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# Psychic News

EST. 1932

*Developing your mind, body and spirit*

## CHRISTMAS FROM BETHLEHEM TO THE BROADBAND AGE

**TRANCE MEDIUM IS IN  
TUNE WITH MUSIC**

**'LOOK OUT FOR SIGNS,  
SIGNALS AND SCENTS'  
SAYS MEDIUM**

**ENGLISH HERITAGE  
LIFTS LID ON HAUNTING  
HAPPENINGS**

**BBC ANNOUNCES  
NEW SERIES WITH  
SUPERNORMAL THEME**

**STUFFED TOY PIG  
FEATURES IN 'DEAD'  
SON'S EVIDENCE**

**APPARITIONS SEEN ON  
SITE OF BLOOD-FILLED  
BATTLEFIELD**

**'I GIVE READINGS TO  
ROYAL FAMILY' SAYS  
CLAIRVOYANT**

**ARTIFICIAL INTELLIGENCE  
GIVES VERDICT ON  
SPIRIT PORTRAITS**

**NEW POLLS PROBE  
PUBLIC BELIEF IN  
THE PARANORMAL**

**ANCIENT JAPANESE  
PHILOSOPHY PROVIDES  
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ISSUE NO 4255







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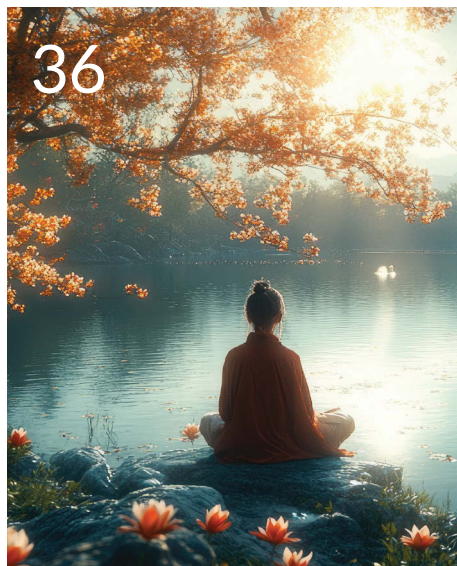
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# TWO WORLDS ARE ONE

NEWS AND VIEWS FROM  
THE EDITOR'S DESK

BY TONY ORTZEN

## Art could be good for your heart

ONE of the central tenets of Spiritualism is that we all comprise mind, body and spirit.

To be as fit as a fiddle, the pathway to good health is to keep all of these at optimum level and perfectly synchronised. As guilty as the next, many of us sometimes fail through a variety of factors.

Though not a cure all, spiritual healing can often play a vital part in restoring harmony to our purely temporary physical frames.

As one who favours complementary and self-help methods wherever possible, here's an exciting new development.

According to the first study of its kind, enjoying original works of art in a gallery can relieve stress, reduce the risk of heart disease and boost one's immune system.

"Researchers," said one report, "measured the physiological responses of participants while viewing masterpieces by world-renowned artists including Manet, van Gogh and Gauguin in a gallery.

"They found that art positively influences the immune, hormone and nervous systems all at once – something never previously recorded.

"The findings suggest that seeing original art not only moves people emotionally, but also calms the body and promotes health and wellbeing."

Led by King's College London, the study



**VIEWING** original works of art brings a variety of health benefits.

involved 50 people aged between eighteen and 40 in the UK.

Half viewed original artwork at London's Courtauld Gallery in London. The remainder looked at copies of the same paintings in a non-gallery environment.

During a twenty-minute session, participants wore sensors which continually measured their heart rates and skin temperature. Saliva samples were taken

### **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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*AFTER being returned to its owner in Manchester, a pigeon flew straight back to actor's home in Essex.*

before and after viewing.

Using these samples, researchers found that levels of the stress hormone cortisol fell by an average of 22 per cent among those viewing original art compared with only eight per cent of participants looking at reproductions.

Pro-inflammatory cytokines linked to stress and a number of chronic diseases decreased by 30 per cent and 28 per cent respectively among those in the gallery with no changes in the other group.

Dr Tony Woods, a researcher at King's College London, said: "The research clearly shows the stress-reducing properties of viewing original art and its ability to simultaneously excite, engage and arouse us.

"Stress hormones and inflammatory markers like cortisol, IL-6 and TNF-alpha are linked to a wide range of health problems from heart disease and diabetes to anxiety and depression.

"The fact that viewing original art lowered these markers suggests that cultural experiences may play a real role in protecting both mind and body."

The study also found that art engages the immune system, the nervous system and the endocrine system, which is responsible for releasing hormones.

Researchers detected signs of excitement among those viewing art in the gallery, including a dip in skin temperature, overall higher heart rates and a variation in heartbeat patterns.

Dr Woods added: "From a scientific perspective, the most exciting outcome is that art had a positive impact on three different body systems – the immune, endocrine and autonomic systems – at the same time.

"This is a unique finding and something we were genuinely surprised to see.

"In short, our unique and original

study provides compelling evidence that viewing art in a gallery is good for you and helps to further our understanding of its fundamental benefits.

"In essence, art doesn't just move us emotionally – it calms the body too."

Jenny Waldman, the director of the Art Fund, which co-funded the research, said: "This study proves for the first time what we've long felt at Art Fund – that art really is good for you.

"What's particularly exciting is that the findings show these benefits are universal: they can be experienced by anyone.

"We want to encourage everyone to make time to visit their local museum or gallery and experience these powerful effects for themselves."

Incidentally, mind, body, spirit matters are certainly going mainstream. Last month's Tesco magazine carried a short section on forest bathing on its health page.

Under the headline "What is forest bathing?" came this: "Known as *shinrin-yoku*, this Japanese practice is about finding your zen in nature among trees.

"Try going for a woodland walk, taking deep breaths and noticing what you can see, hear and smell."

## Medium comments on pigeon power

FIRST let's set the scene. As fans of ITV's *Coronation Street* will know, actor Ryan

Thomas played the role of Jason Grimshaw from 2000 until 2016.

Two years later, he portrayed Rafael Humphreys in the Australian soap opera *Neighbours* and won the twenty-second series of *Celebrity Big Brother*.

A few weeks ago, Ryan made headlines after medium Sally Morgan confirmed that his "dead" father has returned via a pigeon.

Rebecca Lawrence, the *Daily Mail's* deputy showbusiness editor (digital features) took flight, as it were, to investigate what could be called a soaring story and sort fact from feather.



RYAN THOMAS: "You are not going to believe this." (Photo: Sarah Winterman on Flickr)

Ryan's dad Dougie passed on aged 72 five years ago. After the bird appeared, Ryan posted on Instagram that it had paid several visits to his home, which he shares with his fiancée Lucy Mecklenburgh.

Taking to Instagram, he explained: "You are not going to believe this. I've gone out with the kids all day today. Lucy's been at home.

"She calls me at 5 o'clock and says, 'I could hear tap, tap, tap, tap, tap at the back window.'

"She sends me a video of my dad (the pigeon). My dad came back. He was trying to fly into the windows to try and get in."

After identifying the pigeon's owner via a neighbour who is a vet, the family undertook a five-hour car journey from their Essex home to Manchester to return him.

Intriguingly, once they arrived, the pigeon promptly flew off only to return to their home the following day.

Asked for her input, Sally said Ryan's father had returned in the form of a pigeon, adding:



"I just know it in my heart. It was so lovely when Ryan said, 'Do you think that could be my dad?' Sally told him: 'You've got it... It's your dad.'"

The medium added that she felt the bird was responding to the kind energy of the Thomases, saying, "I think that his dad's energy is around his children, and around all the cousins, all the children, all the family."

The paper said that "the notion of birds being connected to the spirit world is not new."

"For a long time, robins have been linked to deceased loved ones, hence the phrase, 'When robins appear, loved ones are near.'"

Sally explained that signs from the Beyond can appear in various forms, saying that she knows when the energy from her "dead" husband John is around because she detects his "pleasant smell."

The medium added: "I say that we are all attached by this invisible umbilical cord of love. When we think of a loved one and the memory of them, it transcends our dimension."

## Fickle finger of fate leads to father

WE'VE probably all had chance encounters which dramatically altered our lives, but this story really is a Turkish delight.

Fitness instructor Oliver Archer, 21, went to pick up a Vinted package from his local corner shop in London's Ladbroke Grove.

Growing up without his dad, Oliver asked his mum "all the time" about his father. When aged nine, he secretly searched his name on Facebook, which led to nothing.

A recent ancestry test confirmed that Oliver is half-Turkish. It didn't reveal anything about his father's side of the family, and he almost gave up trying to find him.

"My mum used to say my dad might be back in Turkey or still in London," said Oliver. "The only thing I ever knew about my dad was his name, that he was short and fully Turkish."

Visiting a local shop, Oliver decided to spark up a conversation with a stranger he heard speaking Turkish on the phone at the counter.

When the man revealed he was from



*A JOURNALIST terms a psychic's analysis of her cat "pretty accurate."*

Istanbul, Oliver said that was where his father was from. Noting he was short, Oliver "saw slight familiarities."

The man was about to walk out of the shop when Oliver asked him to wait outside. Explaining that he was welcome to walk on, Oliver "asked if he had had ties with a woman and gave my mum's name and my auntie's."

"He interrupted me at one point and said, 'I think I know where you're going with this.'"

Revealing he thought he might be the stranger's son, Oliver added: "We had a conversation."

"He was telling me about his mum and that I've got loads of other siblings, as he has got five boys and one girl."

"I've got five sisters and two brothers on my mum's side. I then asked his name and told him it was the same as my father's name."

Later came: "It was a shock to the two of us, but here we are now. We exchanged numbers, and have been messaging back and forth almost every day."

Explaining that they planned to meet up a few days later, Oliver ended: "When I was eighteen, I moved back into Ladbroke Grove, and he's obviously stayed in this area this whole time."

"One conversation led to another. I'm over the moon... There's so much I want to say."

## Reading is paws for thought

I LOVE reading about animal communicators, so it was a delight to see Jackie Weaver in an "Exclusive" story for *Mirror Online*, which I meant to highlight a while ago.

Features writer Vikki White asked Jackie to visit and see what her feline friend Humphrey wanted to impart.

"It's fair to say Humphrey wasn't too keen on having his thoughts read at first," Vikki wrote.

"When he met Jackie, he jumped onto the kitchen table, rolled onto his side looking at her enticingly to lure her in and then, when she stroked him, to my horror he went in for the kill."

"First came the warning bite before he gave the psychic's hand several whacks with his paw, with his tail lashing away furiously in the background."

"'You told me you weren't mean,' laughed Jackie, as my angry cat turned upside down and much to my mortification, attacked her with his paws once again."

During the reading, Humphrey said the word biscuits to Jackie, which, said Vikki, "stuns me because my daughter used to sneak cat biscuits upstairs to try and tempt him into her room, at least until I put a stop to it." A reference to cat mint was also meaningful.

Vikki told readers that Jackie has worked with a wide range of animals including horses, dogs, ferrets, a kangaroo and a bearded dragon.

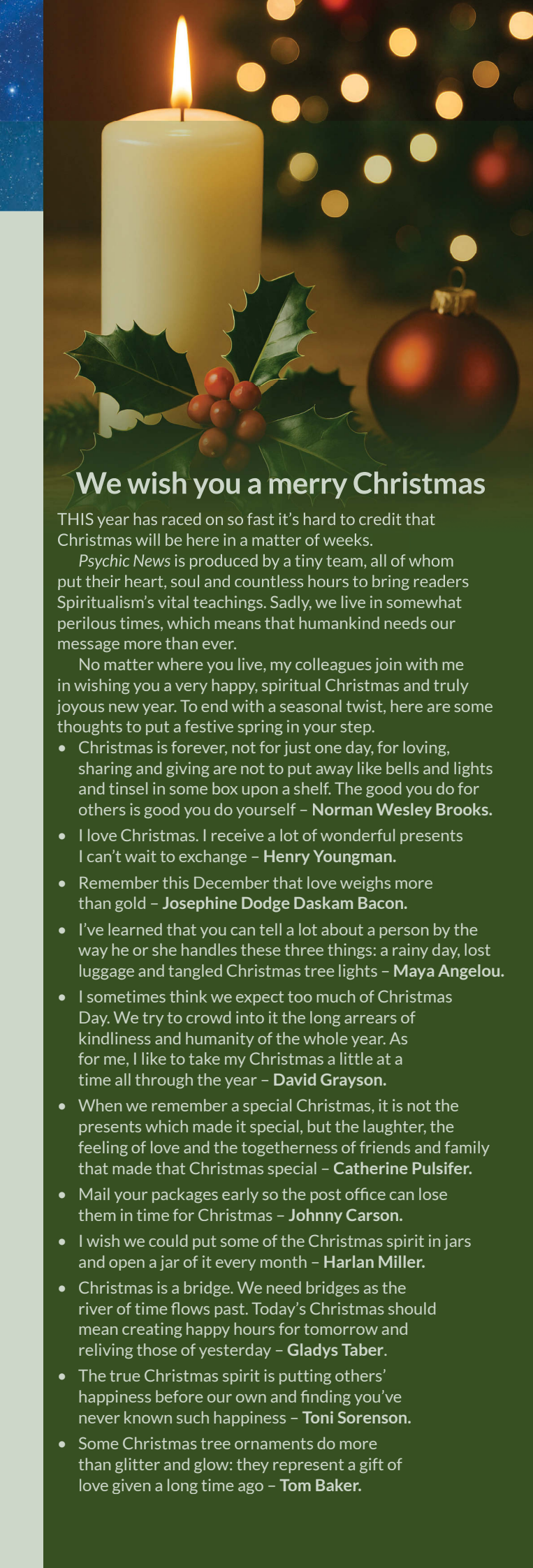
At the end of the feature, Vikki explained that Jackie can work from a picture or "even just a description of an animal and is particularly sought after in the United States and Australia."

"While I tried to keep an open mind about Humphrey's reading, I am a natural cynic, but was pleasantly surprised by how much I learned."

"Jackie's analysis was pretty accurate and while there were no huge revelations, there were takeaways I will put into practice..."

"I can definitely see how her readings bring comfort to people whose pets have recently passed away and with a nation full of pet lovers, can only see the popularity of animal psychics increasing."





## We wish you a merry Christmas

THIS year has raced on so fast it's hard to credit that Christmas will be here in a matter of weeks.

*Psychic News* is produced by a tiny team, all of whom put their heart, soul and countless hours to bring readers Spiritualism's vital teachings. Sadly, we live in somewhat perilous times, which means that humankind needs our message more than ever.

No matter where you live, my colleagues join with me in wishing you a very happy, spiritual Christmas and truly joyous new year. To end with a seasonal twist, here are some thoughts to put a festive spring in your step.

- Christmas is forever, not for just one day, for loving, sharing and giving are not to put away like bells and lights and tinsel in some box upon a shelf. The good you do for others is good you do yourself – **Norman Wesley Brooks.**
- I love Christmas. I receive a lot of wonderful presents I can't wait to exchange – **Henry Youngman.**
- Remember this December that love weighs more than gold – **Josephine Dodge Daskam Bacon.**
- I've learned that you can tell a lot about a person by the way he or she handles these three things: a rainy day, lost luggage and tangled Christmas tree lights – **Maya Angelou.**
- I sometimes think we expect too much of Christmas Day. We try to crowd into it the long arrears of kindness and humanity of the whole year. As for me, I like to take my Christmas a little at a time all through the year – **David Grayson.**
- When we remember a special Christmas, it is not the presents which made it special, but the laughter, the feeling of love and the togetherness of friends and family that made that Christmas special – **Catherine Pulsifer.**
- Mail your packages early so the post office can lose them in time for Christmas – **Johnny Carson.**
- I wish we could put some of the Christmas spirit in jars and open a jar of it every month – **Harlan Miller.**
- Christmas is a bridge. We need bridges as the river of time flows past. Today's Christmas should mean creating happy hours for tomorrow and reliving those of yesterday – **Gladys Taber.**
- The true Christmas spirit is putting others' happiness before our own and finding you've never known such happiness – **Toni Sorenson.**
- Some Christmas tree ornaments do more than glitter and glow: they represent a gift of love given a long time ago – **Tom Baker.**

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# 'I give readings to royal family' says clairvoyant

SCOTTISH medium June Field has told *The Sun* newspaper that she is "number one spiritual adviser" to members of the royal family.

The clairvoyant – who won the International Battle of the Psychics in 2012 – said she was contacted "out of the blue" by a royal aide some years ago and was "whisked off for a top-secret meeting," which was the first of many.

Asked if she feels more pressure giving sittings to royals, June replied, "No, because people are just people."

June declined to name her royal clients, but said three of them call her regularly and she has provided healing in some cases.

When she asked palace officials if she might advertise her royal approval, the reply was a definite "No."

Of her royal sitters, June said: "I'm actually the same with them, like with you or anyone I interact with. There's no ego here. I do what I can to help people."

"That's what I feel that life is about, to try and touch as many people as you can to make a difference. That's my giving back: healing many different people."

June grew up in Dundee. In a recent podcast interview, she explained that she was born with psychic ability.

Initially, she "wanted to shut it down. It frightened me seeing all these people around me at night."

"Fortunately, a great aunt was a trance medium, so my mum knew what was happening."

The relative was also a transfiguration medium, who could temporarily take on the features of someone who had passed on.

As a teenager, June "had to get help to control my ability, to open and close rather than people pushing in all the time. I wanted to teach music and karate, but this is a calling. You're able to help a lot of people."

"When someone comes to see me, my job is to prove the essence of people on the



**JUNE FIELD:** "I do what I can to help people."  
(Photo: Linda Lusardi)

Other Side.

"Those on the spirit side who have passed away just really want their loved ones to know that they're okay."

The medium said that she can now tune into spirit communicators as if flicking a switch.

To win the International Battle of the Psychics, June had to stay in Kiev, Ukraine for six months and undertake a number of tests. One of the judges was world famous mentalist Uri Geller.

"When I was judging the Battle of the Psychics, June Field really impressed me with the level of her intuitive talents and skills," said Uri. "She is also a really nice person."

Following her win, June told *Psychic News*: "I took 50 per cent of votes from the Ukrainian people, even though they had a Ukrainian participant. I am the only English-speaking participant ever to win this competition."

June never failed a task or a challenge as the entrants were whittled down from 70,000 to a shortlist of twelve.

The finalists were selected to appear on a weekly series of TV programmes with one participant eliminated each week. Challenges included reading DNA samples.

All they were told was that at least one sample was human. Participants had to try to identify the individual, but were not allowed to touch the samples.

"We just had to feel the energy around each sample," said June. "I was very accurate and the only contestant to get close to that person."

Another test involved a group of dolphins at an aquarium, who had just been visited by someone. The psychics had to identify the person concerned.

Again, June was the only contestant to provide the right answer. The visitor was the Russian ballerina Anastasia Volochkova.

June "told the judges that this person wasn't very popular, and that she liked a drink. I was spot on, but Anastasia wasn't too happy at the accurate description!"

The medium also correctly identified a woman who slept with her "dead" husband's T-shirt under her pillow, and a man who had a thigh injury caused by a spike.

Her psychic senses were so accurate that the judges told June she should work with the police to help them solve crimes.

She agreed and was asked to hold a jewellery chain of a female murder victim. June instantly "connected."

Reading the information of the woman, June described and drew the murder scene and her body.

June sensed that the victim had known the killer. The details she gave about the murderer turned out to be 99.9 per cent correct when he was finally apprehended some months later.





# New polls probe public belief in paranormal

TWO sets of data have been published indicating a widespread belief in spirit communication, ghosts and other phenomena.

According to new results released from the National Folklore Survey for England, more than one in three people in England accept that apparitions exist while over a quarter believe contact with the “dead” is possible.

Funded by the Arts and Humanities Research Council, the survey was led by a team of researchers from the University of Hertfordshire, Sheffield Hallam University and America’s Chapman University.

The team also asked for thoughts on Halloween, the supernormal and healing. The last major survey was conducted in 1964.

Academics from the University of Hertfordshire played a vital role in the development of the survey.

Dr Ceri Houlbrook, Senior Lecturer in Folklore and History, along with Owen Davies, a professor of social history, were central to constructing the survey’s framework, which was based on their recently published book *Folklore*.

Students on the university’s Masters in Folklore Studies course also contributed to the initial stages.

Now the researchers are analysing the results, contributing to a deeper understanding of how folklore continues to evolve in modern England.

“This survey gives us an extraordinary window into how folklore continues to shape people’s lives today,” said Dr Houlbrook.

“Far from being a relic from the past, folklore remains a vibrant, living aspect of everyday culture, from beliefs in ghosts and luck to the way we celebrate Halloween and share stories online.”

According to the survey:

- Just over one in three people in England believe in ghosts or the spirits of the deceased.
- Over a quarter accept it is possible to communicate with the “dead.”
- Ten per cent reported seeing a UFO or something in the sky they could not explain.
- Forty-six per cent celebrate Halloween. Fifty-two per cent take part in Bonfire Night, with younger people significantly more likely to engage in traditions such as pumpkin carving.

Dr David Clarke, Associate Professor at Sheffield Hallam University, who leads the survey team, said:

“Our aim is to produce the first representative national survey of folklore in multicultural England to raise awareness of the value of folklore as a cultural asset.

“Far from folklore being something old fashioned, our results show that traditional beliefs and customs are a central part of modern life for millions of people.

“One surprising result is that of those who say they have had an extraordinary experience, almost one in five have never told anyone about it, even family and close friends.”

Over the next year, the National Folklore Survey team will release further findings to coincide with key points in the folkloric calendar.

The data covers seven key areas. These include places and legends, the natural world, lucky and unlucky objects, calendar customs, magical beliefs, and folklore in media and pop culture.

Dylan Difford, a data journalist for

the market research company YouGov, revealed similar findings across Britain.

Nearly four in ten respondents believe that ghosts could exist, with more than a third of those feeling “definitely sure” they do. One third of the public are convinced that they definitely do not.

Just over one in five people believe that witches may exist, while one in eight are open to the possibility of the Loch Ness monster’s existence. Around one in twelve Britons suspect that either vampires or werewolves may be real.

Regarding other practices, six in ten Britons believe that hypnosis probably works, while 30 per cent see both telepathy and reiki as plausible.

Astrology is seen as at least probably real by almost a quarter of Britons. One in five believe it may be able to communicate with spirit beings, with a similar number (nineteen per cent) holding the view that magic might be real.

Seventeen per cent of Britons believe there could be “some truth” to crystal healing. Thirty-eight per cent of participants accept that there could likewise be some truth to karma or cosmic justice.

Across the subjects polled, women tended to be more likely than men to believe there is at least some truth behind them.

Karma or cosmic justice is a case in point. Nearly half of women (48 per cent) believe it could be real compared to 28 per cent of men.

Additionally, females are roughly twice as likely as males to see some plausibility in reiki, crystal healing, astrology, telepathy and spirit communication.



# 'Look out for signs, signals and scents' says medium

DOORBELL cameras are useful tools for seeing who's at the door. In the case of one medium's spirit visitor, the footage revealed them to be invisible.

Leading medium Tracy Higgs, who is known as TJ, told the *Daily Mail* that those on the Other Side send all kind of signals to indicate they are near.

"One friend I know was with her family remembering their late father when his favourite whisky tumbler hopped off the drinks' cabinet and smashed into smithereens on the floor," she recalled.

"In its simplest form, a sign can be a sight, a smell, a sound or even a feeling that tells you a loved one is there. You don't have to be at a séance or with a psychic.

"You can be anywhere: on a beach, out shopping or simply sitting quietly at home."

TJ said that roses may bloom at unusual and significant times, and cited an example.

"My husband has one planted in our garden for his little girl in Spirit," she explained. "Amy was stillborn on September 1. Every year her rose always starts to bloom on that day and remains in bloom until the end of October."

TJ added that spirit beings "really do love the energy of electricity, so changes to it can be a sign of their presence.

"I have personal experience of this. Ever since a loved one passed in October several years ago, on the anniversary of their death my Ring doorbell always goes off at 5.00 am.

"It's not just a dodgy connection because the ring is always accompanied by a massive thump on the door straight afterwards.

"Yet the video feed shows no one is there. While our dogs usually bark when someone approaches the house, they never do on these occasions."

The medium said that other signs to look out for are birds. Swans, who pair for life, represent love and relationships.

"If, for example, you're in a new



**TJ HIGGS:** "My work is all about connection." (Photo: TJ Higgs)

relationship and see a swan," TJ explained, "then a loved one from the Other Side – perhaps a husband or wife – could well be sending you a message and letting you know they approve."

Robins have long been associated with the nearness of a "dead" loved one. However, a hovering hawk may be a sign that somebody around you has "ulterior motives."

TJ also suggested that those seeking a sign could gaze at a candle, adding: "Think of your loved one.

"If there is no draft in the room and the flame starts to flicker, then a spirit is with you and ready to communicate."

The medium has found that spirit friends can communicate in visions which may occur at day or night, but they "tend to occur when we are almost asleep or in that semi-conscious state we enter as we wake up."

While our brain activity is in what is known as a theta rhythm, we are more open to otherworldly energy said TJ, who added that when a medium is connecting to the spirit world, their brain is in this state.

TJ, who has been practising for 26 years,

had this advice for contacting loved ones in the Larger Life:

"Sit quietly with no distractions and start to think of them. As you recall images, memories and keepsakes, all of those energetic imprints will call them in.

"See it as akin to calling them, as though you're picking up the phone, saying, 'Mum, I'd like to see you today.' You might then feel as though there's someone else in the room."

TJ, who teaches at London's College of Psychic Studies, said that students following her advice have reported a change in the atmosphere, for instance in room temperature.

"They will see something out of the corner of their eye," she added. "One student even noted movement in some hanging dried herbs."

The medium explained that a familiar smell can evoke memories and suggest that a loved one is not far away.

She told the paper: "If you don't smoke but your dad or your grandad did and you smell cigarettes, then it's him saying 'Hello.' Perfume is another sign.

"If you want confirmation it's them, ask them to take the smell away, and then ask for it to be brought back."

A best-selling author, TJ conducts workshops and extended events in countries such as Japan, New Zealand, America, Ireland, Denmark, Norway and wherever her calling takes her.

TJ once wrote: "My work is all about connection – whether that's bringing comfort through messages from the spirit world, helping others develop their intuitive gifts or supporting people as they navigate life's challenges with clarity and purpose.

"I believe in keeping things real, grounded and heart-led... Everything I do is about helping others live, heal, and grow spiritually and soulfully."





THIS atmospheric scene from "NightWatch" shows Daisy May and Charlie Cooper during one of their paranormal investigations. (Photo: BBC)

## BBC Two announces new series with supernormal theme

A NEW paranormal TV series will bring together two multi-award-winning comedic siblings in some of the reputedly most haunted locations in the country.

Daisy May and Charlie Cooper's *NightWatch* has been commissioned for BBC Two and iPlayer for six half-hour episodes, each featuring a night in an eerie location.

