

ZERDIN

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ISSUE 2 - JUNE 2005

BUZZ SHEET

the truth is within

Psychic photographs

Special Feature:
Shedding some
light

Abu talks

Ectoplasmic Talent Search

Our mission: To Promote the Safe Practice, Development,
Knowledge and Understanding of Physical Mediumship,
Spirit communication and Associated Phenomena

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Published by The Zerdin Fellowship
You can contact The Fellowship via the co-ordinator:

Dennis Pearman
The Gatehouse, Priors Leaze Lane, Hambrook,
West Sussex PO18 8RQ

Email: zerdinfellowship@rpearman.fsnet.co.uk
Mobile: 07973 205183

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PLEASE KEEP SENDING IN YOUR
SUBSCRIPTIONS AND DONATIONS

WE NEED YOUR HELP!!

Hello once again, here we are some seven months onward for the Fellowship and I know many of you will be thinking how is The Zerdin Fellowship progressing?

Well we never thought it was going to be easy and like anything, worthwhile it is going to take time. We have been hard at work building the right foundations for the Fellowship.

It is very important that you send us as many of your articles however great or small, world shattering or just interesting. You may have something that was written recently or some time ago, your work of spirit communication and the proof of survival needs to be heard again. So please, never feel what you have is not important or too old, we want to hear from you. The following are some examples of what we need:

- Tell us about your medium, tell us about your circle, and tell us about yourself.
- Let us know about other experiences you may have had with other mediums (circles, séances reports or articles).
- How did your circle start, what do you hope for the future of the circle?
- Your own Spiritual Experiences.
- Comments on the Buzzsheet (treat us gently)
- Comments on the Fellowship so far and possible ideas for the future.
- New ideas for the Zerdin Buzzsheet.
- Seminars or lectures you may have attended.
- Tell us about our Pioneers, those that have gone before.
- Anything you feel strongly about.
- Spirit philosophy.
- EVP, Apports and strange events. Spirit photography Orbs etc (Photographs please of Phenomena).
- Educational articles on spirit, and the spirit world.



Front cover photograph:
Minnie Harrison -
Ectoplasm issuing
from medium's
mouth (Infrared)

As you know being the joint editor of the Zerdin Buzzsheet I have a confession to make, I am not sure the world needs another newsletter.

CONFESSION TIME

The spiritualist community has several papers and journals already, having made that confession I would like you to consider the Buzzsheet as a newsletter that keeps you informed of what is happening in the NOW regarding the world of spirit communication, so that all who subscribe to the Buzzsheet can be part of this family that will actively be involved eventually in sharing the experiences of the séance room, the workshop, psychic art, mental mediumship at its best, associated phenomenon and everything else spirit world has to offer. Our Buzzsheet is simply there to keep us all informed, but we need your input to contribute to the Buzzsheet so that we may all share Fellows knowledge, experience and awareness. Most importantly, we would also like to hear about any of the new talent that is out there. We called it the crazy name 'The Buzzsheet' so that we all keep informed about the Buzz of the spirit world. We need to share not keep it to ourselves. Mediums with ability and the gifted will get bigger, better and kept safe, with sensible and knowledgeable sitters.

Through this process we feel the Buzzsheet, along with us all getting together at one day Seminars or weekend and organized public séances, the Fellowship people will create the love and harmony we need even before we meet, on such occasions in the near future. This is just what happens at June and Alf's Cober Hill seminars using love and harmony so that the mediums and spirit can do their work.

UNUSUAL PHENOMENA AT DORKING SÉANCE ON THE 18th DECEMBER 2004

By Dennis Pearman

As you will see in the 'Buzzsheet' we have more 'Old But Juicy' Séance Reports. One very interesting report was the last séance David Thompson did before departing to Australia (see enclosed séance report). This is for two reasons; firstly no cabinet was used and secondly the Phenomena that took place towards the end of the séance. Having been there that night I would like to comment on these two experiences.

While David's guide William was addressing the sitters, several footsteps could be heard from the empty room above the basement where the séance was taking place. In other words, we had William talking through direct voice in the séance room while above several, and I mean several, spirit people were walking around on the floor directly above the séance room. Almost all the sitters including myself confirmed they could hear the footsteps.

This phenomenon has happened before with David and on this occasion, I had the opportunity to ask William how this was able to happen.

William explained that while the séance was taking place spirit was able to take ectoplasm from some of the sitters

but not David and create a sphere of ectoplasm upstairs so the spirit people where able to walk around.

The second phenomenon to take place was firstly for the red light to be turned on so that all the sitters could see David tied to the chair. Then when the red light was switched off, with David still tied to the chair (as stated before no cabinet was used) and with no music playing, David was glided forward from the original position in the séance room to some six feet from that position, to the centre of the séance room without any noise of the chair moving. The new position of the chair with David still tied into the chair was moments later confirmed when the séance came to an end and the red light followed by the white light, was switched on for all to see before the séance came to an end.



WORKING IN THE DARK OR LIGHT

Reluctantly The Zerdin Fellowship feels that we cannot ignore the requests from some people for light in the séance room, so we would like to hear your comments on this matter.

