to
register for online events and

to receive log-in codes for

Divine Services

All Welcome

**For Exclusive
Competitions
& Give Aways
Follow
Psychic News
on TikTok**



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.stourbridgespiritualistchurch.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](https://t.me/psychicnews.bsky.social)**

PARKSIDE SPIRITUALIST CHURCH

The Joe Capstick
Memorial Hall,

4 MacDonald Road,

Wyken,

Coventry,

West Midlands CV2 5FF

Sundays at 3pm

Divine Service

Mondays at 7.30pm

Open/Awareness Circle

Wednesdays 1pm Healing

Website: www.parksidespiritualistchurch.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.redditchspiritualistcentre.co.uk

Email:

redditchspiritualistcentre@gmail.com

Telephone: 07907 378448

Sunday 11am

Divine Service

Tuesday 7.30pm - 9pm
Healing
Wednesday 7.30pm - 9pm
Mediumship Demonstration
For details of Special Events
and mediums serving the
centre, please visit our
Facebook page
All Welcome

SCOTLAND

ANNICK SPIRITUALIST CHURCH

Fullarton Community Hub,
1 School Lane,
Irvine,
Ayrshire KA128DF
Service
Every Sunday 6.30pm
Doors open at 6pm
For details of Special Events
and mediums serving the
church, please visit our
Facebook page:
Annick Spiritualist Church
All Welcome

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:
kincaidston
spiritualistcentre
All Welcome

PATHHEAD AND DYSART SPIRITUALIST CHURCH

145 Commercial Street,
Kirkcaldy,
Fife
Scotland
KY1 2NS
Telephone:
01592 262955
Email:
r.birrell46@gmail.com
Sunday 6pm
Divine Service
Thursday 6.45pm
Healing Circle
Thursday 7.30pm
Development Circle
See our Facebook page for
details of visiting mediums
and special events:
Pathhead and Dysart
Spiritualist Church
All Welcome

WALES

THE PSYCHIC SHOP

The Plassey,
Eyton,
Wrexham,
North Wales
LL13 0SP
Telephone:
07360 272727
Stockists of
Healing Crystals
& Incense
Oracle, Angel &
Tarot Cards
Private Readings
Spiritual Gifts
& much, much more
Website:
www.warrenstarling
psychicmedium.com
All Welcome

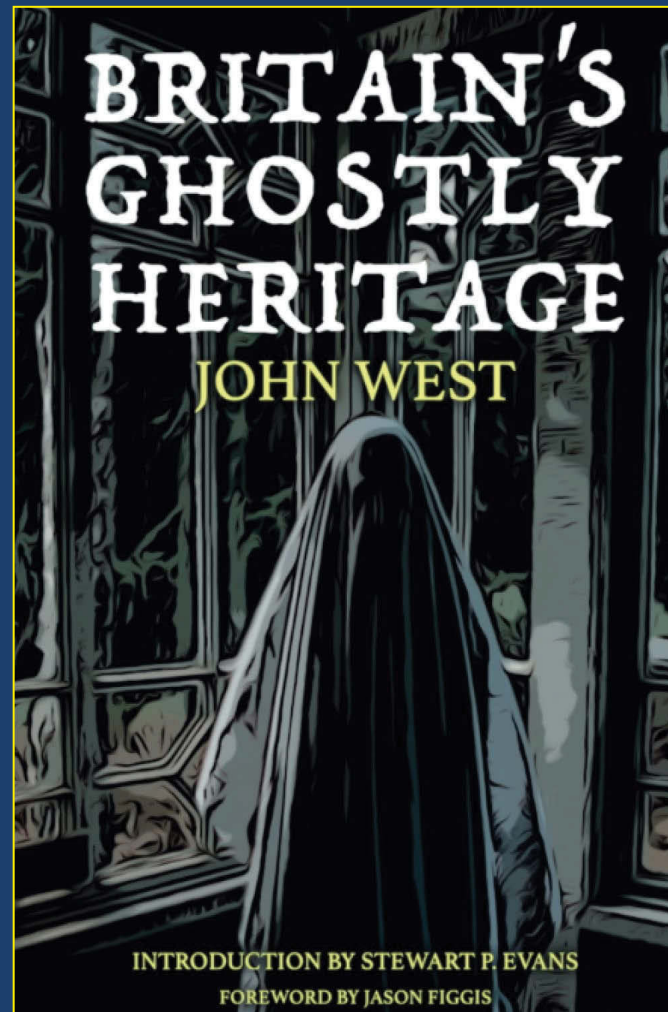
ABERAERON SPIRITUALIST CHURCH

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

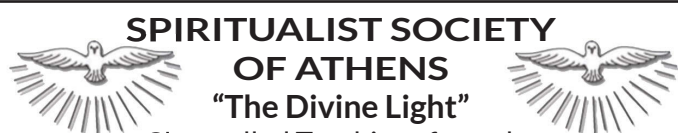
GUERNSEY

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/](https://www.facebook.com/TheGreetingPlaceFoundation/)
Our regular services are:
Sundays at 11am
Address and Communication
Other services as announced
Everyone Welcome



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Website: www.divinelight.org.gr

Email: info@divinelight.org.gr

Address: 12 Niovis Str.,
Athens, Greece, 11252

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LEARN.**

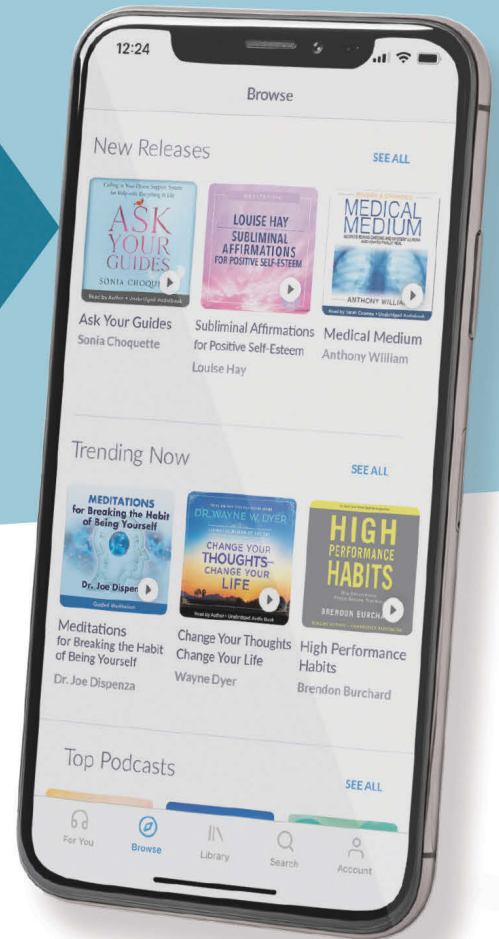
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