From a centuries-old castle to a grim Victorian prison, every episode will begin with a tour from a building's custodian, who will reveal the paranormal incidents reported there over the years.

Daisy May and Charlie will be locked in for the night; their mission will be to stay from dusk till dawn.

"We've both had a brush with the paranormal and really do love the concept of life after death, so we thought this could be the perfect way to prove to the world that we're not delusional," said the duo. "It will be a miracle if we both come out alive and well."

The series will start near their home town of Cirencester at HMP Gloucester, where the pair will spend the night shut in a small cell.

The former prison is said to be one of the UK's most haunted sites, with reports including disembodied voices, unexplained footsteps and poltergeist activity.

These phenomena are linked to the prison's history of suffering, executions and alleged burials of prisoners' remains within its grounds.

The intrepid entertainers will then move on to locations like an old pub frequented by highwaymen in Cannock

Chase in Staffordshire, bat-frequented ruins in Herefordshire, a cinema in York and an isolated bothy in the remote Scottish Highlands.

Catherine Catton, head of factual entertainment and events at the BBC, said, "We are really looking forward to spending the night with Daisy May and Charlie Cooper in some of the UK's spookiest places."

Executive producer Lisa Clark added, "Working with Daisy May and Charlie in some of the spookiest buildings in the UK was terrifying, but also a lot of fun."

Reflecting on family life, sibling rivalry, numerous previous jobs and the success they enjoyed with their Bafta-winning BBC Three spoof documentary *This Country*, this series will give audiences a new insight into their personal lives and their relationship with each other.

Daisy May, who is the elder sibling by three years, will have her personal paranormal briefcase full of the latest gadgets to test out.

The mockumentary *This Country* gave the Coopers their big break in writing and acting. Daisy May played Kerry Mucklowe and Charlie portrayed her cousin Lee "Kurtan" Mucklowe.

Daisy May has also written and starred in the BBC comedy-thriller TV series *Am I Being Unreasonable?* and made guest appearances on a number of comedy shows.

Last year, Daisy May released a book titled *Hexy Witch: Tales from my life, the afterlife and beyond*.

She related that as a child, her mother would warn her not to be naughty, as her "dead" granny was watching. She and her friends scared each other with ghost stories during sleepovers.

When Daisy May finally encountered an apparition as an adult, what started as an ordinary day turned paranormal when she heard the patter of tiny feet across the wooden floor of her bedroom.

Daisy May commented: "At first, I assumed it was my daughter hurtling in like a whirlwind."

"When I turned, a pair of legs – child's legs – were running across the room. Unmistakably, these were the legs of a little boy dressed in tight white PE shorts."

Her story featured on the TV series *Uncanny*, with host Danny Robins spending the night at the presenter's home, which was built only three years earlier.

Daisy May revealed other unexplained events such as a shower which turned on by itself and a picture that was placed on the stairs with nobody admitting responsibility. Soon after the filming, Daisy May sold the house and moved out.

Charlie has explored British folklore in his solo series *Charlie Cooper's Myth Country* for BBC Three.

*Daisy May and Charlie Cooper's NightWatch* is being made by their own production company named So Humble. The series is now available on BBC iPlayer.



CHARLOTTE MABON: "My songs provide me with a compass for living, lyrically and melodically guiding me forward and keeping the torch of belief alight." (Photo: Anouska Beckwith)

# Singer releases debut medicine folk album

A BRITISH singer-songwriter has released her debut album in the genre of "medicine folk" music, presenting a mix of spiritual prayers, reflections and love for our troubled world.

Charlotte Mabon's *River of Soul* bridges traditional folk, activism and wellbeing in a rich blend of spiritual sensitivity and artistic depth.

Charlotte once spent six years in "a shamanic Brazilian singing group learning hundreds of songs and practising them as a way of life." She also attended a psychic development group for four years.

Launching her collection, Charlotte said: "This album is a prayer for the next generations.

"As I look forward into the uncertain future of potential climate collapse, resource scarcity and political unrest, it is a call to remember our humanity, to take root and solace in the natural world, to pause, to listen, to feel, and to remember what we came here for."

In *Dance our Dues*, the album's lead single, Charlotte sings, "We are creatures of humankind, searching for a way to find home."

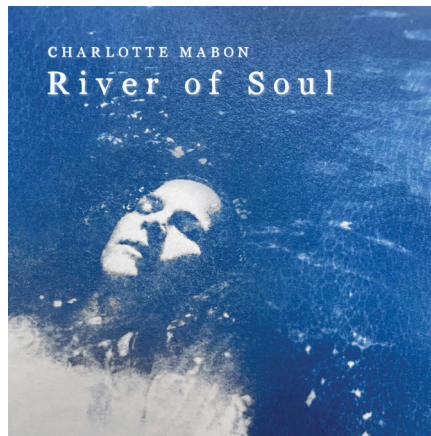
Charlotte's early childhood was spent in Suffolk. When aged eight, she was sent to a private school in Cambridge, but did not fit in.

Receiving a windfall bequest at the age of nineteen, Charlotte "bought a ticket to India and emerged from Calcutta airport to the heat, the smells of spice and rubbish, the traffic mayhem and was enraptured.

"After three weeks of walking the city, I booked myself into a Vipassana retreat in Bodhgaya. Having felt alienated in the 'human' world I had grown up in, my longing for spirit and the spiritual life was burning in me.

"I emerged after ten days of silence, shaved my head and was soft as a baby. I travelled to Varanasi, threw myself into yoga and bought a guitar."

Charlotte studied classical Indian music and began to regard singing as a form of meditation.



Taking up residence in a mountain community in Spain, she became "immersed in the simple life: growing food, walking barefoot on the earth, bathing in spring pools and singing round the big lodge fire.

"I learnt many things in this time – how to live in deep connection with the earth and how to find sacredness in simplicity – but still found it hard to trust people and feel a sense of belonging."

Next, Charlotte went to the seaside town of Penzance in Cornwall to learn about plant medicine.

"The plants showed me a path on which I could gather up the many fragmented parts of my youth and become whole," she said. The singer travelled again to Europe and Japan, and, with a new husband, to South America.

Together, they "crewed on a four-man sailing boat across the Atlantic. It was under the wide starry skies that I began to hear my own songs." Once back in England, Charlotte became mother to two children.

"It is impossible to convey the depth and scale of the changes that parenting brings," she said.

"The subsequent twelve years of

raising children and establishing a home have been an intense process of unmaking and remaking my relationship with music and its mysterious source."

For the song *Across the Veil* Charlotte had a vision of a video to showcase the track and brought it to fruition.

Her heart "was full to bursting when it received 20,000 views on Facebook in the first few days of its release. It has steadily built on YouTube since."

The inspiration for the song came after a friend committed suicide in 2018. Since then, Charlotte has been a passionate advocate for suicide awareness.

*Across the Veil* became the soundtrack to the *I Pledge 2 Talk* campaign spearheaded by Welsh MP Eluned Morgan and actor Jerome Flynn.

"I have been deeply touched by the messages I received from all around the world from people that have lost loved ones, thanking me for the healing they've received through this song," said the singer.

As part of her activism, Charlotte helped raise over £30,000 in crowdfunding for an album to help children in Palestine through the charity War Child.

The resulting work titled *Each Life Sacred* features twenty artists including Anoushka Shankar, Johnny Flynn and Charlotte, who wrote and performed the title track.

Regarding her album, Charlotte said: "My songs provide me with a compass for living, lyrically and melodically guiding me forward and keeping the torch of belief alight.

"They tell me, 'Keep singing, keep praying and keep loving this incredible earth that we live upon.'

"If others can also receive this wisdom through my musical legacy, then I'll die having completed what I came here for!"

Charlotte's music is available on streaming platforms and via her website <https://charlottesmabon.com>



# CHRISTMAS MESSAGE from THE GREATER WORLD

*May the love of God surround you with the  
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this Christmas season  
and remain with you  
throughout the  
coming year*



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# TV presenter writes ghost story book for children

AWARD-WINNING writer Danny Robins – dubbed Britain’s “go-to ghost guy” due to his phenomenal success in creating debate around accounts of paranormal events – is on a mission to inspire a new generation in his first book for children.

*Do You Believe in Ghosts?* has been launched as a “spooktacular” collection of real-life ghost stories for readers aged nine to twelve years old. It includes illustrations by Ellen Walker.

A former stand-up comedian, Danny is the creator and host of the hit BBC podcast and TV series *Uncanny* in which ordinary people share their extraordinary haunting tales, subjecting them to scrutiny by believers and sceptics in the studio and among audiences.

Danny was also behind radio recreations of *The Battersea Poltergeist* case and others, penned a book of tales titled *Into the Uncanny* and wrote a thought-provoking play *2:22 – A Ghost Story*.

The publicity for *Do You Believe in Ghosts?* says: “Join Danny on an adventure into the world of the paranormal, exploring bizarre and intriguing mysteries from poltergeists and apparitions to messages from the spirit world, ghostly photos and even a haunted toilet!”

A journey of discovery for anyone curious about the supernatural, Danny said it’s “spooky not scary,” as he also explores the science and history behind these incredible stories.

“So climb under the covers, grab a torch and prepare to get ghost hunting!” say the publishers, Puffin Books.

Chapter One gets straight to the point with the heading “Do ghosts exist?” adding that this really important question is one “humans have been asking ourselves for thousands and thousands of years.”

With engaging introductions to the subject, Danny admits that he is a “sceptic who really wants to believe.”

On his website, Danny said that *Do You Believe in Ghosts?* “is the book I wish I’d read as a kid – a thrilling, fun, spooktastic adventure through some seriously exciting real-life ghost stories!”

In an interview on the BBC *Breakfast* show Danny explained his belief that

He continued: “Also I love the idea of time travel: ghosts are like time travellers; it’s the past coming back to us. What would you say to a Victorian or a Tudor if you could meet one?”

“I was told just recently about a caveman ghost near Stockport. Somebody looked out of their window and saw a caveman running across a football field, chasing a deer and throwing a spear.

“I mean, what is going on there? Is it hallucination or a time slip – is that the past coming back to life? Moments like those really grab kids’ imaginations.”

Danny agreed that his book sits between facts and stories, adding that “lots of ghost stories feature kids.”

He cited the Enfield poltergeist case in which eleven-year-old Janet Hodgson and her sister Margaret, fourteen, were at the epicentre of various paranormal phenomena in the 1970s.

Danny’s children were involved in his book, attempting to recreate an iconic photo of Janet apparently levitating from her bed.

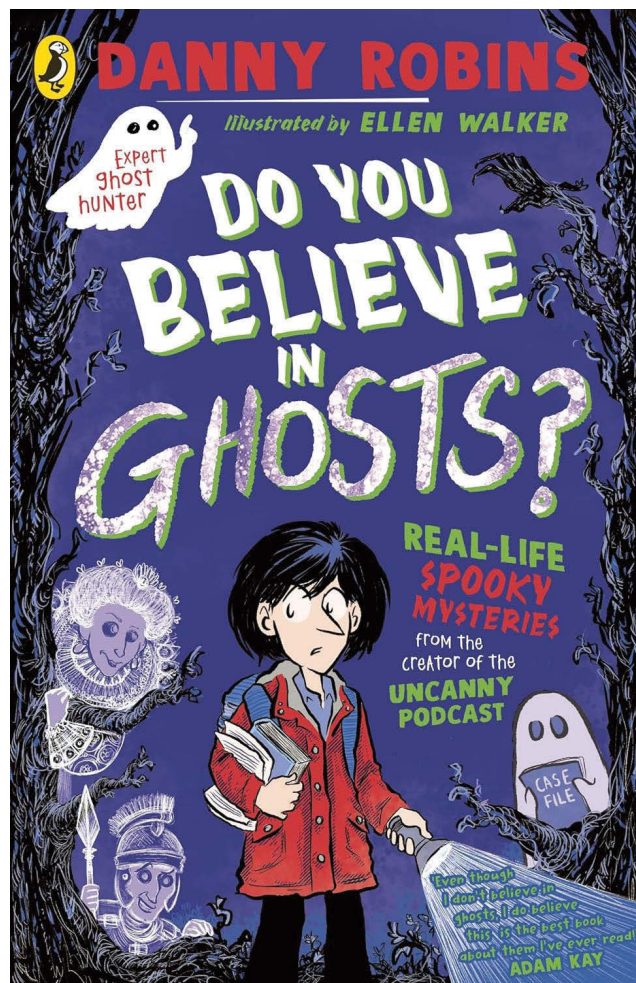
He explained the historical image of ghosts as a being wearing a bedsheet, commenting that people were buried in shrouds, so robbers would don a sheet to frighten people. The image was used in theatres during Victorian times.

Danny commented, “The paradox is that ghost stories are scary, but the ghosts we want to see are comforting ones associated with lost loved ones.”

Asked to be specific about his beliefs, Danny added that he used to be more sceptical, but has “been on a journey of discovery. You can’t be exposed to these kind of stories and not have it chip away at you.

“I can’t explain the things that people tell me. It keeps me awake at night. I would love to believe. It’s a form of magic, the idea that death is not the end.”

*Do You Believe in Ghosts?* runs to 240 pages and is available in paperback, and eBook and audio format read by Danny.



DANNY ROBINS calls his book “a thrilling, fun, spooktastic adventure through some seriously exciting real-life ghost stories!”

“keeping an open mind is crucial.”

He feels that for a long time “kids were told that ghost stories were for adults, as they are scary.

“Actually, if you look at them through a child’s eyes, they take you to all these realms: into science, history and how our universe works. They’re just detective stories.

“That’s what drew me to them as a kid. I love detective stories, this puzzle of making sense of how the universe works and how we work as human beings.”





# Stuffed toy pig features in 'dead' son's evidence

AN American international lawyer-turned-medium received clear evidence of her young son's survival in descriptions of a toy pig, a chair and a Bob Marley song.

Selima Maxine wrote in *HuffPost* that after her four-year-old boy Max passed on "something in me broke." She searched for answers and comfort online, in books and in person.

"I even looked into near-death experiences – me, a lawyer, searching for signs of the afterlife like a desperate mother clawing at the dark," said Selima.

"I wanted to know he was OK. I wanted to know that something of him still existed. That I hadn't just kissed him goodnight one evening and lost him forever."

The bereft mother secretly visited a medium, even though she did not believe in them. To Selima's astonishment, the sitting was too accurate to dismiss.

The unnamed clairvoyant "mentioned the pink stuffed pig – Max's constant companion. Not a teddy bear. Not a blanket. A pig."

"It's still there, right?" the medium added. "On the edge of the couch?" It was.

"Then she said: 'He's showing me a red chair. He's sitting in it like it's his throne.' That hit me hard. Max was always in that chair."

As the sitting continued, the medium mentioned Jamaican singer Bob Marley's song *Three Little Birds*. Selima commented:

"She said Max heard us play it in the kitchen, and he'd been dancing with us. That moment had happened just days earlier.

"For a brief second, we'd felt him there too. Now I was being told he was actually there."

The successful sitting led the lawyer to study psychic ability, taking classes and talking to practitioners.

"I wanted to know how it worked," Selima explained, "not just emotionally, but energetically."

One day while talking online to a medium she was challenged to try reading the psychic's energy.

With no confidence in her own ability, Selima "closed my eyes anyway, took a breath and tried. And then something happened." She began "seeing" a room – the layout, colours and a woman sitting there.

Selima "described her hair, her energy, the warmth in her presence. I gave specific details – right down to her name."

The medium confirmed that the person described was her own mother. Selima had successfully tuned in for the first time and began reading for other people.

"One after another, their loved ones came through with these small, impossibly accurate details – names, gestures, private jokes, memories no one could Google," said Selima.

"I found myself saying things I didn't understand and then watching the person across from me dissolve into tears because it was exactly right."

The demand grew and Selima developed her own method, meditating before a sitting and knowing when to end a session.

Selima explained that the messages she receives are like puzzle-pieces full of symbols and impressions.

"Sometimes the sitter and I have to work together to understand where it fits," she added. "Other times, it hits instantly and unmistakably.

"I never pretend to know more than I do. I interpret what I receive as best I can, with

care and honesty."

Selima still practises law and does not mix her two sides of life. Her family are wary and unconvinced, just as she was at first.

"Do I understand how it works?" she asked. "Not entirely. But I've stopped needing everything to be provable.

"That's something grief taught me – that some truths don't need to be explained to be real."

On her Facebook page Selima added: "A truly powerful person isn't afraid to let go of who they once were. They can release their identity a thousand times not from fear, but from a deep inner knowing.

"They understand that who they are isn't confined to a title, a role, a story or a face the world recognises.

"They are not the labels. Not the expectations. Not even the past versions of themselves they once clung to.

"They are a soul – limitless, evolving and infinite. That's where true power lives: in the willingness to break, to rebuild and to rise again, over and over, without ever losing sight of who one truly is."

Selima revealed that Max is still present, switching lights on and off, and moving items such as books which fall on the floor for no reason.

In the *HuffPost* article she ended: "I let in wonder. I let in the quiet voice that says, 'He's still here.' I let in the possibility that not everything needs to be seen to be known.

"And if you've lost someone, if you've ever felt them brush past you in a room, or heard a song at just the right moment, or dreamed of them so vividly it made you cry in your sleep, maybe don't rush to explain it away."

# Organist is aware of 'unseen hands' as he plays

A CHURCH organist told *Psychic News* last month that he is sometimes aware of "unseen hands" accompanying him.

Ivan Thomas has been resident organist at Belper Spiritualist Church in Derbyshire for 35 years along with others.

Ivan recalled the family tradition of music and Spiritualism, which goes back to his father Theo. In his teens, Theo had spirit visitations and sought an explanation.

His parent "went round every church and ended up playing the euphonium in the Salvation Army and the local brass band.

"He got the answers to his questions in the Spiritualist church in the 1920s." Ivan's mother Ida developed into a well-respected trance medium.

Born in 1950, Ivan and his mother both contracted septicemia, "which is a very dangerous condition also known as blood poisoning.

"My mother made a promise that if she could live to raise her three children, she would carry on with her mediumship and devote herself in service to the churches."

Her wish granted, Ida ran an open circle for over 40 years at Charnwood Street Spiritualist Church in Derby and served across the East Midlands, using public transport to travel where she was needed.

After Ivan's eyesight was affected by septicemia, it was thought he would lose his sight and possibly his hearing by the age of eleven.

Determined to get help, Ida took Ivan to spiritual healers, whose ministrations greatly improved his sight, which amazed specialists

From a young age Ivan accompanied her to the Spiritualist churches in their home city of Derby and surrounding areas. It was while singing as a choirboy

that he became fascinated by the organist's skill.

Ivan was encouraged and tutored by Richard Boughey, "a brilliant organist" at Charnwood Street church, who toured with his own choir, performing at London's Covent Garden and other prestigious venues.

"As a favour to our family he taught me to play the piano from the age of nine," said Ivan. "I was let loose on his full-sized Bluthner grand piano."

After Mr Boughey also taught Ivan the rudiments of playing the organ, he started doing so at the age of thirteen.

The family managed to acquire a small upright piano but were later gifted a harmonium by a grateful homeowner where Ida performed an exorcism at no charge.

Though Ivan doesn't consider himself psychic, as a child he used to see an old lady walking through his bedroom.

When the form was described to an elderly neighbour, she knew exactly who the woman was. She had suffered neglect and passed on in Ivan's back bedroom.

Instead of pursuing mediumship, Ivan sees his music as his commitment to the spirit world. He plays the organ at a number of churches in the area, no matter what their denomination.

Belper Spiritualist Church is the second oldest in the country having been founded in 1887 by a number of wealthy people in the area. It is named Jubilee

Hall, as it was built in the year of Queen Victoria's Golden Jubilee.

Established in 1853, Heber Street Spiritualist Temple in Keighley, Yorkshire, is considered to be the oldest Spiritualist church in England.

The pipe organ at Belper church was installed when an extension was built in 1899. The instrument is a two manual and pedal, nine rank Benson pipe organ. This means it has two keyboards for the hands and a total of nine ranks or sets of pipes.

Ivan, who has played other organs, said they all "have their own characteristics and idiosyncrasies, but you learn to get the best out of them."

Almost as an aside, Ivan commented that he has noticed unseen hands operating the keys while he is playing.

"I've been aware of someone pressing the notes down with me, an octave higher, just playing along with me," he added. "I don't know who it was."

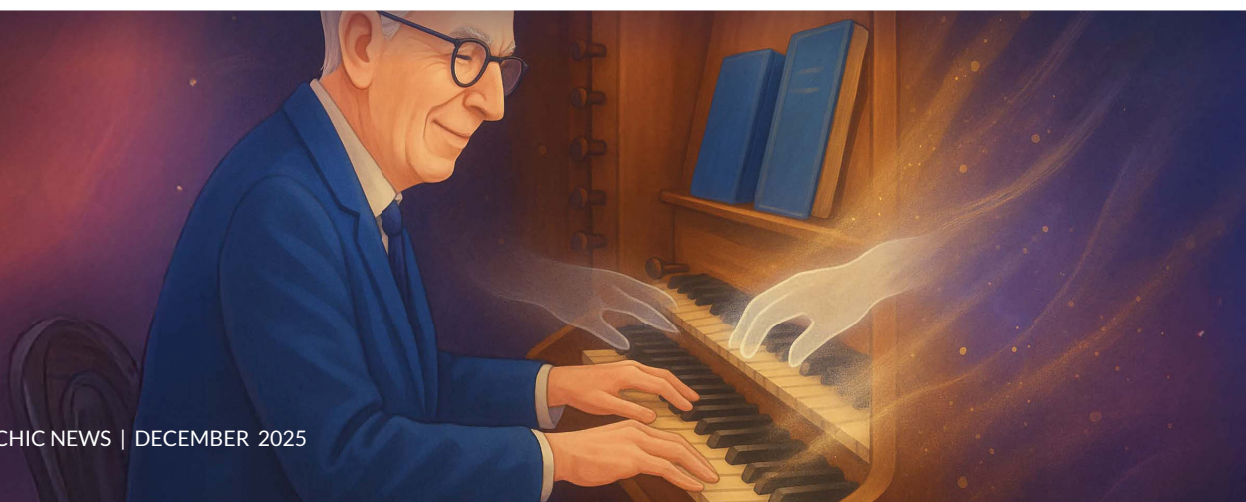
One of the consequences of declining congregations in many churches is their closure and the uncertain fate of the organ.

Some have been sold, often to be shipped abroad or broken up and consigned to a skip. "They need rescuing," said Ivan, "as they have so much history behind them."

Belper Spiritualist Church is at Jubilee Hall, New Road, Belper, Derbyshire DE56 1US. Its Facebook page is Belper Spiritualist Church SNU.



A FORM Ivan Thomas saw was identified as a former resident. (Photo: Beverly Barlow)





SEEN centre, Dame Joanna Lumley and Tobias Menzies appear with fellow cast members of "The Room in the Tower."  
(Photo: Adorable Media/BBC/Joe Duggan)

# BBC reveals star-studded seasonal special

CONTINUING the tradition of broadcasting a ghost story for Christmas, the BBC has announced that this year's offering will be a rendition of *The Room in the Tower* by E. F. Benson.

The tale has been adapted for BBC Arts by Mark Gatiss, who appeared in the dark comedy series *The League of Gentlemen* and went on to write top sci-fi scripts for *Dr Who*.

"I've always wanted to adapt the great E. F. Benson's ghost stories," he commented. "This is one of his chilling best."

"I'm also very grateful to have been able to continue the most Christmassy of Christmas traditions."

This is Mark's eighth ghost story for Christmas on the BBC. Set in the inter-war years, it stars Dame Joanna Lumley and Tobias Menzies, known for playing Prince Philip in the third and fourth seasons of the royal series *The Crown*, as well as the villainous Black Jack Randall in the hit time-travel romantic series *Outlander*.

Additional cast include Nancy Carroll (*The Crown* and *Father Brown*), Ben Mansfield (*Endeavour* and *Sister Boniface Mysteries*) and Polly Walker (*Bridgerton* and *Rome*).

In Benson's novel, for fifteen years Roger Winstanley has been haunted by an unsettling, recurring dream: an invitation to spend the night in an acquaintance's house where an unseen terror lurks and figures appear to age in real time.

Nightmare and waking life seem to finally collide when an invitation to the dreaded "room in the tower" becomes all too real.

Mark Bell, Commissioning Editor for BBC Arts, said: "Mark Gatiss and the team have gathered a wonderful cast for this atmospheric treat where dream meets terrifying reality."

"I have given you the room in the tower" is a sentence nobody will want to hear once they have experienced this festive haunting..."

Previous Christmas tales for the BBC from Mark included last year's *Woman of Stone* along with *The Mezzotint*, *Martin's Close*, *Count Magnus* and *The Tractate Middoth*, all of which were based on works by M. R. James.

In 2023, Mark wrote and directed *Lot No. 249*. This was an adaptation of famous Spiritualist Sir Arthur Conan Doyle's short story.

Principal photography for this year's programme took place on location in Cobham Hall in Kent, capturing the eerie elegance of Benson's world.

Known as E. F. Benson, Edward Frederic Benson OBE (1867-1940), was an English novelist, biographer, memoirist, historian and short story writer.

He is best known for his *Mapp and Lucia* series, which was published in the 1920s and 1930s. The six novels explore the increasingly deranged social rivalry between two well-to-do women, observed with searing wit and satire.

The author was the son of Edward White Benson, the Archbishop of Canterbury from 1883 to 1896. Always known as Fred, he attended private schools before graduating from King's College, Cambridge with an honours degree in archaeology.

He worked on excavations at Chester in search of Roman legionary tombstones then explored Luxor and Alexandria in Egypt and Athens in Greece.

Benson's first book *Dodo* was published in 1893 to great acclaim. He wrote over 100 books including many novels and short stories dealing with the paranormal, which fascinated Fred.

His collections, such as *Spook Stories* and *The Complete Supernatural Stories*, feature classic tales of the uncanny and eerie, including tales like *The Room in the Tower* and *The Chippendale Mirror*.

For much of his life Benson lived in the picturesque Sussex town of Rye in Lamb House, which had previously been rented by Henry James, author of one of the most famous of all ghost stories, *The Turn of the Screw*.

James once claimed the tale was based on a story told to him by Archbishop Benson, who co-founded a society for the investigation of ghosts while he was a student at Cambridge.

Fred's older brother Arthur was friends with James. Fred attended some of the author's famous story-telling sessions when he was a young student.

James complimented Fred's frightening tales in his essay *Some Remarks on Ghost Stories* (1929), but felt that some of them stepped "over the line of legitimate horridness."

James believed that subtlety and atmosphere were more effective in creating true unease and dread, allowing a reader's imagination to fill in the blanks, whereas excessive detail broke the spell and became merely disgusting.

*A Ghost Story for Christmas: The Room in the Tower* is a BBC Arts commission for BBC Two and iPlayer produced by Adorable Media. Broadcast details will be announced soon.

# English Heritage lifts lid on paranormal happenings

THE keeper of some of the country's most historic properties, English Heritage has issued a round-up of paranormal happenings at a variety of locations.

From the tinkling of ghostly piano music to figures fading into the mist, a host of unexplained events has been reported by English Heritage staff based at some of the 400 castles, abbeys and historic houses in the charity's care.

Nearly half of those responding to a request for supernatural events reported witnessing something they could not explain.

At several English Heritage sites there has been a flurry of new ghost sightings, with even the most sceptical of staff swayed by a logic-defying experience.

At Chester Castle, the Cheshire fort's security cameras recently recorded a mysterious figure in front of the main gates directly where the medieval gatehouse used to be.

When a security guard went to investigate, the area was empty. Perhaps most unsettling of all, his usually fearless dog refused to enter.

Meanwhile, at Belsay Hall in Northumberland reports tell of doors closing on their own, a spectral hand appearing on an armchair and ghostly children playing among the gardens.

As well as the mysterious hand, firmly closed bedroom doors have been known to swing open by themselves.

Additionally, visitors have also reported seeing Victorian-clad figures wandering through the Quarry Garden despite no actors being present.

At Battle Abbey in Sussex, a team described an encounter during an after-hours tour, when an unidentified "visitor" appeared to join the group only to vanish without explanation.

In Derbyshire's Bolsover Castle, witnesses told of ghostly piano music echoing through the halls. Some visitors claimed to feel the hand of a phantom

child guiding them through the Venus Garden.

The charity has listed nine new paranormal encounters. One of the most striking reports came from a fog-shrouded evening at Scarborough Castle, North Yorkshire, around 6.00 pm.

With just one family confirmed still on site, two staff members began their routine walk of the grounds.

While making his way from King John's Hall, one of them spotted what appeared to be a pair of legs moving through the mist towards the sea.

After radioing the gift shop, he was assured that the family had already returned inside yet the mysterious legs continued ahead, always just out of reach.

They appeared to drift toward the Sally Port gate before vanishing completely. When the staff member reached the brow of the hill seconds later, the path was empty, and no one had passed his colleague on the opposite route.

With no place to hide and the perimeter fence in clear view, the sighting remained unexplained.

Years later, when recounting the experience to a former custodian, the staff member was told, "Oh yes, that would have been Piers Gaveston, luring you off the cliff in the fog."

Whilst locking up for the night, staff at Wrest Park in Bedfordshire reported sightings near the pavilion, including figures resembling soldiers vanishing into the surrounding woodlands.

Inside the historic mansion, the eerie sound of a ball bouncing in the staircase hall has been heard long after visitors left.

Staff at Framlingham Castle in Suffolk revealed an encounter in the potwash area, where one employee claims to

have heard their name whispered mysteriously.

A visitor to Gainsborough Old Hall in Lincolnshire reported an experience while chatting with a volunteer in the Clerk's Room.

He suddenly felt a gentle hand rub the back of his head – each finger distinct, the touch delicate and unmistakably feminine – adding another tale to the hall's legends.

Turning to Helmsley Castle in North Yorkshire, team members described shadowy figures at the windows and disembodied voices in deserted rooms.

Meanwhile, at Lanercost Priory in Cumbria, many staff members reported witnessing a mysterious dark form moving across the transept on the same day, leaving colleagues intrigued by the sighting.

Staff at Furness Abbey in Cumbria encountered a curious phenomenon in the undercroft.

While locking up each evening in winter, one groundskeeper felt a strong presence following just behind her. It was always to her left.

Later, a former maintenance contractor revealed he experienced the same sensation in the very same spot early in the morning.

During the end-of-day cash-up at the Great Yarmouth Row Houses, staff witnessed an unusual sight: a solitary boot appeared to move on its own, walking from the bakehouse door straight into a fireplace.

At Houghton House in Bedfordshire, a local resident said that she visits the house every Friday around lunchtime to catch a glimpse of an unknown female figure reportedly standing by one of the windows.

For more accounts from English Heritage, visit [www.english-heritage.org.uk/spooky-stories/](http://www.english-heritage.org.uk/spooky-stories/)





# The Greater World Christian Spiritualist Association

Founded in 1931 as a result of the two-world partnership between medium Winifred Moyes and her guide Zodiac, The Greater World Association is still flourishing

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## Peace on earth to all creatures?



*Billions of turkeys will be cruelly slaughtered over the Christmas season. Sometimes, electric tongs or stunning pistols aren't worked correctly, seeing birds boiled and slit alive.*



*As a Spiritualist, do you feel personal responsibility for these creatures?*

Should eating or not eating animals be flippantly labelled a matter of personal choice or taken seriously as a matter of life, death and suffering?

*"It was never part of the plan that man should consume his brother and sister in whatever form life manifested itself."*

*Silver Birch, spirit guide of medium Maurice Barbanell*

Give yourself and all creatures your gift of life this Christmas, adopt a healthy, cruelty-free diet.

For information, contact: [elissarattigan@hotmail.com](mailto:elissarattigan@hotmail.com)

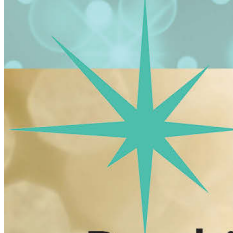
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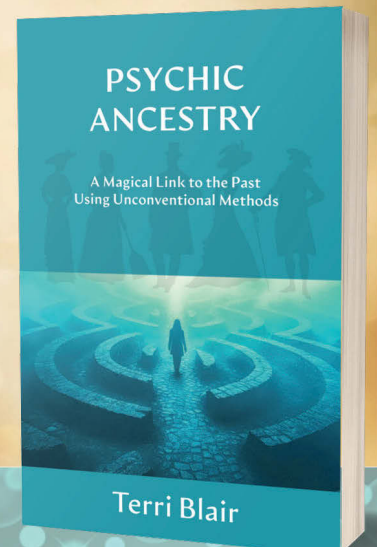
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# Vicar's visit 'intimidated' owner of shop selling crystals

A CRYSTAL-LOVING shop owner has explained how she felt intimidated after a vicar questioned her beliefs.

Chloe Cavanagh, who owns Spirit Rocks Crystal shop in Prudhoe, Northumberland, said the Rev Daniel Freyhan accused her of spreading Spiritualist views among the local community, which she denies.

Chloe had been selling crystals, jewellery and other spirituality-related items at markets for more than two years before taking the plunge to open a shop. It is named after her beloved horse Spirit, whose passing left her feeling depressed.

She told the *Hexham Courant*: "I then got a tattoo of a feather on my foot which said, 'Free Spirit'."

"I was already a bit of a Spiritualist, so was going around all the spiritual churches trying to look for confirmation that Spirit was all right."

Eventually a medium gave Chloe's mother a feather and said, "You need to tell your daughter that Spirit is a free spirit." It was the sign she had been yearning for.

The young entrepreneur, who was a finalist in the local Small Business Awards, added: "With every purchase that anyone makes, they get a little free feather."

"That's just me carrying everything forward and incorporating my story into the business."

Chloe was shocked when the vicar approached her. Speaking to the Local Democracy Reporting Service, she said the Rev Freyhan was waiting outside her store when she arrived and "followed me inside the shop before it was even open. I was still turning the lights on."

"He said he wanted to talk about some concerns he had and that people in the church were worried about how the local crystal shop is going to affect the town. He said they were worried I would push my spiritual beliefs onto the community."

Chloe who was "taken aback," as she only shares her views if asked, added that the cleric "said my

beliefs were a load of rubbish and nonsense. He laughed in my face."

Crystal skulls that Chloe stocks were also cause for the vicar's concern, as he "believes in true evil and said I'm spreading that by having them on display."



CHLOE CAVANAGH: "I try to create a safe space."

Shaken up, Chloe continued: "It was quite intimidating – it has really insulted me. He was entering my space. I wish I had just asked him to leave."

"I feel he came to silence me. I think it's so disrespectful he has the right to come and preach to me about this."

"I try to create a safe space. He's not welcome here if he's going to make people feel uncomfortable – including myself."

Although Chloe reported the incident to the police, she decided not to take the matter further. However, the Diocese of

Newcastle confirmed it has been in touch with both the vicar and Chloe over the incident after she raised a complaint.

The Rev Freyhan has been in post at nearby St Mary Magdalene Church since 2017. Previously, he was curate of the joint benefice of St Nicholas, Stevenage and St Mary at Graveley in Hertfordshire.

In a sermon just before his move to Prudhoe, the Rev Freyhan commented about disagreements both inside the church and out.

"People seem to be viewing their opponents as the enemy," he said. "Sometimes I think: 'Where is the gentleness? Where is the love?' Would you not bend over backwards for their sake?"

Discussing biblical figures and attitudes to non-Christians, the cleric added that churchgoers should pray for people to show an interest, find out if they have a faith and ask if they had thought about who Jesus was.

"Be brave!" he urged. "If there was anything you could do to try to win just one person, would you do it?"

Chloe did not appreciate his intervention. She commented: "It's not like I'm jumping on customers and trying to convert them. It's take it or leave it..."

"I don't try and push my spirituality onto anyone. The support from the town has been amazing."

A video shared by Chloe describing the incident has been "Liked" on social media more than 1,400 times and has hundreds of supportive comments.

Cllr Gordon Stewart, who represents the Prudhoe South ward on Northumberland County Council, said: "Prudhoe is a welcoming, inclusive town where people of many beliefs live."

"It is always good to see new businesses open up in town. Spirit Rocks has been a welcome and popular addition to the high street."



# Toy shop change of policy is a wizard opportunity

TOY shops can expect to be busy this month, but the UK's biggest chain has seen footfall soar since a change of ownership brought previously banned items to the shelves.

The family behind The Entertainer toy shops formed the business in 1981. As committed Christians, they refused to open on Sundays or stock anything they considered "occult," including wizard Harry Potter merchandise.

Now they have handed over the reins to staff, meaning that 1,900 employees will receive a share of company profits and contribute to decision-making through a colleague advisory board. Changes are already afoot.

The retail chain has 160 shops and operates 1,000 concessions in retailers including Tesco and Marks & Spencer.

Announcing the change, Gary Grant, co-founder and executive chairman of Teal Group Holdings, said:

"Today marks a momentous day for the Grant family. It feels like only yesterday that my wife Catherine and I opened our first store in Amersham, and we could only have dreamed what heights the business would reach.

"Over the last 44 years, we have invested our working lives into this business. All our children are shareholders. Our two oldest sons joined to work alongside us twenty years ago, so it's truly a family business."

In a past interview with *The Guardian*, Mr Grant discussed his religious beliefs and how it impacted his work ethic. At the time, the Woolworths department store chain had gone bust, prompting him to call in the local vicar.

For the first time, Mr Grant "felt God say to me 'You need to call the staff together.' I said: 'God, you're mad. I'm not doing that' because you can have a personal conversation with God.

"I got to work on Monday morning and heard God ask me again, 'Are you going to

call the staff together?'" Mr Grant did so and was astonished by the response and support he received.

Mr Grant was adamant in his principles as a "charismatic Christian," his preferred term to born-again Christian.

He refused to sell Harry Potter items, as he did not want to encourage children to play with "darkness." Plastic trolls were also vetoed due to their image as creatures with "mystical, magical powers of good luck."

He told the paper: "The company brought them in and lined them up on my desk. I felt a real uncertainty... They made me uneasy in my spirit." Halloween, one of the biggest sales events of the year for other retailers, was ignored.

Mr Grant commented that God seems to have a sense of humour as not only were both toy franchises bestsellers, but as presenter of the Toy Retailers Association awards the year Harry Potter won, he had to spend the whole evening standing next to and being photographed beside a giant Lego-based figure of the teenage wizard.

The Grant family has transferred 100 per cent ownership of the business to an employee trust.

"If the business had been sold just for money that would not have been passing on the baton in the way in which the family would have wanted," Mr Grant told the BBC.

The Grants will receive a payout for the transfer of their shareholding, which will be taken out of the profits over time.

In its last set of annual accounts for the year to the end of January 2024, The Entertainer posted pre-tax profits of £6.7m. The firm donated ten per cent of its annual profits to charity.

Two years ago, the family appointed

its first external chief executive, Andrew Murphy OBE, from the John Lewis Partnership, the UK's biggest and best-known employee-owned business.

He told *Toy World* magazine: "We don't intend to continue exactly as we were; there will be changes as well as things which stay constant as we move forward..."

"Up to now, Gary's influence has been everywhere and in everything we've done. We want to respect

the Grant family during these changes, so we've had to pre-plan a lot.

"We'll be adding categories and ranges we have not previously stocked to our product mix: for example, the likes of Halloween, Monster High, Pokémon and a hugely expanded Kidult range."

Kidult is a term used for adults whose interests or media consumption are traditionally seen as more suitable for children.

Harry Potter comes into that category, as does the latest craze, Korean fantasy-based characters KPop Demon Hunters, which the store will now stock.



AT one time, The Entertainer shops banned Harry Potter and other merchandise. (Photo: Google Maps)

# New book explores work of pioneer Spiritualist

A NEW biography sheds light on the extraordinary life and work of a Spiritualist pioneer.

As the title suggests, *The Psychic Adventures of Ernest Oaten: Spiritualist & Gentleman* features Ernest Walter Oaten, who was the first person to speak about Spiritualism on the BBC.

The book is edited by Karl Jackson-Barnes, an archivist and medium who has gained access to some of the best séance material recorded in the 20th century.

Ernest was born in Bristol in 1875. By the age of 21, he and his future wife, Amy Johnson, were addressing Spiritualist gatherings.

His work for Spiritualism took him to the top. Ernest was elected SNU President from 1915-1920 and again in 1922-1923.

He and Sir Arthur Conan Doyle were the original Presidents of the International Spiritualist Federation, which was formed in 1923 at Liege, Belgium. A medium, Ernest edited *Two Worlds*, then a weekly paper, from 1919 to 1945.

In his role as chair of the SNU's Parliamentary Committee, he pressed for the repeal of the archaic Witchcraft and Vagrancy Acts. These were eventually replaced by the Fraudulent Mediums Act of 1951, which gave Spiritualism legal status.

Ernest developed trance speaking and practised it for sixteen years, also becoming an outstanding debater and writer. He was friends with many pioneers, including scientists Alfred Russel Wallace, Sir William Crookes and Sir Oliver Lodge.

In 1934, Ernest made history by becoming the first person to speak about Spiritualism and mediumship on a live radio broadcast for the BBC.

In it, he advocated the use of light at séances, stating: "I have sat in more than 4,000 séances under all conditions – many of them ridiculous in their simplicity and many arranged under strict scientific control.



ERNEST OATEN attended over 4,000 séances. (File photo)

"Of those séances, considerably fewer than 100 have taken place in the dark. I know that certain forms of psychic phenomena are more easily obtained in the dark, but I have a strong distaste for dark séances, and I always object to sit in the dark with strangers.

"It is not merely that I am suspicious of mediums. I want to see what the sitters are doing... I have witnessed as much duplicity on the part of sitters as on the part of mediums."

Ernest told listeners, "Let me say categorically and emphatically I know that there is a life beyond this, for I have talked with the people who live in it."

In response to a reader's query, *PN's* Graham Jennings wrote recently that Ernest once stated: "I said to the spirit people that if I had any gifts, I would like to use them.

"I was prepared to work in co-operation with them to the best of my ability, provided my personality and my right to criticise were left inviolate and unchallenged.

"They said: 'If you will give us your life, we will give you guarantees. You shall have full health.' I was always a weakling as a boy."

Ernest was told that the spirit world would provide him with the necessities of life, but he would know "hardship and heavy going." Ernest agreed, vowing to "put into it all that I have."

He and his wife Amy managed on a modest income, but their psychic work together was so rich that they developed a telepathic connection.

"If I get stranded on a station," he once said, "I sit down and tell her I shall not be home. It is a lot cheaper than sending a telegram!"

Following the historic BBC broadcast, Ernest replied to over 1,000 letters, which cost him more in postage than he received for a fee.

The following Sunday, he told 2,000 people at a Spiritualist gathering at London's Queen's Hall that the BBC made no attempt to censor his text.

However, he would not be satisfied until a Spiritualist service was broadcast because "we are entitled to be represented amongst the religious communities."

In 1937, Ernest appeared before the committee appointed by Archbishops Lang and Temple to investigate Spiritualism.

The subsequent Majority Report, signed by seven of the committee's ten members, was favourable to Spiritualism, but suppressed by the Church. Nine years later it was leaked to *PN* and published in full.

Ernest passed aged 77 on January 3, 1953, in Bristol Royal Infirmary after being admitted for an ear operation.

His talk for the BBC was recorded on six Bakelite discs. It has now been digitised and is available on YouTube at <https://www.youtube.com/watch?v=wZu9zN1siQ0>

*The Psychic Adventures of Ernest Oaten: Spiritualist & Gentleman* runs to 186 pages. It is available from online booksellers and from Psychic Book Club Publishing. Its website is at <https://www.psychicbookclub.com/>



# Spiritual group celebrates its 60th anniversary

A WORLDWIDE spiritual group is celebrating both the 60th anniversary of its founding and the appointment of a new leader.

Based in America's Minnesota, Eckankar is recognised as a religious organisation with branches in 120 countries.

Known as The Mahanta or Living ECK Master, its new leader has been named as Sri Doug Kunin, who will serve as a teacher and guide for followers.

Eckankar was formed in 1965 when American journalist Paul Twitchell founded the movement, which he said was based on his own spiritual experiences and the teachings of ancient masters.

Mr Twitchell drew heavily from Sikhism, adopting the term Eckankar, which was derived from the Punjabi word for One God or Supreme Reality.

The home of the movement is the Temple of ECK in Chanhassen, which was dedicated in 1990. It was here at the recent Worldwide Soul Adventure Seminar that outgoing leader Harold Klemp named his successor.

Although Mr Kunin is only the fourth living master, followers of Eckankar believe there has been an unbroken lineage of spiritual teachers which reaches back throughout time.

Its website states that some masters "have been historical figures, but most have worked silently or with small groups. They are recognised by many people today, sometimes as a childhood friend or a guide from a past life."

Central to Eckankar is the belief that each unique soul can connect directly with God through personal experience.

Called ECKists, followers transcend their earthly lives through singing or chanting the sacred mantra HU (pronounced "hyoo"), by analysing

dreams and "soul travel," lifting one's consciousness beyond the physical plane into higher spiritual realms.

ECKists converged on the temple mainly from the United States, Europe and Africa to celebrate 60 years since Eckankar's founding and to ring in a new spiritual year, themed "the year of light and sound."

A spokesperson said that no matter "what happens in the world or around us, there is always a path to inner peace and purpose, and the rightness of life and living. It's waiting to be awakened.

"The living ECK master's job is to awaken that love and knowledge for the divine things that are already in the beating human heart."

Kentucky-born Paul Twitchell, who studied with Indian spiritual teachers before forming Eckankar, is said to have been influenced by Sant Mat.

A spiritual movement on the Indian subcontinent during the 13th to 17th centuries, it blended elements of Sikh and Hindu mysticism.

Like Sant Mat and other Dharmic traditions, Eckankar uses Sanskrit terminology, emphasising karma, reincarnation, guru-student relationships and divine sound chanting, which the group believes links the soul to God.

The movement was once estimated to include 50,000 students, although current numbers are unknown.

Unlike institutional religions, there are no strict rules in the Eckankar community. Most of the time ECKists spend together is in sharing and confiding in one another about their lives and meditating with the HU

mantra.

The group's website explains that HU is an ancient name for God. It has been used for thousands of years as a prayer and sacred chant to attune oneself to His presence.

In many spiritual traditions, sound plays an important part in uplifting an individual. Eckankar's website adds: "HU is a key to open your heart to God's loving presence in your life.

"Anyone can sing HU, regardless of age or religion. It is a simple technique that can be used as part of your daily spiritual practice. It has the power to uplift you spiritually for inner peace, healing and insight.

"A divine sound courses through all life – through every blade of grass, every galaxy and every atom of our bodies.

"HU is an ancient, sacred name for God – a carrier of love between soul and God. When sung or chanted with an open heart, it opens the lines of communication to the most sacred part of yourself.

"HU acts as a tuning fork, aligning soul with higher states of love, creativity, healing and awareness."

Eckankar has a branch in the UK with a regional ECK spiritual aide serving as a representative of the living ECK master.

The organisation is governed by a board of trustees, supporting volunteers who co-ordinate all approved local activities, ensuring that Eckankar UK meets its legal obligations.

Eckankar was first established in the UK as a charitable trust in 1982. In March 2016 it became a charitable incorporated organisation. Visit [www.eckankar.org.uk/](http://www.eckankar.org.uk/) for details of events and exercises.

*BASED in America's Minnesota, Eckankar is recognised as a religious organisation with branches in 120 countries. (Photo: Jonathunder)*



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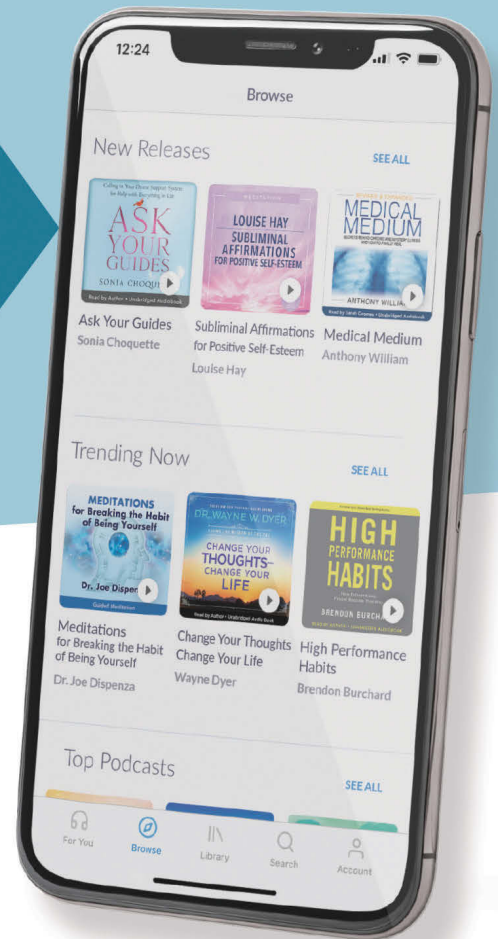
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# Trance medium is in tune with music

***Please give a round of applause to award-winning musician and trance medium Steve Newton, who demonstrates his gift at London's Spiritualist Association of Great Britain (SAGB).***

***Steve specialises in playing the flute. In this "Getting to know you" interview, the first questions put to him were: "Where were you born and when? Can you briefly describe the area where you lived?"***

I WAS born in Norwich in 1970. My father was a gas engineer and my mother a clerk at the gas board.

Norwich is a historic place surrounded by the Norfolk countryside giving a mixture of city and country life. I enjoyed growing up there and take every opportunity to visit this beautiful area.

***Who else was in the family?***

I grew up with my mother, father and older stepbrother.

***In your twenties, you were thrust into a demanding career in the industrial field and travelled to various continents whilst managing very stressful projects. Can you give a few more details?***

I spent much of my career in international

business and specifically in a large Japanese trading company, which dealt with everything from noodles to space rockets.

I started in the textile department managing the production of suits, shirts and trousers for high street retailers such as John Lewis.

Latterly, I was asked to complete the installation of medical equipment in two oncology hospitals in Turkey.

I was away a lot in Asia and various other countries, went to university in Japan and lived in Malaysia for a while.

***What led you to investigate the spiritual side of life?***

I was fifteen when I asked my uncle about his beliefs. He was a lifelong Spiritualist and invited me



to the local church. He said that if I didn't like it, I need not go again.

My first service was very interesting. In those days trance addresses were fairly frequent, but I was also able to see spirit beings and had done so from a young age.

I thought everyone could see what I did. When I explained this to my uncle, he realised that I had mediumistic ability, so took me under his wing for a while and taught me about Spiritualism.

My abilities came to the fore extremely quickly and I had my first trance experience at seventeen years old.

**Are you a full-time musician?  
What instruments do you  
specialise in?**

I'm not a full-time musician, but play for fun and because I like to create. I think the spirit world wanted me to be a healer, but I didn't feel that the laying on of hands was my path.

Healing now happens when I put a flute in my hands. I play Native American-style flutes and others like those with an Arabic or Japanese origin.

**Can you list some of the awards  
you have won?**

I've won four silver medals from Global Music Awards, intercontinental awards, best-album awards and numerous nominations. I also have two outstanding achievement awards from Spirit Wind Records.

I enter these programmes because you can make wonderful music, but if no one hears it then it doesn't help anyone. I also like to cover the cracks in my wall with paper certificates!

**How does music benefit us in mind, body and spirit?**

Music has a wonderful way of creating an altered state. It moves us from being consumed in one reality and allows the body to rebalance its vibration.

Music which brings joy and happiness lifts the spirit and enables that manifestation of love in many forms.

**You've released three CDs. Did you compose  
the works they feature?**

Yes, I composed all the tracks on the three albums, each of which has a story.

*Painted Faces* is about giving yourself time to take off the mask and see yourself. It's a journey around the world.

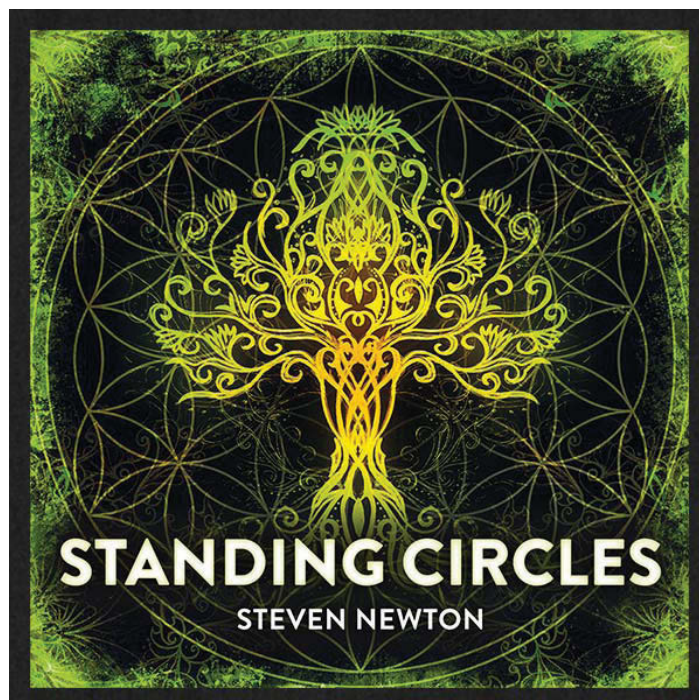
*Dream Walking* is more shamanic and accompanies those that journey and dream

with power animals.

My third album is called *Standing Circles*. It is about how many spiritual communities come together in a circle to practice their beliefs, and that despite the differences of method, culture and beliefs, we are all part of the Great Spirit.

All the albums and my singles such as *Black Wolf* or *Resurgence* can be found on YouTube, Apple music or Spotify. Hard copy CDs are available at venues like the SAGB.

**When playing and composing do you ever  
feel inspiration from an outside source?**



Always. When I'm in the studio, the spirit world tells me which flute to play, I become entranced, and we record. My friend the studio manager says I'm the only musician who asks God which instrument to play!

We have also captured some anomalies on the recording equipment, which we know are caused by Spirit.

For example, when recording a track called *All Things*, the speaker is a spirit guide. When recording, the background music becomes softer, and the voice becomes louder.

The studio guy didn't do that and was a bit freaked out when he saw the LEDs on the equipment change.

**Is your work as a musician based mainly in  
the UK?**

Yes, although I have taken a flute with me when travelling, but it's only for me to enjoy in my free time.

**From music to mediumship. What was**

**your first contact with Spiritualism and the  
paranormal?**

When I was four, I used to talk to my grandmother who had passed on. As explained earlier, I first entered a Spiritualist church when aged fifteen.

**How did you develop your mediumship?**

I attended open circles at first and did readings for friends. I meditated at home and then sat in a development circle for six years. I also had a home circle for trance for three years.

I attended workshops and retreats, but mainly worked on myself as a human being. My mediumistic skills just seemed to happen.

**You give public trance addresses  
at the SAGB. Presumably, you've  
heard recordings of them. What  
kind of topics are covered?**

Subjects such as reincarnation, healing, life on other planets, soul groups, self-development plus a myriad of other topics.

I have recordings of these demonstrations going back many years. They are very thought-provoking conversations and often challenge existing beliefs.

**Are members of the congregation  
able to put questions to whoever  
is communicating?**

When I give a trance demonstration, people are encouraged to ask questions.

The session usually lasts about an hour-and-a-quarter, and we get a good discussion with the group of guides. If it is a trance address, it's similar to a short sermon or speech.

**Is there a specific spirit guide who speaks via  
your mediumship?**

I have several speakers who work through me, but one of the main protagonists is called Arthur Brown, who is a very cheeky but extremely wise communicator.

Arthur describes himself as a mathematician who worked at Bletchley Park, Bucks, in the 1950s and 60s. During the Second World War, it became the principal centre of Allied code breaking.

After the war, it was used for various training schools such as air traffic control system engineers, and closed in 1987 after a 50-year association with British intelligence.

Educated at Oxford, Arthur says that his persona is not so relevant, as he doesn't





*"LIVE life through experience," says Steve Newton. "Let this experience be positive, loving and caring."*

wish it to distract from the message that is given in trance.

He further explains that he is much more than Arthur Brown and that this persona is just one facet of his soul.

**When entranced, are you totally unaware of your surroundings?**

No, although I do have moments of complete loss of awareness. Even though I can hear what is being said, I usually cannot remember much afterwards.

**How do family and friends regard your mediumship?**

My family accepted it a long time ago. My father was a devout atheist and always thought it was a bit weird.

I think he accepted it before he passed on and have heard from him from the spirit world.

Most friends know what I do. Some don't care to ask, but I'm all right with that. Of course, many of my friends are from the spiritual community anyway, so they are OK about it.

I believe and hope that spiritual friends enjoy my music very much and conversations with the spirit team through my trance.

**How would you reply to someone who is totally sceptical about mediums and survival after death?**

I would accept their scepticism and say that the truth is what you feel or know it to be. However, it's surely important to investigate a subject before reaching a conclusion.

If a medium brings someone healing and comfort that's great, but if that's not your need then why worry?

Death is merely a change of energetic form. Anyone who has an open mind will find clues in quantum physics and in their own faith.

If someone has neither an open mind nor a faith, trying to convince them is a waste of effort.

**What's your philosophy of life and living?**

Live life through experience. Let this experience be positive, loving and caring. Value all life and the forms in which the Great Spirit presents it to us.

The spirit world has guided me many times in the development of self. We often believe that we should seek happiness, but these moments in life are often fleeting and we view ourselves in a singular form.

I take the opening prayer of a medicine man in my track *All Things* as a guide on how to live. It reads:

*Grandfather wind, whisper in my ear the wisdom of my ancestors gone by.*

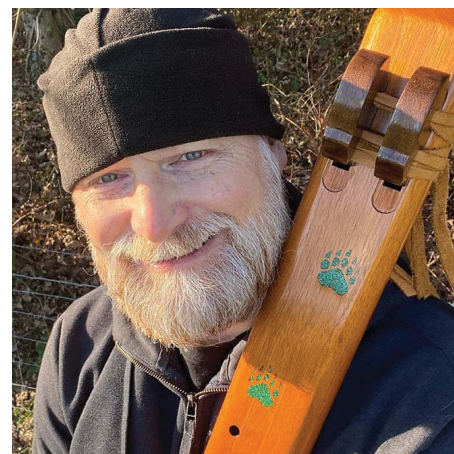
*Grandfather fire, light my way. Allow me to see the unseen whilst warming my spirit.*

*Grandfather water of life, purify me in my wrongdoings and allow me to come to the Great Spirit with clean hands.*

*When I have done these things, allow me to lay upon Mother Earth and be cradled in her arms to be at peace with All Things.*

Based on the above, I therefore seek peace and allow the universe to wash over me with the energy of life.

**To learn more about Steve Newton, please visit [www.stevennewton.com](http://www.stevennewton.com) Details of the Spiritualist Association of Great Britain appear on page 2.**



**STEVE NEWTON:** "Death is merely a change of energetic form."



A woman with dark hair, wearing a brown knit beanie, a grey scarf, and a brown coat, is looking upwards and to the right with a gentle smile. She is standing in a crowded street at night, with many blurred lights in the background, creating a bokeh effect. The lights are warm and yellow, suggesting festive decorations or city lights. The overall atmosphere is cozy and festive.

# Share more presence alongside Christmas presents

By Ceryn Rowntree

WITH shops crowded with fraught shoppers and TV screens blaring with pleas to “Buy, buy, buy!” it’s easy to think that this time of year is all about the gifts we pay for, wrap and give to those we love.

For all the joy which comes when watching someone open the perfect present, the sparkle can mask both an anxiety over money we can’t always afford to spend and a gnawing sense of emptiness that no socks or box of chocolates can fill.

What if we were to step back and consider not just the commercialism that Christmas has become so closely associated with, but the soul which lies at the centre of a festival spent with those we treasure?

More to the point, what would happen if this year we focused ourselves on giving from the heart rather than the wallet?

## The presence of this season

If we step back in time, we see that long before Christmas was considered, our ancestors honoured midwinter as the shortest day of the calendar year.

A festival now known as Yule focused on the idea of light and warmth winning out over a long and seemingly unbreakable darkness.

At its heart was the idea of coming together with those they loved simply to keep one another warm and safe at a time when nature had very little to share with them.



There may have been few crops in the fields and not much warmth in the air, but individuals had the support of each other.

Although I love Christmas gifts and a meal with all the trimmings as much as the next person, the ostentatious nature of today's festivities goes against rather than honours the real meaning of the festive season.

That's not to say we should stop all of the other traditions. As you read this, I'll almost certainly be enjoying my daily Advent calendar chocolate while wearing a sparkly jumper to ring in the season.

However, I do wonder how we can inject a little more of that original meaning into Christmas. To use a terrible pun, how we can share more presence alongside our presents?

## The most priceless gifts of all

We all know the beauty which comes with both giving and receiving from a place of love, and the shared inner warmth such experiences create at Christmastime.

This is no surprise when we know that acts of love and kindness so often have a tangible impact not only on the people affected, but on the whole energetic field we operate in.

Just as the first rays of light after the longest night of winter, even the smallest acts of kindness offer a sense of hope which ripples farther than we could have anticipated, reminding others that new and more loving ways are possible within our lives and the world.

Just for a moment, imagine if this was the overwhelming feeling that surrounded a festive time.

Rather than the exhaustion of a photo-perfect Christmas and its frenzy of to-do lists, what if we were to reconnect with the deeper currents of love and joy?

This December, I wonder what you might consider giving as well as – or even instead of – the usual presents to create such ripples within your own community and its celebrations.

## Five gifts from the soul

Of course, such gifts differ from person to person and year to year. Equally, some of the most soulful gifts are always welcome in this increasingly busy world of ours. Here are a few of my favourites.

### • **Listening**

In a world of so much noise and so little attention, being truly listened to is one of the most powerful gifts we can give and receive.

As a trained counsellor, I know the magic that can come when someone



*"I ONCE read that kindness is the love of the spirit in action," writes Ceryn Rowntree, "and have always found this to be an especially beautiful sentiment."*

feels heard. Though I might want to say it quietly, I also know the lovely, warm feeling which can be found within us when we take time to stop and listen to another person with empathy.

As I so often realise when spending time with older members of my family, there's a lot to learn when we listen to another person's story.

What if this Christmas you turned off your phone and focused on what someone close to you has to offer?

### • **Kindness**

Now is the time of year when we talk so freely about magic. Is there anything more likely to cast a spell on another person or situation than a simple act of kindness?

Whether it's smiling at a stranger, letting someone in a queue ahead of you or placing a small gift on a chair for the person next to you, these simple acts cost nothing but can mean the world to their recipient.

I once read that kindness is the love of the spirit in action and have always found this to be an especially beautiful sentiment.

Now I see random acts of loveliness as not only a gift from the stranger who offered them, but also as a message from my loved ones on the Other Side who are no longer able to place gifts under the tree.

### • **Understanding**

In our increasingly divided world, it can be all too easy to see others through a narrow lens, which assumes that knowing something about another

person means we know everything about them. There's power in reminding ourselves that this is very rarely the case.

Christmas can feel fraught at times, particularly when we find ourselves in the company of those we might not usually associate with.

One of the greatest gifts we can give or receive is in stepping back and asking, "What might this person be carrying?" before reacting to their words or actions.

We can never underestimate the power of such a reminder. An offer of empathy and understanding can often ripple out into other conversations, other situations and other people. Imagine the hope that might offer to each of us and our wider world.

### • **Forgiveness**

If we're honest, forgiveness is more of a gift for ourselves than for another person. What if this year we celebrated the holiday season by choosing to relinquish a grudge we've been carrying against another individual?

This is not to say we should allow someone unsafe for us or our wellbeing back into our lives or pretend that something awful from the past hasn't happened.

However, it is about choosing to release the heavy weight of anger or resentment we've been carrying about a situation.

As American author Lewis B. Smedes once said, "To forgive is to set a prisoner free and discover that the prisoner was you."

## • Support

At a time which can be challenging for so many, what would it mean if we held a light of hope aloft for someone else?

This could involve tangibly sitting with another person or volunteering for a cause close to our hearts.

It may also be something unseen such as saying a prayer, lighting a candle or carrying out a ritual in the name of supporting another person.

Choosing to expend our energy in helping someone else is a powerful gift to give at any time and one that truly can make a difference especially over the Christmas period.

I'll never forget a former client of mine who, after years of trying to give her children the perfect Christmas, asked how they wanted to spend the big day.

Their answer? Feeding homeless people at a local community kitchen. The result? They had their best family Christmas yet.



**CERYN ROWNTREE:** *"The most important gifts we can ever give come from the heart."*

## The gifts that spread

The wonderful point about giving soulful gifts is that they spread. Kindness becomes contagious, joy creates momentum, and positive energy expands further than we can begin to imagine.

Spiritual law tells us that whatever we put out into the world returns. Sometimes this happens directly, with a person offering laughter or joy in response to what we have given them.

Just as often, these positive energies circulate even further, looping around

many people before they come back to us.

As you exchange gifts this year, remember to focus on the energies and intentions at play and see yourself as part of a great web of giving.

This web is comprised of many lights of love, joy, hope and kindness, all coming together in a constellation that breaks through the darkness like the first rays of the solstice sun.

Don't feel as though you have to wait for the big day to offer these priceless gifts. Why not set yourself a challenge during December to offer one of these gifts – or some of your choosing – to yourself and other people you meet along the way?

Doing so doesn't just spread the true message of this season, but also reminds us that the most important gifts we can ever give come from the heart.

May your Christmas season be filled with presence and overflowing with the kind of love that costs nothing, but lights up every room and every soul.

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



## A meditation to give support this Christmas

If you're unsure where to start when it comes to offering support, kindness or other priceless gifts this Christmas season, why not try this short meditation?

- Begin by getting comfortable and breathing deeply to help you relax and bring you into the moment.
- Bring your attention up your body to the top of your head. Imagine yourself travelling higher, up via the ceiling and roof, and out into the sky as you see yourself flying through the air, almost as though you were in a sleigh.
- See your home and the street around you. Picture yourself holding out a hand to sprinkle golden light on every home and each person inside, imbuing them with whatever positive qualities you choose.
- Do this for as long as you would like to across your town and country, and even further if you wish. Remember that Santa Claus manages to spread joy to the whole world in a single night!
- When you're ready, bring your attention back into your body. Focus specifically on your heart as you allow some of the golden light to settle there too, noticing how it spreads out further and further, filling your body with love, compassion and so much more.





# Christmas from Bethlehem to the broadband age

By staff reporter

EACH December, as the light fades and winter deepens, something ancient stirs within us. Candles glow against the dark, evergreen branches fill some homes and the familiar notes of *Silent Night* drift through crowded streets.

For many, Christmas feels timeless as though humanity has always gathered at this point in the year to feast, exchange gifts and remember hope. Yet the story behind it is layered with mystery.

Was Jesus really born on December 25? Why do we send cards, decorate trees and hang stockings? In the digital age, has Christmas lost its sacred heart or simply evolved into something new?

Let's journey through time to uncover how Christmas became what it is today – a festival of faith, folklore, generosity and renewal.

## Was Jesus really born on December 25?

The Gospels describe the nativity vividly with shepherds, angels, a manger, wise men and a star, but never mention a date. Historians suggest Jesus was born between 6 and 4 BC during the reign of King Herod.

The choice of December 25 came centuries later, around the 4th century AD, when early Christians aligned Jesus' birth with the Roman solstice festival *Dies Natalis Solis Invicti*, meaning



IN this charming card, Queen Victoria and Prince Albert enjoy the spirit of Christmas.

"Birthday of the unconquered sun."

As the sun began to return after the year's darkest day, Christians celebrated the coming of divine light. Bethlehem, the "House of Bread," offered fitting symbolism – the birthplace of one who called himself "the bread of life."

While history is silent on the exact day, the date of December 25 endures, representing light reborn amid darkness and hope rekindled in the coldest season.

## The journey of the Magi

The Magi – often called the Three Wise Men – remain among the most mysterious figures of the nativity.

The Gospel of Matthew describes "wise men from the East," who followed a star to find the newborn Jesus. Scholars think they were astrologer-priests from Persia or Arabia, men who read the heavens for divine signs.

Tradition gave them names – Melchior, Caspar and Balthazar – and assigned them symbolic gifts. These were:

- Gold for kingship.
- Frankincense for divinity.
- Myrrh for mortality and sacrifice.

Whether literal travellers or spiritual archetypes, the Magi represent the

meeting of earthly wisdom and divine revelation – a pilgrimage of the soul toward truth.

Their feast, Epiphany (January 6), still celebrates revelation: the moment when Spirit becomes visible in matter.

## Christmas comes to Britain

By the seventh century, Christmas had taken root in the British Isles, blending Christian theology with pagan winter customs.

In medieval times, the festival lasted twelve days and was filled with feasts, music, dancing and pageantry.

A "Lord of misrule" often presided, turning social order upside down in a carnival of laughter. When the Puritans gained power in the 17th century, they condemned these festivities as sinful excess.

During Oliver Cromwell's time of head of state as Lord Protector, Christmas was banned outright. Churches closed on December 25 and mince pies were denounced as symbols of idolatry.

But joy proved indomitable. People celebrated in secret, decorating their homes with holly and ivy.

By the 18th century the festival was restored. At the time of Queen Victoria, it

had blossomed into the domestic, family-centred celebration we know today.

## The Christmas tree arrives

So central to the modern image of Yuletide, the Christmas tree originated in Germany during the 16th century.

Families placed fir trees in their homes, adorning them with apples, candles and gilded nuts. The evergreen symbolised eternal life – green even in the dead of winter.

In Britain, Queen Charlotte introduced the custom in 1800, but it was Prince Albert who made it fashionable.

When the *Illustrated London News* published an illustration of the royal family gathered around their decorated tree in 1848, an instant craze began. Within a decade, trees stood proudly in parlours across the country, their branches hung with candles and sweets.

The evergreen became a beacon of life's continuity and a promise that spring would return.

## The birth of the Christmas card

The first commercial Christmas card appeared in 1843, the same year that Charles Dickens released *A Christmas Carol*.

Civil servant Sir Henry Cole commissioned artist John Callcott Horsley to design a card bearing the message "A Merry Christmas and a Happy New Year to You."

Its success owed much to a postal revolution. Britain's Penny Post and the Penny Black stamp, which was introduced in 1840, allowed anyone to send a letter nationwide for just one penny. Suddenly, festive greetings were within everyone's reach.

By the late 19th century, printers were selling millions of cards depicting snowy scenes, robins and sentimental family gatherings. A new Christmas ritual was born, which expressed affection through the written word.

- The first Christmas card sold for one shilling – a luxury at the time.
- Early cards often featured spring flowers, not snow; winter scenes only became popular later.
- In Victorian etiquette, failing to send a card in reply was considered a mild social offence.
- Today, despite e-mails and social media, Britons still send around one billion Christmas cards each year.



## From post-boxes to pixels

Digital life has changed how we connect. E-mails, e-cards and WhatsApp messages have replaced much of the paper trail.

Royal Mail reports letter volumes dropping by around seven to eight per cent each year, though parcel deliveries have soared thanks to online shopping.

Yet something about a handwritten card endures. The texture of paper and a friend's familiar writing carry emotional warmth which no emoji can match.

For many, the annual ritual of posting cards is less about obligation than continuity, a tactile link to memory and meaning.

## The spirit of giving

Gift-giving long predates Christianity. The Romans exchanged presents during Saturnalia, a festival of abundance and mischief. Early Christians reinterpreted this act as echoing the Magi's gifts to Christ.

By the Victorian period, with its rising middle class and burgeoning industry, giving presents became the centrepiece of the season.

Shops filled with toys, books and trinkets. Wrapping paper and ribbons turned gifts into little ceremonies of care.

Today, Christmas contributes around £40 billion to the UK economy, which is a staggering annual boost. Yet beyond the

commerce, the deeper instinct to give remains spiritual and represents an echo of grace, generosity and gratitude.

Charities also feel the uplift. Every December, donations surge to food banks, homeless shelters and animal rescue centres. For a few weeks each year, the national mood bends toward kindness.

## Christmas beyond December 25

While Western churches celebrate on December 25, many Eastern Orthodox Christians mark Christmas on January 7, thus following the Julian calendar.

In places like Russia, Georgia and Ethiopia, the feast is preceded by fasting and midnight vigils, then broken by candlelight and song.

Elsewhere, Christmas has taken on a cultural rather than religious form. In Japan it's a festival of illumination.

Turning to India, churches shimmer with lanterns and mango leaves whilst in largely secular or former communist nations, the celebration re-emerged as a "New Year's holiday."

Whatever its form, the message remains universal and indicates light returning after darkness, hope born anew.



*MINCE pies began as a medieval dish.*

## Rations and resilience

During the Second World War, rationing stripped Christmas of luxury, but not of inner spirit.

In the UK, families made do with what they had: "mock goose" pies of sausage and sage, puddings bulked out with breadcrumbs and carrots, and paper decorations cut from magazines.

Even so, morale remained high. Soldiers received parcels of chocolate and hand-knitted socks; families gathered round radios to hear the King's message of hope.

In those difficult years, Christmas meant resilience – a light kept burning through the blackout.

## Mince pies and puddings

Mince pies began as a medieval dish of minced meat, fruit and spices, meant to symbolise the wealth brought by the Magi. Over time, the meat vanished, leaving the rich spiced fruit filling we enjoy today.

Once a humble "plum porridge," Christmas pudding evolved into a dense, boozy dessert steamed for hours and ceremoniously lit with brandy.

Some families still make the pudding on "Stir-up Sunday," each person making a secret wish as the spoon turns through the mix – a living thread connecting centuries of Christmas kitchens.

## The modern Christmas economy

- Over the Christmas period, this year Britons are projected to spend over £40 billion, which includes gifts, food, travel and socialising.
- Charitable donations in December can exceed £2 billion, with animal shelters and homeless charities among the biggest beneficiaries.
- Royal Mail delivers many millions of Christmas parcels each year.



*GIFT-GIVING long predates Christianity. The Romans exchanged presents during Saturnalia, a festival of abundance and mischief.*



**EBENEZER SCROOGE'S redemption occurred after being visited by the ghosts of Christmas Past, Present and Yet to Come.**

## Father Christmas

Britain's Father Christmas predates the American Santa. He first appeared in 15th-century plays as a bearded figure dressed in green, symbolising merriment and the return of life.

Across the Atlantic, Dutch settlers brought stories of Sinterklaas, a benevolent bishop who delivered gifts.

In 1823, Clement Clarke Moore's poem *A Visit from St Nicholas* introduced reindeer, sleighs and chimneys.

Cartoonist Thomas Nast later placed Santa at the North Pole with a workshop full of elves. Coca-Cola's 1930s adverts completed the transformation, fixing his red suit and jolly smile in global imagination.

Today, NORAD – the North American Aerospace Defense Command – tracks Santa's flight each Christmas Eve, its website visited by millions of children worldwide.

The myth may have changed shape, but its essence of generosity and wonder continues to endure.

## Dickens and the reinvention of Christmas

When Charles Dickens published *A Christmas Carol* in 1843, industrial Britain was weary and divided with countless families living in appalling poverty. His tale of Ebenezer Scrooge's redemption reawakened compassion and community in a society obsessed with progress.

Through the ghosts of Christmas

Past, Present and Yet to Come, Dickens reminded readers that transformation is always possible. Kindness, he suggested, is the truest miracle.

The book has never been out of print, selling millions worldwide and translated into more than 100 languages.

Its message that no heart is beyond redemption remains the spiritual cornerstone of the modern holiday.

## Has Christmas lost its soul?

For some, modern Christmas feels hollow and marks a period of hectic shopping and social pressure. Perhaps the spiritual essence is not lost, but only buried beneath noise and novelty.

To reclaim it, one need not return to church pews, though many do. Simple acts can open the same doorway:

- Lighting a candle in silence.
- Writing a letter of forgiveness.
- Walking beneath the stars that once guided wise men.

- Giving time rather than things.

Christmas has always been less about creed than consciousness – the turning of the inner light. When we strip away the glitter, what remains is presence: the still, sacred pause at the heart of winter.

## The economics of celebration and compassion

Each December, the British economy surges. Restaurants, theatres and shops brim with life but amid the spending something quieter happens.

Charities, community centres and shelters fill with volunteers as people rediscover generosity not as duty, but as joy.

This paradox of indulgence and benevolence entwined may be what keeps Christmas alive. It reminds us that wealth and worth are not the same thing, and that kindness, not commerce, sustains the human spirit.

## Reflective conclusion

From the star above Bethlehem to the glow of smartphones, Christmas has always been about illumination.

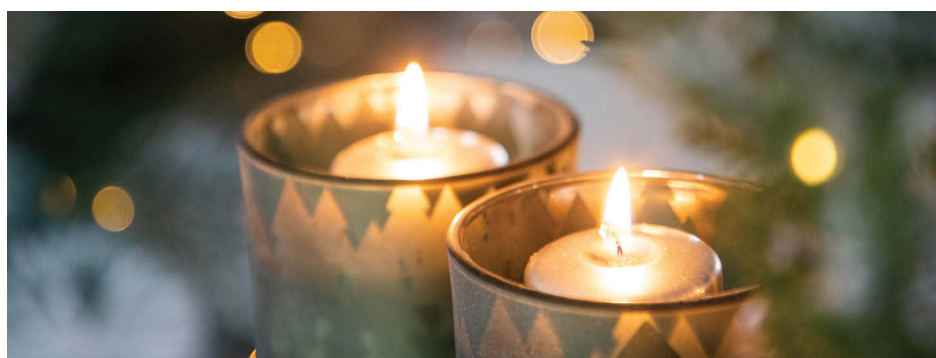
Each generation adds its own lamps: candles, fairy lights, neon shop signs and even the flicker of a digital fireplace. Yet all point toward the same mystery – the light which cannot be extinguished.

Whether we see Christmas as the birth of a saviour, the return of the sun or a moment of human togetherness, its meaning lies in renewal.

Christmas invites us to pause, turn inward and remember that the sacred is never far away.

Perhaps the truest Christmas story is not only one of angels and kings, but of ordinary hearts learning again to love.

In every flame, every carol and every act of kindness the divine still whispers "The light shines in the darkness, and the darkness has not overcome it."



**RECLAIMING the spiritual essence of Christmas can be as simple as lighting a candle in silence.**



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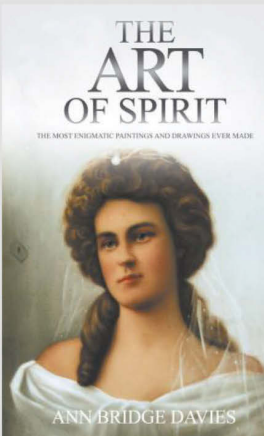
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# Ancient Japanese philosophy provides a yen for life

By Jo Peters

*Once a city lawyer, Jo Peters left it all behind and now lives on a small-holding in Scotland. She regularly talks in schools, educating the future generation about sustainability and caring for the environment.*

*In her illustrated new title "The Little Book of Ikigai," Jo outlines how to unlock the secret to a long and happy life using this wonderful Japanese philosophy.*

*Below are extracts from Jo's book, which provides readers with some easy to apply mind, body, spirit techniques to enrich and enliven one's days.*

YOU might be familiar with the term "ikigai," or it might be completely new to you. For the uninitiated, ikigai is quite simply your reason for being, your *raison d'être*, but with many layers.

"Ikigai" itself is a blending of two Japanese words: "iki" meaning "life" and "gai" meaning "reason."

This Japanese philosophy is ultimately about finding balance and purpose in your life by focusing on the things you enjoy. Many claim its teachings hold the secrets to a long, happy and meaningful existence.

The concept of ikigai originated in the Okinawa

Islands more than a thousand years ago and was adopted into Japanese culture in the years that followed.

In more recent times, the idea of ikigai has spread to the West, where devotees harness its teachings to find meaning in their day-to-day lives.

The key to ikigai lies in dedication and patience. It invites you to embark on a journey of self-discovery to find your true passion, mission, vocation and profession – the four elements of ikigai.

These four elements fall into categories known as the four pillars of ikigai: what you love, what the world needs,



what you are good at and what you can be paid for.

## Where it all began

While the word “ikigai” can be traced back in Japanese history to the Heian period (794-1185), the birthplace of the concept of ikigai is to be found in the prefecture of Okinawa, an archipelago of more than 150 islands in the East China Sea, where many inhabitants enjoy a long existence thought to be due to their life choices.

Okinawans put their longevity down to the adoption of ikigai as a way of life and believe that in seeking purpose through this philosophy they have found health, happiness and fulfilment.

Island residents are said to suffer from some of the lowest levels of dementia, cancer and heart disease in the world, which they attribute to the fact that they have worked to find meaning in their existence and learned the art of balance in all areas of their lives.

Okinawans describe ikigai as their reason for getting up in the morning and many find their purpose for being through working or keeping up with hobbies well into old age.

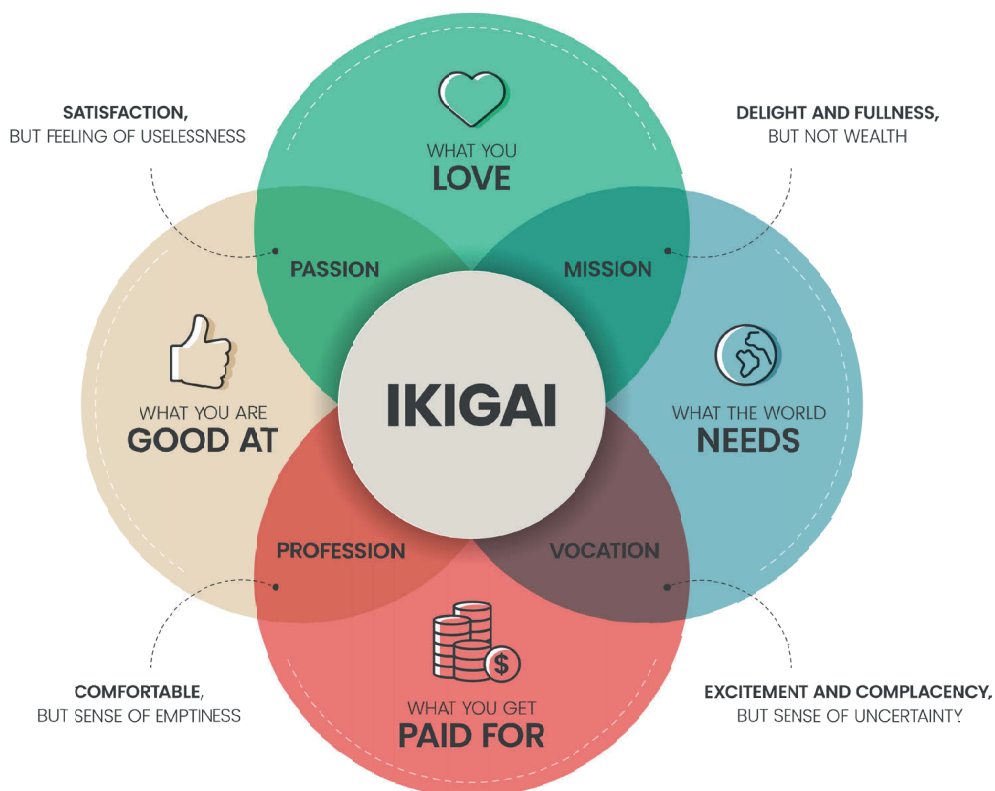
## Japanese life concepts

Ikigai is just one of many Japanese life philosophies we can all learn from and adopt. Below are some of the others.

- **Wabi-sabi** – This idea encourages us to admire imperfection and find beauty in transience. It follows three basic tenets: nothing lasts, nothing is finished and nothing is perfect.
- **Oubaitori** – This is about never comparing yourself to others. The word “oubaitori” comes from the kanji for the apricot, cherry, plum and peach trees that bloom in spring. Ultimately, the message is that everyone blossoms in their own way and at their own pace.
- **Mottainai** – This is the idea that everything on the planet deserves respect and therefore we should not be wasteful. By following this philosophy, you should work to respect the value of resources and, if you don’t already, champion the notion of reducing, reusing and recycling.

## Japanese life concepts and ikigai

Many Japanese philosophies place emphasis on kindness and gratitude,



*THIS illustration shows the four pillars of ikigai: what you love, what the world needs, what you are good at and what you can be paid for. (Image: Whale Design/Adobe Stock)*

promote self-improvement and encourage a more mindful existence, all of which can be useful in the search for ikigai.

For example, kaizen is the idea that if you are always improving in all areas of your life, you are constantly fine-tuning the effectiveness of everything you choose to do.

This perpetual improvement can be gentle and gradual, reminding us of the importance of maintaining momentum.

*Shinrin-yoku*, or “forest bathing,” meanwhile, is about spending time immersed in the natural world, accepting and acknowledging the present moment and allowing nature to both heal and benefit your health.

## Ikigai in modern times

The *Oxford English Dictionary* describes ikigai as “a motivating force” that “gives a person a sense of purpose or a reason for living.”

In the modern world, you might find your ikigai through exploration of your talents, whether at work or play, or in helping others; you might find it within your family, by heading outdoors, or through exercise, yoga or meditation.

Mindful activities, and pausing to reflect – along with creating a sense of space and time to consider your thoughts – are all useful in the search for your ikigai.

It all boils down to finding enjoyment in life through each of the four pillars – what you love (your passion – this could be family or a hobby), what the world needs (your mission – perhaps volunteering, raising money for a charitable cause or working towards change for good), what you are good at (your vocation – where your talents lie) and what you can be paid for (your profession).

## Building a daily practice

The first step on your ikigai journey involves creating some mental breathing space to find clarity and bring the four pillars together.

Building a daily practice can really help clear your mind and pave the way for constructive thought.

Whether you choose to commit to daily exercise, meditation, journaling or yoga, starting off small is key and will help you build up to something bigger to effect long-term change.

Just five to ten minutes each day is a good place to start, gently adding 30 seconds or a minute, every day or so.

The Japanese practice of *shukanka* (forming a new habit) comes into play here and is about making subtle changes you gradually build upon to alter your life path in the long term.

## Setting goals

Some people refer to ikigai as “their reason to get up in the morning.” The start of the day is the best time to begin your practice.

Instead of reaching for your phone as soon as you wake up, turn it off or set it to silent mode. Take a moment to choose an action or activity that will bring you joy today.

Perhaps it's going for a run or doing some yoga; maybe some time with a book or lunch with a friend.

Take a moment to think about this intention and visualise how you can make it happen.

By making the decision to do something joyful for yourself and mindfully going through the steps of how to make it happen, you are not only more likely to achieve it and boost your mood, but the act of making the decision will help you feel more in control and likely shape the course of your day.

## Meditation

Meditation is incredibly useful for focusing your mind to achieve clarity. Tried and tested techniques promote concentration and redirect unwanted or negative thoughts so you can be more aware of the present moment and achieve a sense of peace through your mind and body.

The great thing about meditation is that you can do it anywhere that you can sit comfortably and for any amount of time.

Start by meditating for just a couple of minutes each day and build up to longer to achieve a state of deeper relaxation and sense of contentment.

The more you meditate, the easier you will find it to find a place of concentration and focus, where the present moment is all that matters.

Use the time that follows your meditation to have clear and concise thoughts about your ikigai journey and what you can do to further yourself along the path.

## Mindfulness

Mindfulness is about harnessing your awareness of the present moment, without judgement, using your senses. It involves training your brain to focus on the present and pull your thoughts back to it if your mind wanders.

Mindfulness can be practised anywhere at any time, which makes it easy to incorporate into your daily routine.

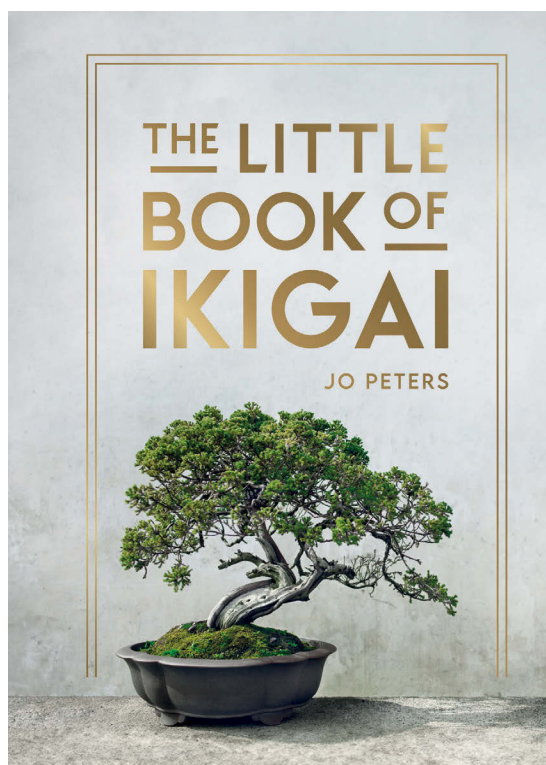
Habit-forming is key to ikigai and these small acts of mindfulness will ultimately

help you relax and take more enjoyment from life situations.

Try practising mindfulness while you're eating or drinking. Pay attention to the taste, texture and temperature of what you are eating or drinking: how does it feel on your tongue or when you swallow?

When you're in the shower, close your eyes and think about how the water feels as it lands on your skin. How does the temperature feel?

Stand still and listen to the continuous sound of the water as it pours out of the shower. Does it make you feel a sense of calm?



## Visualisation exercise

As well as helping you work towards your goals, visualisation aids relaxation and calms the mind.

Try this exercise to get into a headspace that will help you make life decisions and strive for that all-important ikigai.

Find a comfortable place to sit. Close your eyes. Take some time to get into the right frame of mind. Focus on your breathing, taking long breaths in and out to calm your nervous system.

Then, visualise something you would like to achieve or change in your life – perhaps you would like to move to a new home, for example.

Take your mind through the steps to achieving this. Visualise yourself being handed the keys. Imagine what your new home smells and feels like. How do you

feel? Practise this regularly to see life from a different perspective and unleash new ideas.

## Affirmations

Affirmations are positive phrases that, when practised regularly, can help shift negative thought patterns you might have in a more favourable direction.

Not only will these nuggets of positivity help instantly boost your mood when you need a pick-me-up, but this form of positive thinking can help rewire your brain, giving you a fresh perspective in certain situations and supporting you with ikigai-related life changes.

Affirmations are phrases that you choose or devise and should be selected to suit your situation.

Repeating them to yourself in the mirror first thing in the morning is a good place to start. Perhaps you've started a new job and you're feeling a little out of your depth.

You might say to yourself, “I am confident and capable.” If you're trying to live a more fulfilled life, you might choose, “I deserve happiness and success.”

## New hobbies

Making time in your schedule to try new hobbies can really help you connect with your ikigai.

There are so many hobbies and activities out there you've never tried before that could bring you great enjoyment, propelling you ever further on your ikigai journey as you seek joy and purpose in life.

Start with an activity you've thought about doing but never managed to fit in and see where that takes you.

Join a class, learn from online tutorials or ask a friend to teach you something. You could be even bolder and pick something you haven't considered before – it could just be your true calling!

No matter what stage you are at in your life, it's never too late to learn something new. And once you've mastered it, perhaps you could teach others and continue your ikigai journey in that way.

**Published by Vie Books, “The Little Book of Ikigai” is subtitled “An Introduction to the Japanese Philosophy of Leading a Happy and Meaningful Life.”**

**Running to 144 pages, it costs £9.99 and can be ordered from bookshops or various sites on the internet. A Kindle edition is available at £4.99.**



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# Your paranormal and spiritual questions answered

BY GRAHAM JENNINGS

## Boy killed in Blitz attended Xmas tree séance

***Were Christmas tree parties for spirit children regularly held in the past? – Mary Collins.***

Once upon a time, many mediums held Christmas parties for spirit children. A Christmas tree was decorated, presents were placed around it and the lights turned off.

Communicators usually spoke using direct voice. Under the control of spirit guides, children introduced themselves and played with whatever toys took their fancy.

Every Christmas throughout his career, direct-voice medium Leslie Flint held such parties. Those described here were held at the Temple of Light in Hendon, North London in the 1940s, but have lost none of their vibrancy.

During one séance, which lasted for about 90 minutes, toys whizzed across the room, some of them brushing against a reporter. At one point a spirit youngster pulled a cracker with a sitter.

The proceedings got going with Leslie's Cockney guide Mickey bellowing a song, accompanied by the entire audience. A spirit child added to the revelry by banging a toy drum.

Shortly afterwards, one of the spirit children handed a present, a mandolin, to a sitter.

Another child named Susan Richards, who lived in Hull on Earth, selected a set of bells as her gift. These were temporally appropriated by Mickey to lead the audience in a very unmusical rendering of *Jingle Bells*.

The party proceeded in a joyful, light-hearted vein. Even Leslie was sometimes reduced to helpless laughter.

One of the first children to manifest was a boy named Derrick. Explaining he was very pleased to be at the party, he claimed a toy elephant as his present.

"You can't have that!" cried Mickey. "That's mine." An amusing altercation

followed.

At last Derrick pronounced he would have a toy engine. Speaking in an educated accent, another boy caused Mickey a few difficult moments.

He gave the name of John Fitzjohn and said that when on Earth, he used to play in Peter Pan as one of the *Never, Never Boys*. Asked at which theatre he performed, he replied, "The Scala."

John described his home and garden in the next world and said that his parents were with him.

"I have a tortoise which I call Marmaduke," John volunteered, "and a rabbit named Julie."

few toys were left upon the tree. The remainder lay scattered about the floor, some of them being in the corner furthest from the medium.

All the toys were sent to the Mission for Poor Children in Hoxton. The spirit children kept etheric doubles of the toys for themselves.

The following year, another Christmas tree séance was held at the Temple of Light. Present was the Rev Charles Drayton Thomas, a Methodist minister, a psychic researcher and a long-time associate of Leslie. He recorded the children's voices and the noises they made when playing with their presents.

Leslie's controls assured those present that unfettered by earthly restrictions of class and nationality, the spirit children thronged happily together on the Other Side.

Many managed to speak clearly in the direct voice, expressing their gratitude for the presents.

One little girl with a refined accent said how pleased she was to come and talk but was reluctant to give her name. Mickey said: "Come on. It can't do no 'arm to give your name, can it?"

There was a short pause and then came the soft reply "Florrie."

"Do you know anyone here?" asked one of the sitters.

"Oh, no," Florrie replied. "Do you have to know someone here?"

Assured that strangers were very welcome, Florrie was asked to select a toy from the tree. The sound of it being torn from its anchorage was clearly audible.

At various times, toys were heard being hurled across the room, some colliding with the wall and others falling in laps or on heads. Balloons were burst and the tree could be heard being shaken violently.

One spirit child was named Dorothy and another Donald. While one of them chose a toy from one side of the tree, the other



A REPRESENTATION of a Christmas tree séance.

"I suppose your rabbit has lovely pink eyes," said one of the sitters. "Well," replied John, "I wouldn't say they were exactly pink."

This was too much for Mickey who, with commendable restraint, had remained silent for a whole minute.

"Getting a bit finicky, aren't you?" he said. "Think you're still in the *Never, Never Land*?"

That many nationalities were welcome at these parties was demonstrated by a man who, speaking in broken English, brought two little French children, Yvonne and Pierre, who were killed in a bombardment.

When the séance concluded, only a



could be heard selecting one from the other side.

In an American accent, Peter Watts told sitters that his family came from Washington. He selected a yacht as his present.

Peter spoke softly and hesitantly, his breathing being very audible. At one time it could be heard while Mickey was speaking.

Susie, a young girl, was recognised as a guide by a Mrs Walton, of 29 Semley Road, SW London, and chose a small toy. She played with it for the rest of the party.

The toy was a mechanical device incorporating an emery wheel and a flint which produced a shower of sparks when a lever was pressed.

On three or four occasions, the glow from this toy could be seen about the tree. Its continual grinding noise persisted as the background to all that was said and done.

Mickey asked her to desist. "You won't have any flint left in a minute, and neither shall we!" he remarked.

Susie turned a deaf ear to all Mickey's entreaties. It was only when Mrs Walton pleaded with her to be quiet that a measure of decorum was restored.

Leslie's philosophic guide White Wing

expressed thanks to the spirit world for the efforts of everybody concerned in making the party success, and urged sitters to always keep in contact with the Other Side.

When the party ended, the toys on the tree were again sent to the poor children's mission.

On the last Sunday before Christmas, the Temple of Light again hosted the annual Christmas party for spirit children in 1949.

Happy, wistful and adventurous youngsters of various countries were present. For the 30 or more adults who gathered to share their delight, it was an occasion which also enabled them to recapture something of the spirit of wonder and reverence.

The tree was heard being violently shaken and a ball being bounced by unseen hands. A spirit boy called Albert from Yorkshire remarked there were a few gifts he would like to have.

This immediately brought the stern reminder from Mickey, "Only one!" Albert finally settled for a toy drum.

One child, Kenneth Brazier, was upset that a clockwork train set wasn't among the presents. As a substitute, a sitter suggested he should have a humming top,

but Kenneth declined the offer.

"They only seem to cater for the very young ones here," he said in aggrieved tones. "I think they should have catered for us older ones."

Kenneth, who had lived at Northampton and was on the stage in the show *Where the Rainbow Ends*, persisted complaining until Mickey told him to "Get going!"

On the other hand, a lad called Geoffrey, who was killed with his parents during the Blitz, considered the party "a smasher."

Wistful sighs were periodically heard as children applied themselves to the difficult task of choosing toys from the great variety available.

Some were so eager to grab a toy that various gifts fell to the ground, accompanied by the sound of balloons bursting.

A spirit guide addressed the gathering, saying: "Many children on this side, unknown and unseen by you, are gathered here at this time, conscious of your love."

"We on Earth had great responsibility in possessing the knowledge that life was unending, that nothing died and that life was continuous progressing towards perfection."

## Phantom light of burning ship seen by islanders

**What was the "Palatine Light" of Block Island? Is it connected to a disaster at sea during which many passengers perished? – Andrew McIntyre.**

In August 1738, a British ship sailed from Rotterdam in the Netherlands bound for the Americas.

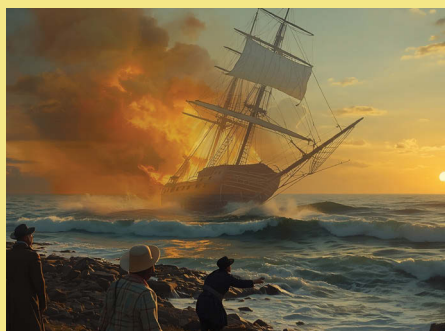
Curiously, the vessel was not named at the time in newspapers, being simply referred to as the *Palatine*. Only later was she named the *Princess Augusta*, although no boat of that name has ever been traced.

Aboard were at least 240 – and possibly as many as 300 – immigrants originally from the Palatinate region of Germany.

They were probably sailing to Philadelphia, whence they could reach a German-owned settlement on the James River in Virginia, which had already attracted some 3,000 people from their area.

After sailing for many months through a stormy Atlantic, low on rations and supplies, the drinking water became contaminated. Up to 200 passengers and half the fourteen-men crew, including its captain George Long, perished.

First mate Andrew Brook took control, but cared little for the passengers' welfare and charged them for food. Their bodies were thrown overboard if they starved



**AN image of the doomed vessel.**

to death.

Storms pushed the ship further off course and caused her to head northwest towards Rhode Island.

Brook tried to steer the ship between Block Island and Long Island Sound, but a blinding snowstorm drove her toward the sandy shoals and rocky ledges surrounding Block Island.

The ship ran aground on December 26 or 27, 1738. Brook and the remaining crew rowed ashore, leaving what was left of the passengers to fend for themselves.

According to one version of the story, residents helped surviving passengers ashore. They also buried those who had died in a mass grave.

The only named passenger, Mary Vanderline (or Van Der Line), refused to

abandon ship, as did some others who did not want to leave their possessions behind.

Nearly 200 years later, members of the Block Island Historical Society erected a marker where the passengers were buried.

According to another version, islanders looted the ship, set her ablaze and left her to drift out to sea. No trace of the vessel was ever found.

Subsequently, the phantom light of a burning ship known as the *Palatine Light* was observed now and again between Christmas and New Year. Block islanders described it as a flickering light far out to sea.

Others told of a blazing ship resembling a giant torch sailing parallel to the shore. One islander, Dr Aaron C. Willey, claimed to have seen it several times in 1811.

The light can still be seen at this time of year and has been compared to the more famous ghost ship the *Flying Dutchman*. Sometimes the *Palatine* appears as a sole light when no other boats are in sight.

Dozens of other vessels likewise perished before the authorities decided to build two lighthouses, Block Island North Light in 1829 and Block Island Southeast Light in 1875.

John Greenleaf Whittier made the story famous with his narrative poem, *The Palatine*, which was published in 1867.



WHILE an exact global number is not available, it is thought that over fourteen million people mark Hanukkah. (Photo: CottonBro Studio)

## Ancient festival is still celebrated today

**What is the significance of Hanukkah?**  
**When will it be held this year? – Simon O'Reilly.**

To answer the second point first, Hanukkah will begin on the evening of Sunday, December 14 and end on the evening of Monday, December 22.

Hanukkah is Hebrew for “dedication” and refers to the rededication of the Second Temple of Jerusalem.

In 139 BC, Judah Maccabee, one of history’s great commanders, became leader of the Jewish army and led a revolt against Antiochus IV Epiphanes, king of the Seleucid empire from 175 BC until his death in 164 BC.

At its greatest extent, this empire stretched from Thrace in Europe to the border of India.

In so doing, Judah was defending his country from invasion by the Seleucid king and thus prevented the imposition of Hellenism, a broad term for the culture, ideals and religion of ancient Greece, upon Judaea.

Maccabee and his forces defeated

the numerically superior Syrian-Greek armies in rapid succession. The last great battle was near Beth-Zur, a biblical site of historic and archaeological importance in the mountains of Hebron.

This left the road open to Jerusalem. Maccabee and his followers then entered the Second Temple and restored the menorah, a candelabra with nine branches which is a symbol of Judaism.

When they rededicated the temple, they found only one sealed vial of oil, with enough for just one day of lighting. The oil miraculously burned for a full eight days until replacement oil could be prepared.

Judah instituted a festival of eight days with special prayers and thanksgiving on the 25th of Kislev (the ninth month of the Hebrew calendar).

Hanukkah commemorates the recovery of Jerusalem and subsequent rededication of the Second Temple.

The tale is told in the *Talmud*, especially the Babylonian *Talmud*, and became a permanent festival.

Hanukkah is celebrated by lighting the

menorah. Each night for eight days, a new candle is lit on the menorah with a ninth candle being used to light the others.

The event includes eating special foods, holding parties and sometimes singing Hanukkah songs.

Considered a joyous holiday, it is a time for celebration, not sadness or fasting. Foods eaten during Hanukkah include doughnuts and potato latkes.

When Antiochus died, the Seleucids offered Jews freedom of worship. However, Judah Maccabee wished to free the Jewish nation politically as well as religiously and continued the war. He was killed two years later, but finally secured the independence of Judaea.

A Festival of Light, Hanukkah is still celebrated today in many countries with a Jewish population.

It is estimated that the event is observed in over 60 nations. While an exact global number is not available, it is thought that over fourteen million people mark Hanukkah.

Writing as Graham Adrian, Graham Jennings is the author of the historical novel “Two Sisters,” a spiritual romance set in this world and the next. Graham is also co-author of the non-fiction “Ghosts of War.” Both are published by Local Legend and available worldwide. See <https://local-legend.co.uk>



# SUDOKU COMPETITION

This month we have copies of author Claire Stone and illustrator Parita Naran's *Divine Feminine Archangel Oracle* as prizes for five lucky winners.

The publisher writes: "Angels are androgynous and can express themselves as male or female, simply embodying masculine or feminine energy.

"These 'new' angels are called the Archeiai, a feminine term for archangels. They are stepping forward as our global consciousness is expanding and the world is ready for them.

"They have always been around but our patriarchal past made it difficult for us to resonate with them.

"Angels can help in many practical ways such as offering psychic protection, messages that can help you to progress in life, assisting you to align with people who can help you advance in life, supporting you to open your heart to forgive others, and performing miracles for your highest good.

"The 44 cards in this deck are comprised of 13 master angel cards and 31 angelic wisdom teaching cards. Each master card represents one of the 13 Archeiai.

"Pulling one of these cards suggests that the chosen angel is drawing your awareness to her presence. See this as an invitation to invoke her powerful healing light.

"The 31 angelic wisdom teaching cards offer direct insight into the circumstance that you are inquiring about.

"They offer you guidance for your soul's highest good. By accepting the angel's wisdom teachings, you will receive far more than a message; you will learn to ignite the Divine Feminine within yourself."



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](mailto:pntemp12@gmail.com)

Or post your entry to: Psychic Press Ltd, (Competition), 124 City Road, London, EC1V 2NX

The closing date for entries is 8<sup>th</sup> February, 2026

## WINNERS

The winners of the SEPTEMBER 2025 sudoku competition are:

Margaret Christie-Brown, Warwickshire

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Maria Campbell, Glasgow



The winning numbers are: **486 539 127**

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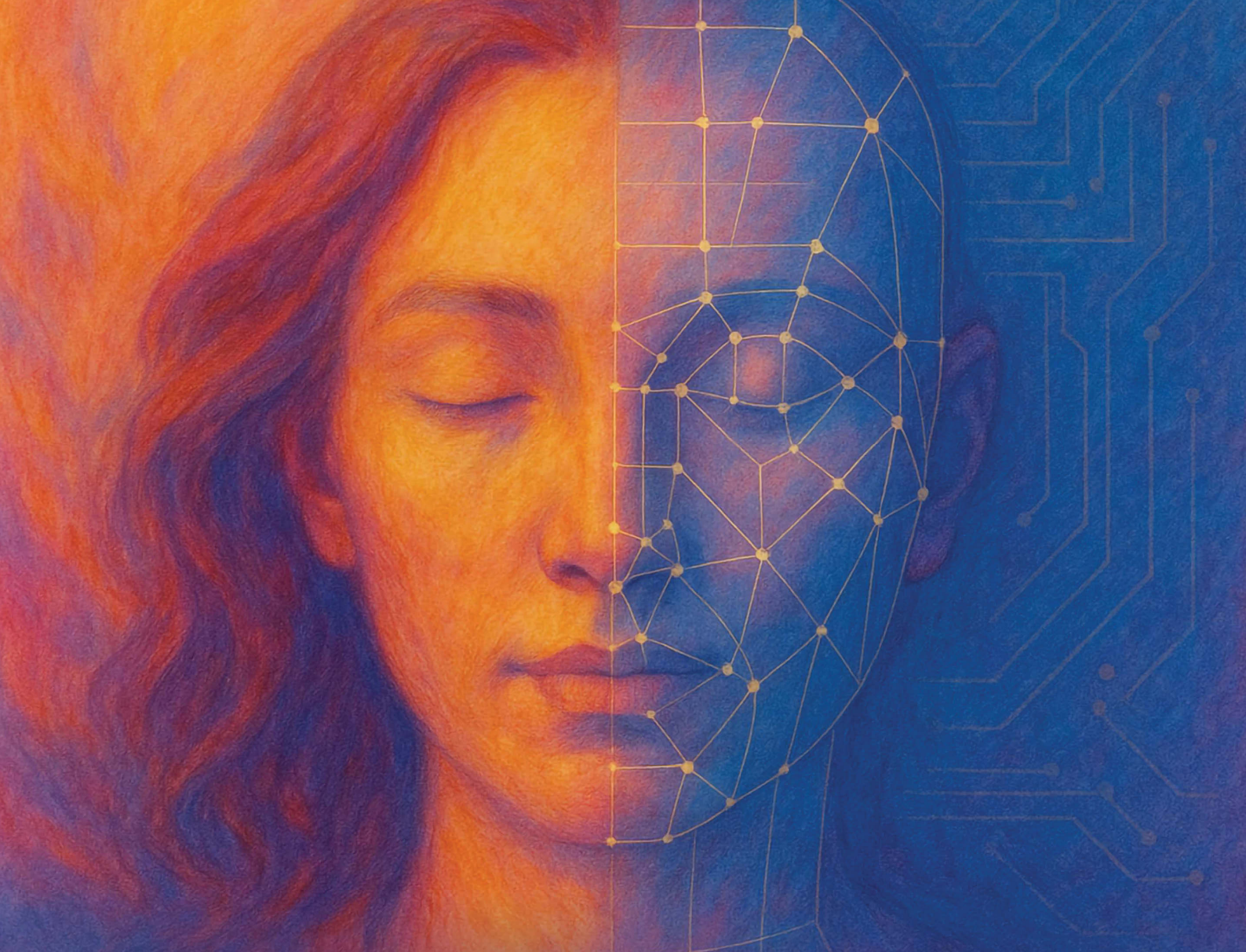
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7				2	1			5
		8			4	7	1	
6	1				9		3	2
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		6				2		
	3	2					8	6
5	8		6				2	3
	6	9	1			5		
4			5	3				1

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.





# Artificial intelligence gives verdict on spirit portraits

By Dr Ann Bridge Davies

***Medium Dr Ann Bridge Davies has enjoyed a successful career as a professional artist with a special interest in creating spirit portraits, but just how evidential are they?***

***Turning to technology, Ann decided to investigate using artificial intelligence (AI). Here are her findings.***

THROUGHOUT my career I have drawn or painted many portraits of deceased people or animals, which have then been compared to photographs.

If a portrait and comparison photograph are judged to be similar enough this supports a belief in life after death and the existence of a spirit world.

From the mid-nineteenth century to the present day, spirit art has been widely

recognised as evidence of survival when it's backed up by photographic evidence.

Often, the photo is produced at a demonstration by the recipient of a portrait just after it's been completed.

This has led some sceptics to make allegations of fraud: either the artist has seen the picture in advance or clairvoyantly copied it, which would be pretty remarkable in itself.



However, this is not always the case. An example is a portrait drawn for me by spirit artist Alan Stuttle at the Arthur Findlay College, Essex.

At first, I didn't recognise the figures, but several weeks later I found a Victorian photograph of my family and immediately recognised my great aunt.

Another astonishing case is that of Saleire Tracy, a spiritual healer who admits that she "cannot draw at all," but found that by working on a computer "the spirit world takes over" and she developed a unique form of spirit art.

We have never met, but after making contact on social media Saleire e-mailed me the portrait of a young deceased girl to whom I taught art at school. It had been created directly on a computer and was instantly recognisable.

This was clear evidence of the survival of the spirit mind and the beginning of my interest in the role of computers when fed information by – and through – a mortal being. There seemed to me to be two important questions:

1. Is it possible that a spirit image could be recreated by AI in the same way as by a competent spirit artist?
2. Having studied the portraiture of Alphonse Bertillon (1853-1914), I knew that the size, shape and characteristics of a face can be measured.

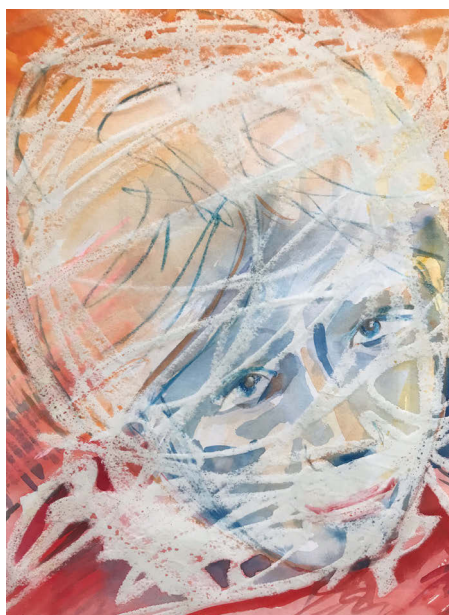
I developed a ten-point face-to-portrait similarity scale. Could AI use this to assess the quality of a spirit portrait as compared with a photograph, thus strengthening (or otherwise) the evidence for life after death?

A high-percentage match would be hard to argue against, and we are all becoming familiar now with the use of facial recognition technology by the police and other authorities.

*The Creativity Code* (2019) by Marcus du

Sautoy and *The Artist in the Machine* (2020) by A. I. Millar are studies of computer- and AI-driven art, including music, poetry and mathematics.

Although du Sautoy does not suggest that a computer may be able to create spirit portraits of the deceased as living



**A SPIRIT-INSPIRED** portrait of the lady in red, which AI assessed as having a two-thirds likeness to a comparison photograph.

artists do, he and others have referred to AI as being akin to a sort of "ghost in the machine."

However, survival evidence is a difficult enough task even for living spirit artists, and the idea that a computer could generate something similar to a portrait of the dead appears impossible.

After all, computers have to be fed or trained to write or to draw or to make words, objects or drawings, but they can't "think" for themselves.

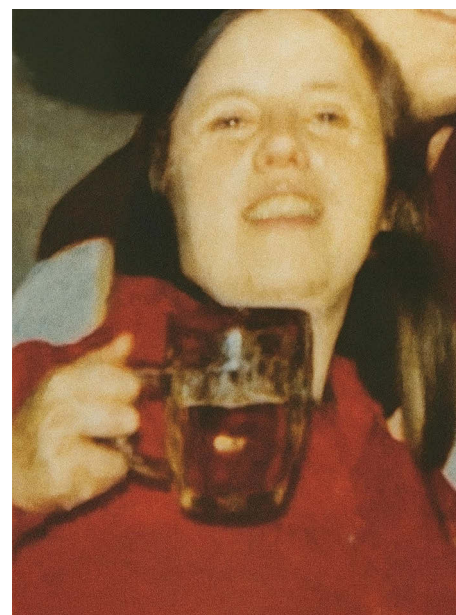
With sufficient training, consistent questioning and information feeding,

and making portraits, perhaps one day they will.

It was time to find out. I was introduced to the AI tools Copilot and ChatGPT, and began to learn the importance of how to ask a computer a question. To start with, I asked Copilot to "Create a portrait of a spirit."

This is laughable, so I soon realised that we need to be careful with the language we use. I then asked AI to provide "Spirit portraits of my father, mother and brother," which resulted in pictures with golf ball-type eyes.

Rather horrified, I changed the wording



from "spirit" to "late," which produced similar images without the golf ball eyes. Even so, they look nothing like my parents.

Next, I turned my attention to the second question changing my language and the method of data collection.

Working with ChatGPT, I asked specific questions relevant to "How close a likeness is one of my spirit portraits to the photograph provided to me?" assessed by using the similarity scale mentioned (called "anthropometric methodology").

Admittedly, the first example I used was a bit of a challenge to AI. The drawing *Lady in red* was created in 2008 at a spirit art teaching session at Longton SNU Church, Stoke-on-Trent, when I was demonstrating an art method using watercolour paint, pencil and wax candle.

This effect drew attention to the sensation of speed I felt as I drew the portrait in a matter of seconds.

It is the artist-medium's subjective senses like this that can be especially evidential to the recipient, although the image may not appear like a conventional portrait.

It turned out that the lady had died during a speeding car accident, and the photograph of her was given to me a week later.

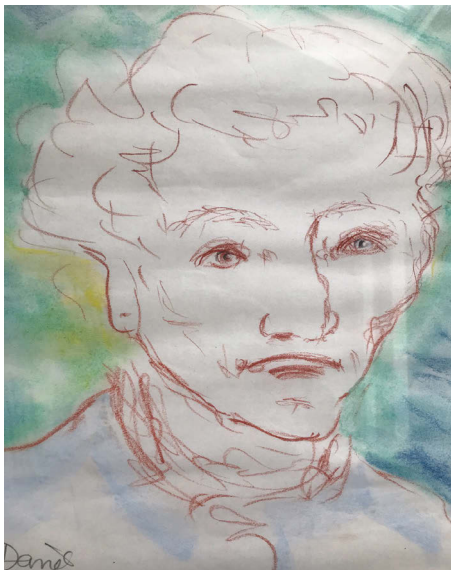
These are the requests I made to AI and the responses I received, which resulted in the *Lady in red*. This is shown with a comparison photo.

**Ann:** "Using anthropometry techniques, I would like ChatGPT to compare the likenesses between a drawn portrait and a photograph of the same person."

**AI:** That's a fascinating request. Here's how such a comparison typically



**DR ANN BRIDGE DAVIES:** "Computers have to be fed or trained to write or to draw or to make words, objects or drawings, but they can't 'think' for themselves."



AI commented that the spirit-given portrait of the lady in blue was a "strong likeness."

works. Step-by-step anthropometric comparison measures:

1. Facial proportions
2. Craniofacial structure
3. Symmetry and alignment
4. Soft tissue and expression
5. Anthropometric ratios  
(Golden ratio-based assessments e.g. idealised proportions, can be compared with the actual subject's photograph to see if the artist stylised or idealised features.)
6. Qualitative observations

The result was a "Strong likeness" regarding anatomy, with the following detail:

- **High fidelity features (strong match):** orbital spacing, craniofacial contour, nasal length. These anchor recognition.

The upper face (eyes, brow, orbital spacing) is the strongest contributor to recognition.

The midface (nose, lips) is recognisable but stylised. The lower face (chin, jaw) is the least anthropometrically faithful due to abstraction.

- **Interpretation:** So, in strict anthropometric terms, we're looking at roughly two-thirds likeness.

In expressive/spiritual terms, the portrait arguably amplifies the subject's presence beyond what a percentage can capture, especially through the eyes and colour symbolism. Therefore, we have a strong likeness.

Despite the stylised drawing, this was an astonishing result. AI was able to give an extremely detailed analysis. But is a "strong two-thirds likeness" sufficient evidence of survival? Buoyed by this relative success, I tried again.



*Lady in blue* was created in 2008 during a spirit art workshop, at which I clairvoyantly saw a woman weeding plants in her garden adjacent to the workroom. The photograph was given to me at the end of the workshop.

**Ann:** "Can you compare an already drawn portrait with a photograph?"

**AI:** I can help with that! Please upload:

1. The photograph (the real image)
2. The drawn portrait (the artwork you want to compare)

Once both are uploaded, I can analyse them and describe:

- How closely the portrait resembles the photo
- Differences in facial features, proportions, lighting and expression
- Artistic choices or stylisations made by the artist

The result of the computer's analysis, made within seconds, was as follows:

- The portrait appears to be a stylised but recognisable interpretation of the person in the photograph. (Strong likeness)
- It captures the essence and structure rather than minute details, showing artistic freedom in the lines and colouring

Here we have two spirit portraits which were accepted by their recipients after the drawings had been made both being given the grade of "Strong likeness."

Whilst at the moment, AI is not able to create recognisable spirit images, it does seem able to recognise how good a likeness is between a spirit portrait and a photograph of the deceased.

If we trust AI – and it will surely only get more accurate the more information it is fed – this method could provide strong

evidence that a form of consciousness exists after someone's physical death.

Many spirit portraits are not accepted as evidential by their recipients. This can be because the art is of poor quality with very few significant details, or simply because the recipient does not recognise the portrait, place or animal in the drawing at the time.

Often, the artist will have worked alongside a medium where the message given is taken as accurate by the recipient, but the spirit drawing is not immediately recognised. This is why the drawings need to be compared with a photograph. It took one of my portraits fifteen years to be recognised.

This was because the recipient had not met her great-grandfather due to him living in Australia. It took a box of old photographs arriving after the man's death to prove the spirit portrait.

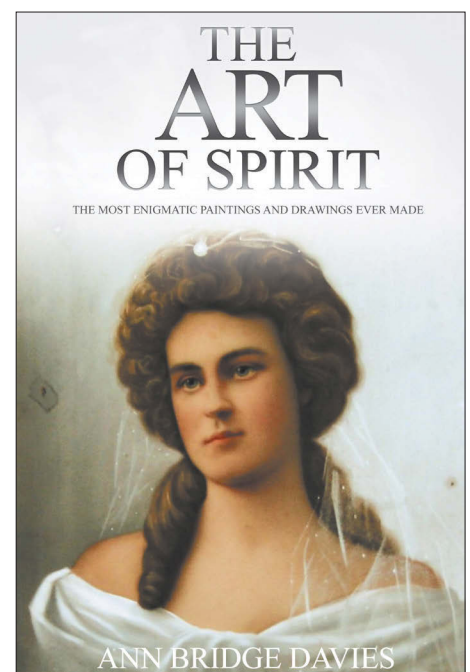
What we have discovered through this research of AI is undoubtedly very enlightening.

Whilst AI has some way to go yet in the field of art, it is clearly soon going to be possible to achieve highly accurate comparisons of spirit portraits and photographs of their subjects.

This could be the best evidence yet for the survival of human consciousness in a spirit world.

**Dr Ann Bridge Davies is the author of "The Art of Spirit," an authoritative and fully colour illustrated history of the most enigmatic paintings and drawings ever made.**

**It is published worldwide by Local Legend for £22.00. See <https://local-legend.co.uk>**





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# Apparitions seen on site of blood-filled battlefield

By John West

THE English Civil War was one of the bloodiest conflicts Britain ever endured. Parliament fought against the Crown in battles that left towns in ruins, families divided and over 200,000 people dead.

In the summer of 1644, York was under siege by Parliament's army, the Roundheads. King Charles sent his nephew, Prince Rupert, to relieve the city.

Rupert succeeded in entering York, but instead of holding his advantage, chose to face the enemy in open battle. The decision led to disaster.

On the evening of July 2, as thunder rolled and rain fell, the two armies clashed on the fields of Marston Moor. It became the bloodiest battle of the whole conflict.

The Royalists were caught off guard, some still at their evening meal when the Parliamentarians advanced.

At first, the King's men drove back their foes, but Oliver Cromwell, commanding the

left wing of Parliament's cavalry, launched a devastating counterattack. His horsemen smashed through the Royalist lines and Rupert's army crumbled.

The slaughter was immense. Over four thousand Royalists died that night, with many more succumbing to their wounds.

One regiment – the Whitecoats – fought to the last man, refusing to surrender and were cut down where they stood.

Many of the fallen were buried in mass graves on the battlefield. The victory at Marston Moor gave Parliament control of the north.

Within five years, King Charles would be executed. Oliver Cromwell, his bitterest foe, succeeded him as a republican head of state –





the Lord Protector.

Nearly four centuries have passed since Marston Moor ran red with blood. Yet on stormy nights and summer evenings alike, the ghosts of that terrible battle are still said to walk the fields, forever bound to the ground where England's fate was fought and lost.

In 1886, York historian William Camidge recorded tales from the Marston Moor area of ghostly riders haunting the battlefield.

Locals spoke of "blood-stained soldiers galloping through the neighbourhood," and of "a headless officer who each night rode forth on a phantom horse," forever searching for the battle.

One November evening in 1932, two friends driving across Marston Moor saw three men walking along the road ahead.

Each wore large soft hats, dark plum-coloured cloaks and leggings. Later, they learned that the clothing matched the uniform of Cavaliers from the English civil wars.

The figures were about twenty or thirty yards in front of the car, but as the friends slowed to pass them, the men simply vanished.

Both witnesses saw the apparitions clearly and stopped to search for the strangely dressed travellers, but found no sign of anyone. There was no hedge or wall nearby where the men could have disappeared.

In 1968, a group of tourists driving along winding country lanes near Marston Moor searching for the road to Wetherby reported a strange encounter. Ahead of them, they saw what appeared to be half a dozen tramps walking in a ditch beside the road.

As their car slowed, the travellers realised that the figures were dressed in 17th-century clothing. Dismissing them as drunken actors, they drove on.

Only later did they learn they had been crossing the battlefield itself... and the memory of those weary-looking men took on a far darker meaning.

Oliver Cromwell is said to haunt a local building called the Old Hall. Locals also avoid the area on the anniversary of the battle for fear of what they might see.

In June 1991, Dennis and Margaret Howarth of Hull were driving to Cumbria to visit relatives. As they travelled along Marston Lane on a bright summer's day, Mr Howarth suddenly gripped his wife's arm and shouted for her to stop.

Both stared in disbelief as a man wearing a round helmet stepped into the road ahead of them. His head bowed, he seemed utterly unaware of their presence as he crossed in front of the car.



*TWO friends driving across Marston Moor who saw three men walking along the road ahead later discovered that their clothing matched the uniform of Cavaliers from the English civil wars.*

Mr Howarth leapt out to confront the stranger, but by the time he reached the spot, the road was empty. The man had vanished without a trace.

Another encounter occurred in June 1995. Businessman Derek Ainsley was driving from Lincoln to York on what he described as a "perfect summer afternoon" when he took a detour toward Long Marston to stop at a local pub.

As he neared the moor, the sky darkened unexpectedly, casting the road into semi-darkness.

Through his side window, Mr Ainsley spotted a lone figure walking along the roadside, moving away from him. Rain began to fall heavily.

Against his usual caution, Mr Ainsley slowed down to offer the man a lift, but when he stopped the car and wound down the window, the figure had disappeared.

Puzzled, Mr Ainsley paused briefly before continuing toward Long Marston. Less than a minute later, he saw what he believed to be the same figure now standing on the opposite side of the road further ahead.

The man was dressed in a long brownish cloak, black knee-length boots and some sort of hat.

Pulling up once more, Mr Ainsley lowered the window, but by the time he had done so, the figure had disappeared

again, leaving only the rain-soaked road behind him.

In the 1990s, the British TV series *Ghost Hunters* visited the battlefield. The team interviewed a local woman named Sue in the village pub, who spoke of the legend of Moor Lane – also known as Bloody Lane – where a group of marching Roundhead soldiers are seen, but only from the waist up.

Sue also mentioned a friend who had been driving across the moor with her husband when she saw a figure dressed in old-fashioned clothing crouching in a ditch. She pointed the man out to her partner, who couldn't see him.

Jim, a local resident, spoke of sitting in his house one evening in October 1973 when his dog suddenly became distressed. He went to the back door and saw someone leaning on his gate.

As Jim opened the door and approached the figure, it vanished. His dog, who would usually accompany him, refused to go outside and was found whimpering behind a chair.

Another witness, an Italian named Pietro, was travelling along Bloody Lane one night on his motorbike when he narrowly missed two figures wearing 17th-century clothes limping along the edge of the road. One appeared to be leaning on the other for support.



*LEAVING for work, a woman encountered a figure cloaked in a long garment with a hood. Its face was concealed by a mask, with only two narrow slits for eyes.*

Both seemed to be illuminated by an inner light. Pierro was able to make out the colour of their clothing – one of them was wearing boots, dark blue trousers and a white shirt. Pierro stopped and looked back, but both figures had vanished.

Jon, another local resident, was cycling near a monument to the battle at midnight. The moon was out, and he saw on the ridge a man riding a horse. He described them as appearing “dull” and “faded.”

Another witness, a woman, saw two figures walking along the ridge one evening near a place known as Cromwell’s Clump.

Suddenly, a man on a dark horse appeared galloping across the field. As the horse and rider reached the hedge, they vanished “like a ball of dust.”

Curious, the woman waited for the two walkers to catch up and asked if they had seen the horseman, but they hadn’t noticed a thing.

More recently, in 2006 local historian Christopher Linton was standing near the monument when he heard a sound like someone running on gravel. This was accompanied by heavy breathing, wheezing and a rattling noise.

Wilstrop Wood, which lies on the edge of the battlefield, is said to be haunted by a screaming woman. Legend claims she was accidentally run down by Royalist

horsemen after she opened a gate to allow them to escape the battle.

Centuries after the cannons fell silent, the battlefield stands as a haunting reminder of the cost of war and of the ghosts forever bound to its fields.

### *The cloaked man*

On New Year’s Day in 1970, Gladys Ewing of Aberdeen left her daughter’s home on the Kincorthland estate to begin her early shift at Morningfield Hospital. The time was 5.45 am.

As she closed the garden gate, Mrs Ewing glanced up and saw a tall figure, about a hundred yards away, standing on a patch of grass.

It appeared to be over six feet tall and was cloaked in a long garment with a hood. Its face was concealed by a mask, with only two narrow slits for eyes.

Paralysed with fear, Mrs Ewing stood staring as the figure slowly raised one arm, as though beckoning to her.

Against her will, she felt compelled to move forward. When she was no more than six yards away, the apparition “drifted away into the grassy ground like fog.”

Terrified, Mrs Ewing checked the spot where it had stood but found nothing. Fleeing to the hospital, she told colleagues

what she had seen.

They listened with scepticism, for there was no record of any haunting in the area. Before the housing estate was built, the land had been nothing more than open grassland.

Mrs Ewing feared that the apparition might have been a warning of impending disaster, but as the weeks passed nothing untoward befell her or her family.

To this day, the encounter remains unexplained – a silent, spectral presence that appeared on an ordinary winter morning, leaving behind only questions and a lingering sense of unease.

### *Shadows on the lane*

Leagram Hall, the ancestral home of the Weld family in Chipping, Lancashire, was the scene of a very strange haunting in the 1960s. The original hall was demolished in the 1950s and rebuilt in 1965.

The coffins from the Weld family vault in the chapel had been removed to the nearby Roman Catholic churchyard.

Locals predicted trouble, believing that disturbing the bodies would cause their spirits to walk. It was not long before their prediction appeared to come true.

Along the lane which skirted the boundary of the hall, figures were reportedly seen leaping into the paths of oncoming vehicles, which passed straight through them.

Car engines inexplicably failed as drivers passed the estate. However, the most bizarre aspect of the haunting occurred just before Christmas in 1966.

Madge Kenyon, whose family had served at the hall for three generations, was walking along the lane with her sixteen-year-old daughter, Mollie, accompanied by their pet poodle.

It was around 4.00 pm and they were about half a mile from the village when they noticed three figures approaching from the direction of the moor. The forms appeared to be a woman, and two boys aged about ten and twelve.

Assuming they were a local farming family, Mrs Kenyon hoped they wouldn’t wish to linger in conversation, as she needed to return home to prepare her husband’s meal.

Suddenly, the local postmistress’ dog, Sam, appeared around the bend in the lane and bounded toward the Kenyons. Sam often accompanied them on their walks and was delighted to see them.

As the three approaching figures drew nearer and were only a few yards away, Mrs Kenyon realised that she did not recognise them. Strangely, she had heard no sound of footsteps. Sam reacted



badly, cowering and baring his teeth at the strangers.

Mrs Kenyon stepped forward to reassure the woman and children that the dog was harmless, but before she could speak, they vanished into thin air. Sam grew even more agitated, leaping forward and snarling as though fighting an invisible foe.

The Kenyons' dog refused to join him, cowering close to its owners. Then, as if losing that unseen battle, Sam broke away and fled down the lane in terror.

Moments later, the three figures reappeared about ten yards ahead of the Kenyons. This time they seemed much larger than before, waving their arms and pursuing the dog as it ran in panic toward the village.

Fearing they might encounter the trio again, Mrs Kenyon and her daughter hurried toward the village, their own dog pressed tightly between them.

Fortunately, the figures did not reappear, though the two women were too shaken to ask at the post office whether Sam made it home.

It later emerged that Sam had returned, but fallen gravely ill. The vet was unable to explain his condition, remarking that it was almost as if the dog had lost the will to live. He died within a week.

When Mrs Kenyon told the postmistress and her husband what she had seen, they believed her, though they decided against mentioning it to the vet.

For many months afterwards, the Kenyons avoided the lane. It was a long time before their own dog would accompany them on walks again. They never saw the figures again.

### *The phantom dachshund*

In his book *Animal Ghosts*, author Elliott O'Donnell recounts a chilling tale from West London.

One of his correspondents described walking down a quiet street when she noticed a rough-haired dachshund with a yellow collar silently following her.

The dog refused to leave, despite her attempts to shoo it away, gliding ahead in an unnatural floating manner. Though the temperature was close to 90 degrees, its legs and belly were coated in mud and dripping with water.

Suddenly, it halted before number 90 H... Street, fixing her with a stare which sent shivers down her spine and then vanished before her eyes.

The mystery deepened when O'Donnell received a second letter, this time from a woman unknown to the first correspondent.

She wrote of her dachshund, Robert,



*THOUGH the temperature was close to 90 degrees, the form of a rough-haired dachshund appeared with its legs and belly coated in mud and dripping with water.*

who often wandered off alone until one day he disappeared without a trace.

Weeks later, she saw him standing on the pavement one evening, unmistakable in his yellow collar, yet soaked as though he had just come from water. A chill of dread swept over her.

Robert ran ahead, glancing back repeatedly, and stopped before 90 H... Street. There, he turned toward her with a sorrowful expression before gliding up the steps and into the garden.

Compelled by a mixture of fear and curiosity, she followed only to see Robert vanish beside a low wooden box. Inside lay a piece of raw meat, evidently placed there to lure stray animals.

When she knocked at the door, a German servant answered, but refused to summon his master, insisting that the meat must have been thrown there by a passerby.

Further inquiry revealed that the tenant of number 90 was an Anglo-German connected with a London hospital, where he was known to practise vivisection.

The police, however, were powerless to act, as there was no evidence directly linking him to Robert's disappearance. However, from that day forward, the box remained empty.

The experience left the woman shaken and bewildered. Some believed that Robert's ghost returned to reveal the cruel fate which had befallen him perhaps as a warning or as one last, sorrowful attempt to be near the woman who loved him in life.

Whatever the truth, the image of the mud-soaked, gliding dachshund lingered in her mind – a haunting reminder that the bond between a pet and its owner may transcend even death itself.



*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.*



# A Good Read

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## TWO WORLDS, ONE LIGHT

Memoir of a medium

By Robin H. Lysne

RRP UK £15.75 US \$20

292 pages

The author writes: "This book was written with very strong guidance from my spirit guides. It took me three months to do the initial manuscript, which is a very short time. However, as I started writing, I felt the reasons why I was guided to write this book.

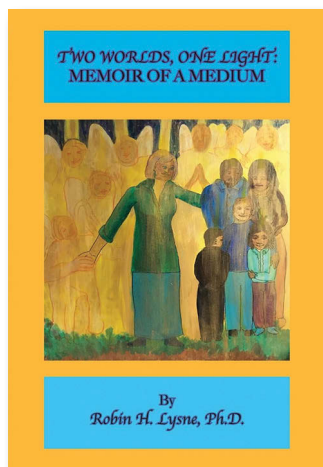
"My intention is to help people who are aware of their intuition, accept their gifts and find ways to help others. Everyone is intuitive, whether it is a gut feeling of doing this rather than that, or whether one sees, feels, hears or tastes what is occurring.

"It is also important for anyone who is curious about the energy of the world and how it impacts all of us. I hope this book supports those who read it to give up their fears and live their heart-calling through love.

"Like many people I have inherited my intuition from my family line. My mother and her parents were both quite intuitive. Mother saw entities and energies like I did. We often sat in church and looked at the spirits floating around the room comparing notes of what we were experiencing.

"It was as natural as any other talent one inherits. There was nothing special about it growing up. It wasn't until I was in my 30s that I realised I could help people with my gifts.

"Now, after living my destiny, I hope my story will help others live out theirs. Each of us have guidance, and each of us can use our intuition to help the world."



## BECOMING WHOLE

A Jungian path to a meaningful life

By Evan Alaric

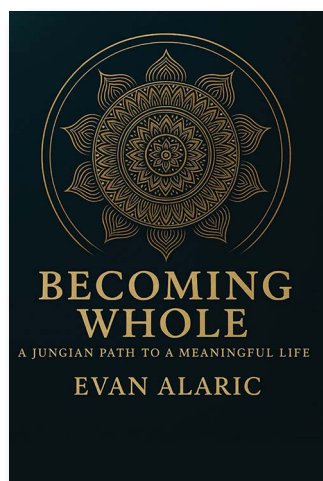
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The publisher writes: "Feeling fragmented by modern life? There is a path back to your authentic self, one that moves beyond surface-level fixes into the depths of your own soul.

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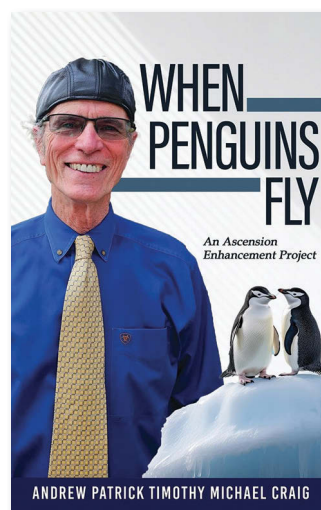
The author writes: "My full name is Andrew Patrick Timothy Michael Craig. My Pops gave me that name, though he never intended to. It is quite a name; Catholic saints, an apostle and an archangel.

"My Pops had master's degrees in mathematics and chemical engineering but also had a personality disorder. I was severely beaten and belittled for most of my first twenty years.

"In my second twenty years, I thought I had overcome the trauma: undergraduate and graduate degrees with honours, marriage and a job as the 'numbers' man on hostile takeover transactions, which would equate to the recapitalisation of more than a half a trillion dollars of assets using current market levels.

"However, my wife went off the ranch while I was doing that, leaving me back at square one, beaten and belittled as worthless. I turned to Higher Spiritualism for an answer, and it turns out I came to this planet to live exactly this life, to overcome it and to help others do the same.

"In two generations, we will likely have 25 billion people on the planet, leading to catastrophic collapse. If so, only higher order consciousness can alter that outcome. Sex, money and power consciousness cannot. I would be honoured if you would read my book and get in the game."



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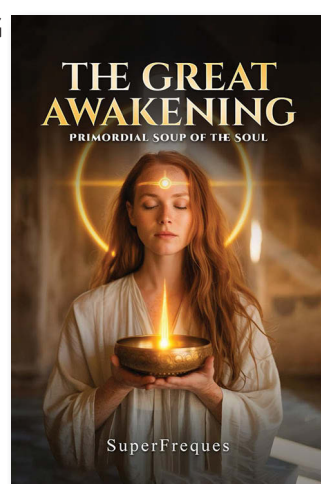
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The publisher writes: "The SuperFreques were created to elevate the vibration of humanity and support lightworkers across the globe. Within this initiative, they have also changed the algorithm on LinkedIn. Energy is the new currency.

"This book stands as a direct manifestation of that initiative — a grassroots movement fuelled by soul stories freely shared by our authors. Our goal is to disseminate these insights to one million individuals — people like you who may find solace and strength in another's journey of spiritual ascension after profound struggle.

"For every book sold, we plan to give eleven away to any person, association or organisation dedicated to raising the vibration of humanity."





## AUTISM: A SPIRITUAL PERSPECTIVE

Practical tools, insights and exercises for a fulfilling and empowered life for parents, professionals and advocates

By Rev Oreste J. Daversa

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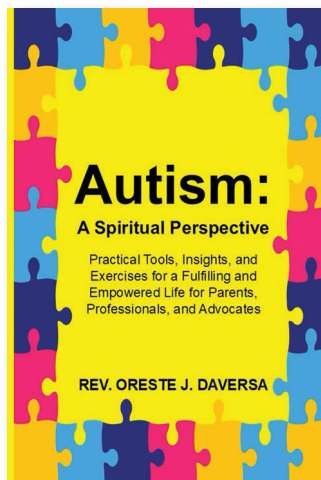
326 pages

The publisher writes: "This book presents a soul-centred approach to autism, inviting parents, professionals and advocates to explore autism through the lens of spiritual dignity, emotional resonance and human connection.

"Blending compassion with practical guidance, the book offers tools, reflections and exercises to promote healing, growth and inclusive care.

"It reframes neurodiversity as a sacred journey and supports deeper understanding of autistic individuals beyond behaviour or diagnosis.

"Designed to inspire and empower, this book stands as both a resource and a companion for those who walk alongside the autism community with love and purpose."



## CONDEMNED OR CONDONED

Spirit mediumship and the Christian Bible

By Rev Mike Matos

RRP UK £12.99 US \$12.99

134 pages

The publisher writes: "*Condemned or Condoned: Spirit mediumship and the Christian Bible* by the Rev Mike Matos offers a groundbreaking exploration into the often overlooked presence of spirit mediumship within the Christian Bible.

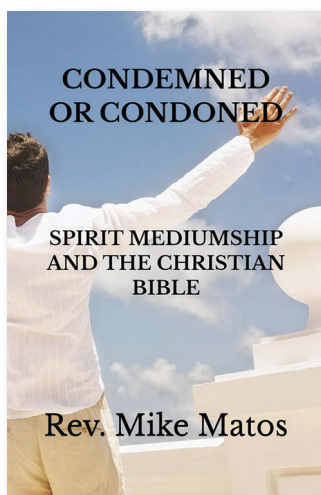
"The Rev Matos, drawing upon scriptural analysis, guides readers through a journey that re-evaluates long-held beliefs about the nature of spiritual communication in ancient Israel and the early Christian church.

"The book delves into specific biblical accounts, such as the medium of Endor's summoning of Samuel's spirit for King Saul and the various prophetic visions and angelic visitations experienced by biblical figures like Abraham, Moses and the apostles.

"The author invites readers to engage in a critical yet respectful re-examination of scripture, encouraging a more open dialogue about the diverse ways in which God has communicated with humanity throughout history.

"This book is an essential read for theologians, biblical scholars and any Christian seeking a more comprehensive and nuanced understanding of spirit mediumship within the biblical narrative.

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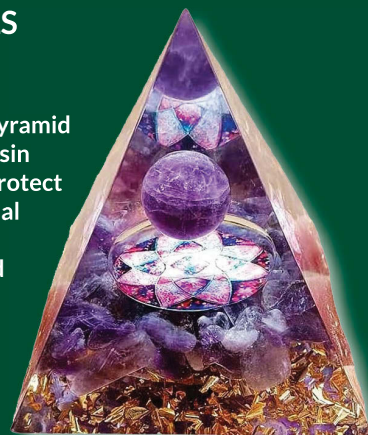
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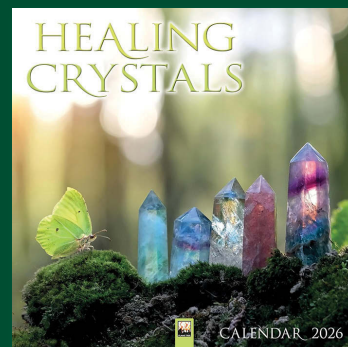
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RRP UK £10.79 US \$15.99

12 pages

The publisher writes: "Healing crystals have long been used to act as a channel for healing, helping positive energy flow into the body and negative energy to be drawn out.

"Each crystal has distinctive properties that treat different things. In this calendar you will find an array of crystals shown in twelve enchanting images accompanied by informative text, and the date-pad features previous and next month's views. Printed on FSC-certified paper, with plastic-free packaging."



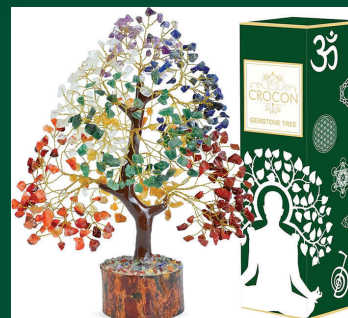
### SEVEN CHAKRA CRYSTAL TREE

By Crocon

RRP UK £24.50 US \$29.98

The makers write: "This powerful chakra tree features real crystals that align with the seven chakras, promoting spiritual healing.

"Shaped into the iconic Tree of Life, it symbolises personal growth, connection and inner strength. Whether you are gifting it as chakra gifts, crystal gifts or spiritual gifts, it serves as a constant reminder of balance, harmony and peace."



### MOON DIARY 2026

Manifest your dreams

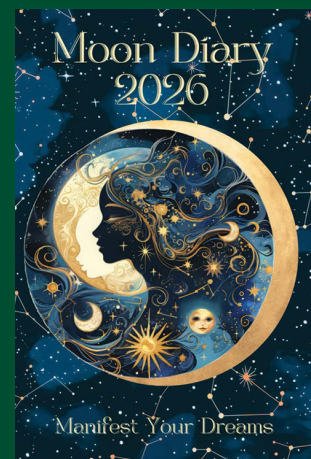
By Night Star Publishing

RRP UK £9.59 US \$9.99

155 pages

The publisher writes: "This diary invites you to embark on a transformative voyage through the lunar year, capturing the essence of each Full Moon, New Moon and the astrological influences that shape our lives.

"At the beginning of each month, you'll find dedicated space to set your intentions and plans, with inspiring illustrations and positive affirmations for you to use through the month/moon cycle."



# CLASSIFIED ADVERTISING

## READINGS

PSYCHIC POSTAL READING  
£15

**KELLY CUMMING**  
24 Baglan Heights,  
Port Talbot  
Wales  
SA12 8UF

**JAMES - Medium**  
Telephone Readings £15  
by appointment  
Telephone:  
0788 065 4071

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experience  
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Email:  
diamond27@talktalk.net

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the world of mediumship  
[www.paulcissell.com](http://www.paulcissell.com)

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Email:  
[nickdeanetoday@gmail.com](mailto:nickdeanetoday@gmail.com)  
Website:  
[www.spiritualsitting.co.uk](http://www.spiritualsitting.co.uk)

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Past, present and future guidance  
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Send to:  
Mr D. Spencer,  
22 Skylark Rise,  
Tavistock,  
Devon PL19 9FT  
Email: [spiritalker46@yahoo.co.uk](mailto:spiritalker46@yahoo.co.uk)

## VIOLET MOON PSYCHIC MEDIUM



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ONLINE CRYSTAL SALES**

Pre-booked Readings via  
Zoom, WhatsApp, Messenger  
(Virtual Readings) or by Phone  
To book appointments  
Mobile: 07930 809172  
Email:

[lorraine@violetmoonpsychic.com](mailto:lorraine@violetmoonpsychic.com)  
or  
[violetmoonpsychic@outlook.com](mailto:violetmoonpsychic@outlook.com)  
Website:  
[www.violetmoonpsychic.com](http://www.violetmoonpsychic.com)

## PSYCHIC MEDIUM

**JULIE**

Phone  
WhatsApp  
& Postal Readings  
By appointment  
Call: 07716 376722

## ASSOCIATIONS

**THE BRITISH  
PSYCHIC AND MEDIUM  
ASSOCIATION**

[www.britishpma.co.uk](http://www.britishpma.co.uk)

Listing Directory of Psychics,  
Mediums and Church Services  
**New members welcome**

## HEALING

**MICHAEL CHAPMAN**

Healer practitioner  
By appointment only  
Telephone:  
(0044) 01970 832696  
Email:  
[chapmanhealing@gmail.com](mailto:chapmanhealing@gmail.com)  
Website:  
[www.michael-chapman.co.uk](http://www.michael-chapman.co.uk)

## SOUL MATES

**THE FREE SPIRITS CLUB**  
For friends, romance or pen pals  
Well-established - UK-wide  
Postal friendship club  
No internet needed  
For free information pack  
Call Rebecca:  
01633 526523

## SPIRIT ARTIST

**BRENDA CUMMING**

Psychic Portraits £10  
24 Baglan Heights,  
Baglan,  
Port Talbot  
SA12 8UF



## SPIRITUAL CENTRE



Rutland Spiritual Centre  
Quaker Meeting House, Cnr. South/Gaol St.  
Oakham, Rutland LE15 6AQ  
2nd Thursday every month: Evening of Mediumship  
4th Thursday every month: Divine Service  
We also hold regular Development Groups & Workshops  
(For further info, please text/WhatsApp: 07557 226759)

## TRAINING & DEVELOPMENT



Online  
Development Circles  
Psychic & Mediumship  
Advancement  
Platform Development  
Please visit our website below  
[www.darrenhartmedium.co.uk](http://www.darrenhartmedium.co.uk)



For details of Spiritualist  
Churches and Centres in  
the USA, please visit our  
website address at:  
[www.psychicnews.uk](http://www.psychicnews.uk)

## HARRY EDWARDS HEALING COLLEGE

Contact Shelley for more information:  
[college.administrator@burrowslea.org.uk](mailto:college.administrator@burrowslea.org.uk)

Telephone: 0770 602 7141  
or 01483 202054



**Harry Edwards Healing Sanctuary,  
Burrows Lea, Hook Lane,  
Shere, Guildford, Surrey GU5 9QQ**  
[www.harryedwardshealingcollege.com](http://www.harryedwardshealingcollege.com)

## LEE CLAIRVOYANT

I am an independent psychic with  
over 35 years experience  
I get straight to the point in my phone  
readings with honesty and details  
My customers return time and time again  
Specialist in love and relationship readings

Call my landline phone:  
**01273 671796**  
Credit & debit cards accepted. Entertainment.

## Something Wiccan

**2 Church Walk, Crawley, West Sussex RH10 1HH**

One of the UK's leading holistic shops, we provide supplies and advice for a broad range of spiritual practices and have crystals, incenses, church resins, tarot, oracle and angel cards, spiritual books, smudge sticks, candles, essential oils, crystal jewellery and a range of altar supplies for various different practices.

*We also offer tarot and oracle readings, past life regression, reiki and energy clearing in the shop.*

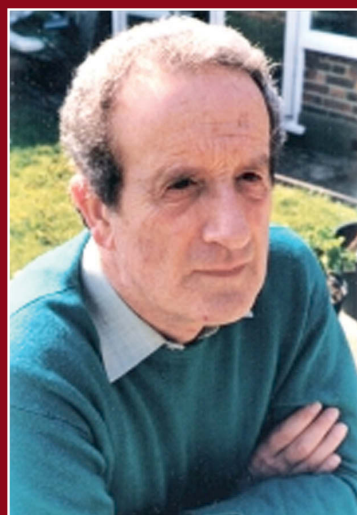
Our Facebook page is: SomethingWiccanLtd  
We also have an extensive online shop at:  
[www.somethingwiccan.co.uk](http://www.somethingwiccan.co.uk)



# Advertise your website here for just £25 a year

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or call: 01376 563091**

<a href="http://www.colourpsychologytoday.com">www.colourpsychologytoday.com</a>	<b>YOUR WEBSITE HERE</b>
<a href="http://www.larrymedium.com">www.larrymedium.com</a>	<a href="http://www.christchurchsc.org.uk">www.christchurchsc.org.uk</a>
<a href="http://www.michael-chapman.co.uk">www.michael-chapman.co.uk</a>	<a href="http://www.bsnuc.co.uk">www.bsnuc.co.uk</a>
<a href="http://www.arthurfindlaycollege.org">www.arthurfindlaycollege.org</a>	<a href="http://www.academyofselfdiscovery.com">www.academyofselfdiscovery.com</a>
<a href="http://www.bitternespiritualistchurch.co.uk">www.bitternespiritualistchurch.co.uk</a>	<a href="https://bexleyheathcschurch.wixsite.com/website">https://bexleyheathcschurch.wixsite.com/website</a>
<a href="http://www.alisonstead-medium.co.uk">www.alisonstead-medium.co.uk</a>	<a href="http://www.psychicnews.uk">www.psychicnews.uk</a>
<a href="http://www.greaterworld.net">www.greaterworld.net</a>	<a href="http://www.sagb.org.uk">www.sagb.org.uk</a>
<a href="http://www.divinelight.org.gr">www.divinelight.org.gr</a>	<a href="http://www.petrene.com">www.petrene.com</a>
<a href="http://www.snu.org.uk">www.snu.org.uk</a>	<a href="http://www.snui.org.uk">www.snui.org.uk</a>
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<a href="https://emmadivinedragoness.wixsite.com/home">https://emmadivinedragoness.wixsite.com/home</a>	<a href="http://www.collegeofpsychicstudies.co.uk">www.collegeofpsychicstudies.co.uk</a>



## RONALD HEARN

Born on June 9, 1927, Ronald Hearn (pictured left) became one of this world's greatest tried-and-tested mediums.

Apart from public demonstrations, he reached countless thousands of people through highly accurate taped sittings and many TV and radio programmes.

The author of three books, London-based Ronald worked in the USA, Canada, Sweden, Australia, Germany and New Zealand as well as the UK.

Ronald passed to the spirit world on June 5, 2016

To read about his unique gifts, please visit the official Ronald Hearn website at:

**[www.ronaldhearn.com](http://www.ronaldhearn.com)**



# What's On at Spiritualist Churches & Centres

## ENGLAND

### BERKSHIRE

#### MAIDENHEAD SPIRITUALIST CHURCH

River View Lodge,  
Ray Mead Road,  
Maidenhead  
SL6 8NJ

President: Jenny Lloyd

Telephone:

07857 558927

Sundays 6.30pm

Divine Service

Wednesdays 1pm - 3pm

Healing Clinic

Thursdays 7.30pm

Mediumship Demonstration

Monthly Open Platform  
and other Special Events

*A warm welcome is  
extended to all*

Car Park and facilities

for disabled visitors

MARRIAGE and

NAMING CEREMONIES

#### READING NATIONAL SPIRITUALIST CENTRE

York Lodge,  
81 Baker Street,  
Reading,  
Berkshire RG1 7XY

Telephone:

07535 929897

Email:

reading.events@outlook.com

Website:

readingsnucentre.com

Sundays

Doors at 6pm for 6.30pm

Divine Service

Free Will Offering

**Mondays 7.30pm - 9.30pm**

Open Circle

£6 (£5 for members)

Wednesdays

6.30pm - 8.30pm Healing

**Thursdays** Doors at 7pm  
Demonstration Evening

£4 per person

Plenty of parking and

disabled facilities available

All Welcome

## CORNWALL

#### PENZANCE CHRISTIAN SPIRITUALIST CHURCH

Bread Street,  
Penzance, Cornwall

Telephone:

07800 813533

Mondays: 7pm sharp

Open Spiritual

Development Circle

Monthly Sunday Services

at 7pm

See Facebook for

further details

All Welcome

## DEVON

#### BRUNSWICK SPIRITUALIST CHURCH

1 Keppel Place,  
Stoke, Plymouth,  
Devon PL2 1AX

Telephone: 01752 561167

Website:

brunswickspiritualistchurch

plymouth.org.uk

Email: brunswickspiritualist

church21@gmail.com

Sundays 6.30pm

Divine Service

Thursdays 7.30pm - 9pm

Mediumship Demonstration

*Healing*

Mondays 1.30pm - 3.30pm

(except Bank Holidays)

Donations appreciated

*Development Groups*

In church and online

Contact the church for  
information

See our website or Facebook

page for a list of Mediums

serving the church and

Special Events:

**Official Brunswick**

**Spiritualist Church**

All Welcome

## DORSET

#### BOURNEMOUTH SPIRITUALIST CHURCH

16 Bath Road,  
Bournemouth,  
Dorset BH1 2PE

Telephone: 01202 551751

Website: [www.bsnuc.co.uk](http://www.bsnuc.co.uk)

Every Sunday at 10.45am

Service with Mediumship

First Sunday of month

at 6.30pm

Service with Mediumship

Thursdays at 3pm

Demonstration of

Mediumship

*Open Circle* Tuesdays at 7pm

*Visit our website for*

*details of our other events*

*and names of mediums*

*serving the church*

All Welcome

#### RINGWOOD SPIRITUAL CONNECTIONS

The Annex,  
St Leonards & St Ives  
Village Hall,  
Braeside Road,  
St Leonards,  
Dorset  
BH24 2PH

See our Facebook page:

Ringwood Spiritual

Connections

Telephone:

01202 951405

Mobile:

07958 509971

Spiritual Connections

Demonstrations of

Mediumship & Open Circles

Sundays

Divine Service at 6pm

*Please see our Facebook*

*page for details of mediums*

*serving in 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](http://www.christchurchsc.org.uk)

**DECEMBER 2025**

Sunday Service

at 10.45am

7<sup>th</sup> JENNY DOCHERTY

14<sup>th</sup> TRACY CRAIG

21<sup>st</sup> CLOSED

28<sup>th</sup> CLOSED

Thursday Service

at 7.30pm

4<sup>th</sup> JAN THOMPSON-CASE

11<sup>th</sup> SARAH DEVERELL

18<sup>th</sup> CHRISTMAS SPECIAL

25<sup>th</sup> CLOSED

Healing In person

Tuesdays 10.00am - 11.30am

Church accessible for

wheelchairs and has a

loop system for

hearing aid wearers

All Welcome

#### KINSON SPIRITUALIST GROUP

Howe Croft

Community Centre,

1 Turnbull Lane,

(off Holloway Avenue)

Bournemouth,

Dorset BH11 9BG

Telephone:

01202 735346

Facebook page:

[www.facebook.com/](http://www.facebook.com/KinsonSpiritualistGroup)

KinsonSpiritualistGroup

Fortnightly Sunday

Divine Service at 6.30pm

with a Medium

*See Facebook for specials*

*and other events*

All Welcome



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## EAST RIDING OF YORKSHIRE

**THE  
ETERNAL LIFE  
CHRISTIAN  
SPIRITUALIST  
CHURCH**  
Driffield Community Centre,  
Mill Street,  
Driffield,  
East Riding of Yorkshire  
YO25 6TR  
Telephone:  
07809 291928  
Website:  
[www.eternallifechurch.co.uk](http://www.eternallifechurch.co.uk)  
Every Sunday at 7pm  
Demonstration of  
Mediumship  
Spiritual Healing available  
All Welcome

## ESSEX

**PYRAMID  
OF FRIENDS  
SPIRITUALIST  
CENTRE**  
NEW VENUE ADDRESS  
The Paddocks  
Community Centre,  
Pound Lane,  
Laindon,  
Basildon,  
Essex  
SS15 5SP  
(4th turn on the left!)  
Telephone:  
07983 428872  
2nd Wednesday in month  
6.30pm - 9pm  
£8, includes refreshments  
Readings available  
Healing and Stalls  
8pm - 9pm Guest Medium  
See Facebook for mediums  
serving the centre and  
special events:  
Pyramid of Friends  
Spiritualist Centre  
All Welcome

**DEADLINE**  
The advertising  
deadline for the  
January 2026  
issue is  
8<sup>th</sup> December 2025  
Please email your event  
details to  
Paul Brett at:  
[pntemp12@gmail.com](mailto:pntemp12@gmail.com)

## GLOUCESTERSHIRE

**CHELTENHAM  
NATIONAL  
SPIRITUALIST  
CHURCH**  
Bennington Street,  
Cheltenham,  
Gloucestershire  
GL50 4ED  
Telephone: 01242 703 288  
Registered for Funerals,  
Weddings, Blessings,  
Naming Ceremonies,  
Commitment of Union  
[www.snu.org.uk/cheltenham](http://www.snu.org.uk/cheltenham)  
-spiritualist-church  
Facebook: Cheltenham  
Spiritualist Church  
Sundays at 11am  
DIVINE SERVICE  
Thursday 7.30pm  
Open Awareness and  
Development Group  
Friday 1.30pm - 2.30pm  
Healing  
Saturday 7pm  
Evening of Mediumship  
Specials and Workshops  
Every six weeks  
All Are Welcome

## HAMPSHIRE

**BITTERNE  
SPIRITUALIST  
CHURCH**  
(Top of Lances Hill),  
390 Bitterne Road,  
Bitterne,  
Southampton,  
Hampshire SO13 1DR  
Telephone:  
07731 938587  
Email: [bitternespiritualistschurch@gmail.com](mailto:bitternespiritualistschurch@gmail.com)  
Website:  
[www.bitternespiritualistchurch.co.uk](http://www.bitternespiritualistchurch.co.uk)  
Follow us on Facebook:  
Bitterne Spiritualist Church  
Official Services Offered:  
Spiritual Naming,  
Weddings (including  
Same-Sex Marriages),  
Renewal of Vows, Funerals,  
Memorial Services  
DECEMBER 2025  
Sunday 7<sup>th</sup> 6.30pm  
Divine Service with  
SANDY HAGGAR  
Sunday 14<sup>th</sup> 6.30pm  
Divine Service with  
JULIE HUDLESTON  
Sunday 21<sup>st</sup> 6.30pm  
Divine Service with  
ELAINE BEVAN

## Crossroads Development Group

Tuesdays 2<sup>nd</sup>, 9<sup>th</sup> & 16<sup>th</sup>  
7.30pm - 9pm  
with ALISON POWELL  
**Healing Service Offered**  
Tuesdays 2<sup>nd</sup>, 9<sup>th</sup> & 16<sup>th</sup>  
2pm - 4pm & 5pm - 7pm  
Last booking at 6.30pm  
**Special Event**  
Saturday 13<sup>th</sup> December  
7pm - 9pm  
Christmas Charity  
Demonstration  
An Assembly of Mediums  
ELAINE BEVAN,  
TRACEY CRAIG,  
PAULA Warburton,  
ALISON POWELL,  
KARINA CUTTER  
& Special Guests  
**JANUARY 2026**  
Sunday 4<sup>th</sup> January  
6.30pm Divine Service  
All Welcome

## HERTFORDSHIRE

**CARPENDERS PARK  
CHRISTIAN  
SPIRITUALISTS**  
Great Gaddesden  
Parish Hall,  
Dagnall Road,  
Great Gaddesden,  
Hemel Hempstead,  
Hertfordshire  
HP1 3BW  
(Opposite Hemel  
Hempstead Garden Centre)  
Free parking available onsite  
Contact Elaine Federico:  
07746 730082  
Sundays 10.30am  
Divine Service  
(except first Sunday in month)  
Healing Available  
An activity table  
is provided for children  
All Are Welcome

## KENT

**BEXLEYHEATH  
CHRISTIAN  
SPIRITUALIST  
CHURCH**  
85 Lion Road,  
Bexleyheath,  
Kent DA6 8NT  
Enquiries:  
07950 672200  
Website:  
<https://bexleyheathchurch.wixsite.com/website>  
Email: [Bexleyheath.church@gmail.com](mailto:Bexleyheath.church@gmail.com)  
Or see us on Facebook

## DECEMBER 2025

Sunday  
Divine Service at 6.30pm  
7<sup>th</sup> EMMA BOAKES  
14<sup>th</sup> SHERRIE HARDAKER  
Tuesday Service at 2pm  
2<sup>nd</sup> TESSA COONEY  
9<sup>th</sup> TINA STEWART  
16<sup>th</sup> JAN MAWSON  
**Spiritual Healing**  
Tuesdays 7.30pm - 8.30pm  
Free (Donations accepted)  
**Open Circles**  
Mondays 7.30pm - 9.30pm  
£5 Entry  
Wednesdays 3<sup>rd</sup> only  
12noon - 2pm £5  
**Open Platform**  
Wednesday 17<sup>th</sup> December  
7.30pm - 9pm £5  
with SHERRIE HARDAKER  
**Special Events**  
Wednesday 10<sup>th</sup> December  
7.30pm - 9pm £5  
(Please arrive by 7.15pm)  
Evening of Mediumship  
with SHELIA SMITH  
Saturday 13<sup>th</sup> December  
10am - 12.35pm £20  
Private Readings (35 mins)  
See website for details  
Sunday 21<sup>st</sup> December  
6pm - 9pm Free Entry  
CAROL SERVICE/  
GET TOGETHER  
(mince pies etc.)  
The church closes on 22<sup>nd</sup>  
December and re-opens on  
3<sup>rd</sup> January 2026  
All Welcome

**INDEPENDENT  
SPIRITUAL GROUP**  
Orpington, Kent  
Enquiries:  
07879 820125  
or 07734 793640  
Website: [www.independentspiritualgroup.uk](http://www.independentspiritualgroup.uk)  
Sunday Service 6.30pm  
At Liberal Hall,  
7 Station Road,  
Orpington  
BR6 0RZ  
Wednesdays 7.30pm  
Open Circle at  
Conservative Hall,  
6 Sevenoaks Road,  
Orpington  
BR6 9JJ  
See Facebook for Events  
and Workshops

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[@psychicnews.bsky.social](https://t.me/psychicnews.bsky.social)



**THE  
SANCTUARY  
OF HEALING  
CHRISTIAN  
SPIRITUALIST  
CHURCH**

Mills Terrace,  
Chatham,  
Kent ME4 5NZ  
Telephone:

01634 880039

Email: george.mcqueen  
@yahoo.co.uk

Website: www.sanctuaryof  
healing.co.uk

**DECEMBER 2025**

Sundays 6.30pm - 8pm  
Divine Service (Donations)

7<sup>th</sup> Communion &  
JANET MILLS

14<sup>th</sup> CRAIG O'MALLEY

21<sup>st</sup> JANET MILLS

CAROL SERVICE

Friday Evenings of

Clairvoyance 7.30pm - 9pm

£4 (Members £3)

5<sup>th</sup> LINDA WADDUPS

12<sup>th</sup> VICTORIA

SMITH-GILLARD

**Healing**

Wednesdays 10.30am

We are registered to conduct  
and register marriages, also  
same sex marriages. Provided  
you are legally entitled to get  
married we  
would be happy to arrange the  
ceremony for you.

Please see a Minister, President  
or any member of the  
committee for further details.

Christenings,

Wedding Blessings, Renewal  
of Wedding Vows and Funeral  
Services.

A fee of £25 is charged for  
these services, but donations  
are always gratefully received.

All Welcome

**WEST  
WICKHAM  
SPIRITUALIST  
CHURCH**

Surrey Road,  
West Wickham,

Kent

BR4 0LU

President:

Alan Mitchell-Sleight

Telephone:

01959 573049

Email: mitchellsleight@

btinternet.com

Mediums' Secretary:

Sharon Harris

Telephone: 07731 815220

**DECEMBER 2025**

Sunday Services at 6.30pm

(doors open 5.50pm)

7<sup>th</sup> LAINEY BAINE

14<sup>th</sup> CHRISTMAS SERVICE

We light candles for your  
loved ones in the spirit world

**Private Readings**

Thursdays by phone or online

For details call

Alan Mitchell-Sleight on:

07949 633259

**Spiritual Healing**

Wednesdays 1pm - 2.30pm

And before the service on

Sunday 4.45pm - 5.50pm

(providing healers available)

**Open Platform**

4<sup>th</sup> Tuesday of each month

7pm - 8.30pm £5

No Open Platform in

December

Call Callum: 0790 210 9639

We re-open the church on

Sunday 4<sup>th</sup> January 2026

at 6.30pm

The medium will be

BRENDA HODGSON

Website:

www.westwickham

spiritualistchurch.co.uk

All Welcome

**LANCASHIRE**

**CLEVELEYS  
SPIRITUALIST  
CHURCH**

93 Beach Road,

Thornton Cleveleys,

Lancashire

FY5 1EW

Call us on: 07756 967803

See us on Facebook

Monday 7.30pm

Clairvoyance & Open Circle

Wednesday

12.15pm - 1.15pm Healing

Wednesday 2.30pm

Clairvoyance Service

Tuesday 7pm - 8pm

Awareness Class

Thursday 7.30pm - 9.30pm

Development Circle

(Must be a church member)

Friday 7pm - 8pm Healing

Sunday 2.30pm

Divine Service

Healing Sunday 2.30pm

Every Third Sunday

of the Month

Meditation Sunday 2.30pm

1st Sunday Alternate

Months from February

Private Readings on request

Readings Day Spring and

Autumn - See notices or

phone church number for  
information

We are Registered for

Namings/Weddings/

Same-Sex Marriages/

Funerals/Wedding Blessings

All Welcome

**LEICESTERSHIRE**

**LEICESTER  
PROGRESSIVE  
SPIRITUALIST  
TEACHING AND  
DEVELOPMENT  
CENTRE**

Lee Circle,

Leicester LE1 3RE

President: Marian Sawczuk

Services with Mediumship

Sundays 6pm Divine Service

Mondays 7.30pm

Clairvoyant Hour

Healing

Saturdays 10am - 12.30pm

Sundays 5pm - 5.45pm

Wednesdays 12noon -

2.30pm

**Special Events**

Every Saturday morning

10am - 1pm

CAKE AND A CUPPA

with Readings and Healing

Teaching Groups and Special  
Events throughout the week  
Private Parties and Sitzings

Available

Website: www.leicester  
progressive.com

Email:

spiritchurch@outlook.com

Telephone:

0116 2536098

We Welcome Everyone

**LONDON**

**BARNES  
HEALING CHURCH**

Between

77-79 White Hart Lane,  
London

SW13 0PW

Five-minute walk from

Barnes Bridge Railway

Station

Enquiries:

07581 534028

Facebook:

www.facebook.com/

barneshealingchurch

Website: www.barnes

healingchurch.co.uk

Email: barneshealing

church@hotmail.co.uk

**DECEMBER 2025**

Sunday Service of

Mediumship at 6.30pm

7<sup>th</sup> SUSAN ROBERTS

14<sup>th</sup> CLAIRE SMITH

21<sup>st</sup> PAULINE WALSH

28<sup>th</sup> No Service

**Healing**

Tuesdays 7pm - 8pm

Thursdays 12noon - 2pm

Please see our website

or Facebook page for

details about Healing,

Private Readings,

Open Platforms and more,

and for any changes to

the advertised times and

mediums above

REGISTERED FOR

MARRIAGES, CEREMONIES

& SACRED SERVICES

All Welcome

**DISCOUNTED  
CLASSIFIED  
ADVERTISING RATES**

for CHURCHES

and CENTRES:

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larger discounts)

Email your text for

a quote:

pntemp12@gmail.com

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7-12 adverts = 20% Over 12 = 30%

Churches and Centres receive discounted rates

For further details email:

pntemp12@gmail.com

or call: 01376 563091

SEE OUR 50% DISCOUNT OFFER ON PAGE 27

## CHINGFORD SPIRITUALIST CHURCH

151-153 Larkshall Road,  
Chingford,  
London  
E4 6PE

For Enquiries call:  
**07956 328678**  
or send a message via the  
Facebook page  
Every Wednesday  
at 7.30pm  
Evening of Mediumship  
Doors open at 7pm £4  
Cash only please  
**DECEMBER 2025**  
3<sup>rd</sup> BRENDA HODGSON  
10<sup>th</sup> To be confirmed  
17<sup>th</sup> MICHAEL REDWIN  
See our Facebook page  
for special events and  
mediums serving the church:  
**Chingford Spiritualist  
Church**  
All Welcome

## FULHAM NATIONAL SPIRITUALIST CHURCH

Kelvedon Road,  
Fulham,  
London  
SW6 5BP

(Nearest Underground  
station Parsons Green)  
Buses No. 11 and 14  
Email:  
fulhamspiritualist  
church@yahoo.co.uk  
**DECEMBER 2025**  
**Sunday Divine Services in  
Church at 6.30pm**  
7<sup>th</sup> CELIA MITCHELL  
14<sup>th</sup> To be confirmed  
Closed for Sunday services  
until January 2026  
**Thursday Online Zoom  
at 7.30pm**  
4<sup>th</sup> ADRIAN CLARK  
11<sup>th</sup> JUDITH MILLAR  
18<sup>th</sup> SIMON STONE  
There will be no more  
online Zoom services until  
Thursday 29<sup>th</sup> January 2026  
**ONLINE ZOOM SERVICES**  
**ID: 689 400 7125**  
**Passcode:**  
**FULHAM (capitals)**  
**Special Event**  
Friday 19<sup>th</sup> December  
7.30pm (Doors open at 7pm)  
Our Annual  
Christmas Carol Service  
Carols, festive poems  
and stories read by our  
favourite mediums

Followed by food and drink  
Do join us for a wonderful  
Christmas evening  
*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, Oxtan,  
Birkenhead,  
Wirral,  
Merseyside CH41 2UJ

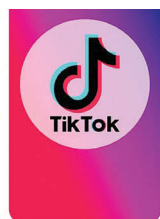
Facebook:  
Birkenhead SNU  
Spiritualist Church  
Email:  
hello@bscwirral.uk  
Sundays 6.30pm - 7.45pm  
Divine Service  
Thursdays 7.30pm - 9pm  
Open Circle  
Saturdays Occasional  
Specials when advertised  
All Welcome

## 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](https://www.facebook.com/caistercouncilhall)  
All Welcome

**For Exclusive  
Competitions  
& Give Aways  
Follow  
Psychic News  
on TikTok**



## 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](https://www.mineheadspiritualistchurch.co.uk)  
All Welcome

**FOR MORE COMPETITIONS  
NEWS AND OFFERS  
FOLLOW  
PSYCHIC NEWS  
ON FACEBOOK**

## WESTON-SUPER-MARE NATIONAL

### SPIRITUALIST CHURCH

2 Stafford Road,  
Weston-Super-Mare,  
North Somerset BS23 3BW

Facebook:  
[www.facebook.com/  
wsmspiritualistchurch](https://www.facebook.com/wsmspiritualistchurch)  
Website :  
[www.westonsupermare  
spiritualistchurch.co.uk](https://www.westonsupermarespiritualistchurch.co.uk)  
Telephone: 07872 581902  
First Sunday in month  
11am Divine Service  
Sundays (except 1st in  
month)  
6.30pm Divine Service  
Mondays 7.30pm Open  
Circle  
Thursdays 3pm  
Guild with Demonstration  
of Mediumship  
4.30pm - 5.30pm  
Spiritual Healing  
7.45pm Awareness Group  
For details of mediums  
serving the church,  
Special Events, Workshops  
and Demonstrations  
see our Facebook page  
All Welcome

## STAFFORDSHIRE

### TAMWORTH NATIONAL SPIRITUALIST CHURCH

18 Marmion Street,  
Tamworth,  
Staffordshire  
B79 7JG  
Telephone:  
07725 731245  
Spiritualist Church offering  
Divine Services, Mediumship  
Events, Classes and Groups  
for those interested in  
Spiritualism  
Sunday 6.30pm - 8pm  
Divine Service  
Freewill Offering  
Wednesday 7.30pm - 9pm  
Service £4  
**Healing**  
Before Sunday Service  
5.30pm - 6.05pm  
A freewill offering is  
appreciated  
For details of special events  
and mediums serving the  
church, please visit our  
Facebook page:  
**Tamworth National  
Spiritualist Church**  
All Welcome



**GOLDEN LIGHT  
SPIRITUALIST  
CENTRE**

38-40 Bevan Lee Road,  
Cannock,  
Staffordshire  
WS11 4PZ

Every Sunday  
Service at 6.30pm £3  
Healing after the Service  
Psychic Surgery also  
available  
All Welcome

**SUFFOLK**

**BURY ST EDMUNDS  
SPIRITUALIST  
CHURCH**

Quaker Meeting House,  
St John's Street,  
Bury St Edmunds,  
Suffolk  
IP33 1SJ

Telephone:  
0772 373 4604

Sunday Service on the  
2nd and 4th Sunday of each  
month at 6.30pm  
For details of mediums  
serving the church and  
Special Events, please see our  
Facebook page:  
Bury St Edmunds  
Spiritualist Church  
All Welcome

**THE MAGICKAL  
EMPORIUM**

No 1, Market Place,  
Halesworth,  
Suffolk  
IP19 8BA

Website:

[www.thewitchofsuffolk.co.uk](http://www.thewitchofsuffolk.co.uk)  
Email:

[hello@thewitchofsuffolk.co.uk](mailto:hello@thewitchofsuffolk.co.uk)

Beyond being a physical  
shop, The Magickal  
Emporium is a welcoming  
space where you can freely  
express your true self and  
engage in all things magickal.  
We offer workshops on  
Spiritual Development,  
Astrology, Candle or  
Incense Holder-making,  
Pendulum Magic.  
We also hold gatherings  
and events such as Gong  
Baths, Sound Healing,  
Wheel of the Year gatherings  
and much, much more.  
Follow us on Facebook at:  
[www.facebook.com/  
witchofsuffolk/](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<br/>spiritualistcentre.co.uk)  
Email: [contact@camberley  
spiritualistcentre.co.uk](mailto:contact@camberley<br/>spiritualistcentre.co.uk)  
Telephone: 01276 409004  
DECEMBER 2025

Sunday Divine Service 6.30pm  
(free will donation)

7<sup>th</sup> LAURA WOODS

**Evenings of Mediumship**

Tuesdays at 7.30pm

£5 (£4 members)

2<sup>nd</sup> EVE COWELL

9<sup>th</sup> PETER GODDARD

16<sup>th</sup> Medley of Mediums

SARAH NORRIS,

GILL THOMAS,

KAREN NOGHANI

& GILLY PALMER

**Open Circle**

Mondays 1<sup>st</sup>, 8<sup>th</sup> & 15<sup>th</sup>

7.15pm for 7.30pm start £5

Alternating tutors

GILLY PALMER

& KAREN NOGG

**Platform Mediumship Class**

No class in December

**Open Platform**

Wednesday 3<sup>rd</sup> December

7.30pm - 9.30pm

£5 to be on the platform

£3 for audience members

with GILL THOMAS

**Healing**

Mondays

1<sup>st</sup>, 8<sup>th</sup> & 15<sup>th</sup> December

1pm - 2.30pm  
(free will donation)  
(Monday Events -  
except Bank Holidays)  
Please visit our Facebook  
page or website for further  
updates and other events  
All Welcome

**CROYDON  
SPIRITUALIST  
CHURCH**

Chatsworth Road,  
Croydon,  
Surrey  
CRO 1HE

Telephone:

020 8688 1827

Email:

[croydonspiritualist  
church@gmail.com](mailto:croydonspiritualist<br/>church@gmail.com)

Website:

[www.croydon  
spiritualistchurch.org.uk](http://www.croydon<br/>spiritualistchurch.org.uk)

**DECEMBER 2025**

Sunday 11am Service

7<sup>th</sup> SHERRIE HARDAKER

14<sup>th</sup> MICHAEL LENNON

Wednesday Evenings

of Mediumship at 7.45pm

Members: £2.50

Non-Members £5

3<sup>rd</sup> PAULINE WALSH

10<sup>th</sup> KATHLEEN

CUNNINGHAM

17<sup>th</sup> FESTIVE SERVICE

with three mediums and  
mince pies

**Special Event**

Monday 8<sup>th</sup> December

7.30pm - 9.30pm

Last few advance tickets left

£20 in person or £21 online

An Evening of Mediumship

with

TONY STOCKWELL

**Community Coffee Morning**

Tuesday 2<sup>nd</sup> December

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](http://www.kingstonsnc.net)

Email: [kingston.spiritualist  
@yahoo.com](mailto:kingston.spiritualist<br/>@yahoo.com)

Follow us on Facebook

Enquiries: 07503 405007

Bookings: 07780 474440

**DECEMBER 2025**

Sunday Service at 11am

Plate Collection

7<sup>th</sup> SARAH MOORES

14<sup>th</sup> MICHAEL DJAN &

guest STEVE BRIDGER

21<sup>st</sup> DENISE SAUL -

CHRISTMAS SERVICE

Church closes after service

on 21<sup>st</sup> December

and re-opens on

Sunday 11<sup>th</sup> January 2026

**Mondays at 7.30pm**

**Evening of Mediumship**

£4 (members £3.50)

followed by Healing

1<sup>st</sup> PATRICK MURRAY

8<sup>th</sup> ALI WILLIAMS &

SARA FENWICK

15<sup>th</sup> LYNN ROSE &

STEPHEN CORBETT

**Spiritual Healing**

By donation

Mondays 8.45pm - 9.15pm

Wednesdays - Pets allowed

2pm - 4pm

**Open Awareness Circle**

For beginners 18+

on 1<sup>st</sup> & 3<sup>rd</sup> Friday of month

Friday 5<sup>th</sup> December only

No circle on 19<sup>th</sup> December

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

LESLEY HAMILTON

Saturday 6<sup>th</sup> December

2pm - 4pm £6 (members £5)

Audience £3

**Light-Hearted Spiritual Talk &  
Associated Guided Meditation**

7.30pm - 9.30pm

£6 (£5 members)

held on the third Wednesday

of the month with

CHERRY SRINAGANAND

Wednesday 17<sup>th</sup> December

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  
**DECEMBER 2025**

Sundays at 6.30pm

7<sup>th</sup> SUZIE KING

14<sup>th</sup> Last service of the year  
with SPENCER ROSE

A free will offering will  
be collected  
Tea/coffee and  
home-made

cake after the service  
Healing available

We re-open on

Sunday 11<sup>th</sup> January with  
HELEN ATKINS  
All Welcome

**SUTTON  
SPIRITUALIST  
CHURCH**

St. Barnabas Road,  
Sutton,  
Surrey  
SM1 4NP  
Telephone:

07958 034820

Website: [www.suttonspiritualistchurch.co.uk](http://www.suttonspiritualistchurch.co.uk)

Sunday 6.45pm

Divine Service

Thursday 7.45pm

Service with Demonstration  
of Mediumship

For Special Events and  
mediums serving the church,  
see our Facebook page:

**Sutton Spiritualist Church**

All Welcome

**EAST SUSSEX**

**SEAFORDSPIRIT**

Seaford Independent  
Spiritualist Church,  
3 Warwick Road,  
Seaford,  
East Sussex  
BN25 1RS  
Telephone:

01323 737407

Email:

[enquiries@seafordspirit.co.uk](mailto:enquiries@seafordspirit.co.uk)

Weekly Divine Service

Thursday at 7.30pm

Alternate weeks

In-Person and Online

Demonstrations of

Mediumship and Workshops

For full details see

our website:

[www.seafordspirit.co.uk](http://www.seafordspirit.co.uk)

Subscribe for updates and to  
register for online events and

to receive log-in codes for

Divine Services

All Welcome

**WEST SUSSEX**

**LADY AMETHYST  
SPIRITUAL CENTRE**

Heene Community Centre,  
Heene Road, Worthing,  
West Sussex BN114PL

Telephone: 07746 906523

2nd Saturday in the month  
at 7.30pm

Clairvoyant Evening

for cancer charity

£9 entry, refreshments

and a small buffet

For mediums serving the

centre please see our

Facebook page:

**Lady Amethyst Spiritual**

**Centre Worthing**

All Welcome

**WEST MIDLANDS**

**STOURBRIDGE  
NATIONAL  
SPIRITUALIST  
CHURCH**

49 Union Street,  
Stourbridge,  
West Midlands  
DY81PJ

Telephone:

01384 825060

Website:

[www.stourbridgespiritualistchurch.com](http://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

**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](http://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](http://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](http://www.facebook.com/RedditchSpiritualistCentre)

Website:

[www.redditchspiritualistcentre.co.uk](http://www.redditchspiritualistcentre.co.uk)

Email:

[redditchspiritualistcentre@gmail.com](mailto:redditchspiritualistcentre@gmail.com)  
Telephone: 07907 378448

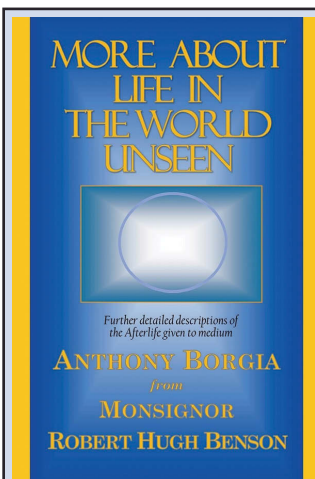
Sunday 11am

Divine Service

**FINANCIAL HELP  
THE  
SPIRITUAL TRUTH  
FOUNDATION**

is a charity that makes grants to Spiritualists  
in need, for kitchen equipment, furniture,  
household goods, removal costs, travel for  
family illness, any unexpected expenditure  
and also church building repairs and  
refurbishment.

[www.spiritualtruthfoundation.org](http://www.spiritualtruthfoundation.org)



**AVAILABLE  
THROUGH  
AMAZON  
AND BOOKSELLERS  
FOR MORE DETAILS  
OR TO BUY DIRECT,  
VISIT:**

[www.snppbooks.com](http://www.snppbooks.com)



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  
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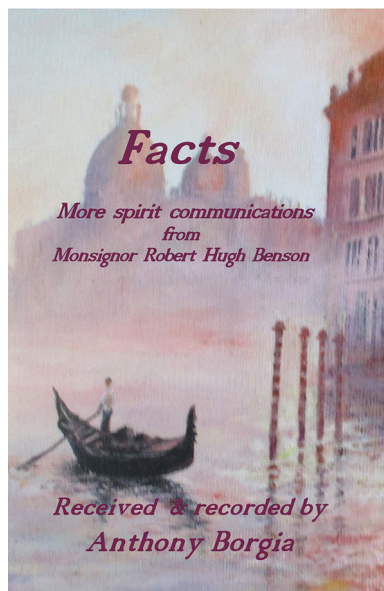
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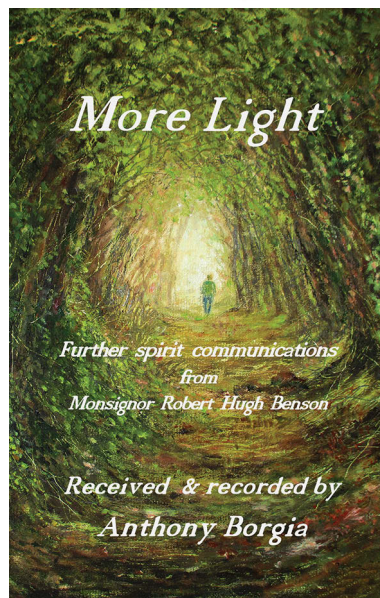
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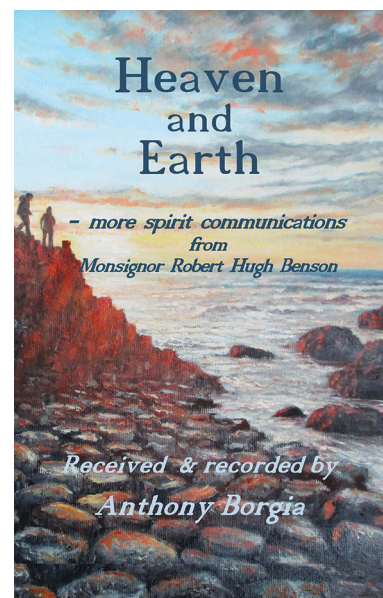
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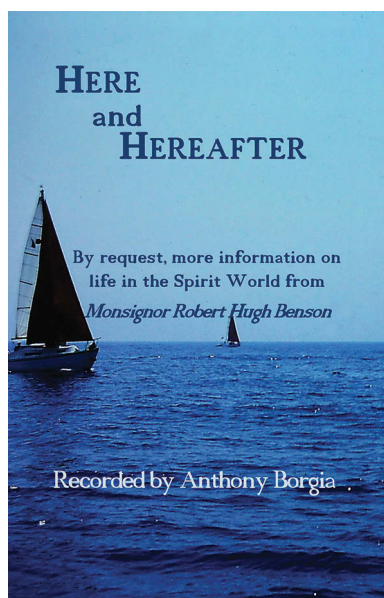
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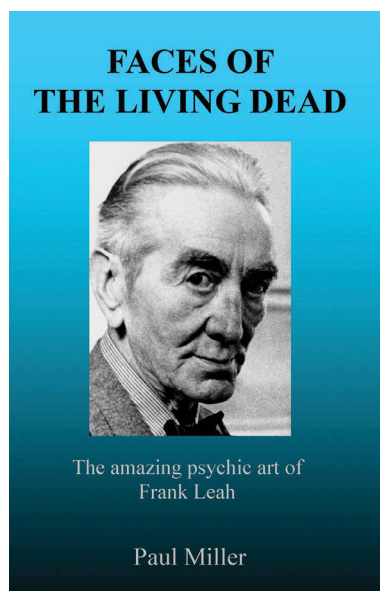
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