It is the view of The Zerdin Fellowship in general, that if light is to be introduced into the séance room, it will be only with spirits permission, and as the best form of light, is light produced by the spirit world, this will take time and patience. For those who have patience, and are prepared to take the time to sit, their love and spirituality could make it happen.

We know of at least two physical mediums and their circles, who are working towards spirit light in the séance room, and I am sure there are many more working towards this objective.

While on our journey to experience the miraculous in the séance room, we also must accept some of its short-term limitations.

We cannot expect everything at once, as sitting for spirit is giving and receiving without grabbing.

SHEDDING SOME LIGHT...

By Malcolm A Lewis

It would appear that the debate regarding 'the thorny issue of light in the séance room' is again rearing its head. There have been continued persistent calls for a more scientific approach to the investigation of physical mediumship; and for a renewal of proper 'scientific' investigation now we have the benefit of modern theories in physics to guide our thinking.

I suppose such views also depend on the approach one wishes to take when investigating physical mediumship and looking for so called objective phenomena. My background is in social science, and as such much of my research is of a qualitative nature, which I contend has just as much relevance as more quantitative or objective approaches even though I cannot often objectively 'measure or manipulate' the research environment.

It is not sufficient to play one research method off against another, both approaches are equally important; it is just a matter of difference and importantly down to the question one wishes to find an answer to. I do not pretend to be able to debate the scientific theories as to the advantages or disadvantages of infra red or other night vision equipment for instance or how or what it may precisely be used or measured; and or what variables will need consideration to satisfy the scientific purists. I will leave that to the physical scientists. However, are subjective reports by researchers (These indeed form the background of a vast majority of Spiritualistic experience, Olcott's reports on the Eddy brothers being a prime example) any least reliable than pure objective measurement?

I am afraid that this again is a matter of degree, and it would be wrong to condemn outright the many thousands of anecdotal reports of such phenomena. Indeed my 'reports' are from many years direct observation within physical séances where I was present. Should critics claim I was deluded or deceived by what I saw, then why should that just relate to my observations within a séance, or are all my observations in everyday life the result of delusion or deception?.. I should hope not.

I contend that there are quite a number of issues, which may bring into question the veracity of both qualitative and quantitative approaches. I see nothing wrong with the observation of dark room mediumistic phenomenon with night vision equipment, but it is not that simple. In particular I remain concerned that as in all movements, and I am afraid this is so within the survivalist community; there remain individuals who for want of a better term are somewhat 'fundamentalist' in their pursuit of objective and measurable phenomena; almost to the dismissal of 'first hand' accounts. The argument goes something like this:

'We need to get clear scientific evidence of materialisation, repeatable, measurable phenomena in the controlled séance room. This needs to be observed via infra red or night vision equipment and recorded under strict controlled conditions, and communication firmly established between the so-called 'dead' and their living relatives who can vouch for the veracity of such events'.

Of course, once we get such 'proof', and it is on tape or DVD recording then the world will know that the phenomena exists and is genuine. Really? So much is this approach seen as the 'only' way forwards that in a recent (private) communication of mine, reporting on my personal experiences with a well-known physical medium, I was all

but ridiculed; and I may add by a researcher of many years standing who frankly should have known better.

What intrigues me as I have attended séances is the absence of so many self-identified 'experts' from such proceedings. Such individuals are often content to be armchair investigators, but often cannot be bothered, or do not see the need to attend séances. I must confess that I get a great excitement from attending a physical séance, they are very special events, and sceptical or otherwise I would have thought many who profess expert knowledge should at least speak from experience and try to witness such phenomena. Healthy, open-minded scepticism is not a problem providing such individuals treat proceedings with respect and safety for the medium and are willing to learn a little.

I feel there may be other reasons for such absences. To be so hell bent on any particular path to the exclusion of almost all others is folly indeed. I had come to a realisation quite a few years ago that to be too persistent in my quest to 'film it all' and measure everything I would be helping destroy the very thing I wished to preserve, primarily the mediums who have such a wonderful gift, who are willing to sit in love and harmony, and be kind enough to share their gift with likeminded others. I know very well that many mediums that have this gift are very reluctant to have such 'scientific prodding'.

Before accusations come from readers of 'hearing it all before', yes, you have; and this is precisely why there is such a reluctance to such investigation by many mediums. Circles need to trust people who attend, and the life of the medium can quite literally remain in the balance. We should be fortunate indeed that any physical mediums at all come forward, and it has always been a well-known fact that the most evidential communications take place within the safety of the home circle. However, these arguments are old hat; let me expand on some more important issues.

I have had the pleasure of observing a number of mediums develop their gift, and from the communicator's side I have heard discussions regarding filming and the use of night vision equipment. One line of thought is that such equipment may interfere with the mediumistic phenomena and affect the build up of the physical spirit form. I cannot comment in a scientific way as to the veracity of this statement, only to the fact that conditions within physical séance rooms are in a state of extreme sensitivity, and where in fact movement to any great degree could affect the medium.

It may be that such equipment may have a detrimental effect on the phenomena. Likewise, particularly in the developing medium, and at certain times the ectoplasmic manifestations may be both very crude and unformed (we can see such in the Eva C photographs). Such ectoplasmic development, while it may indeed be genuine may well be open to ridicule; and indeed may not be recognisable as a specific manifestation or individual. I fail to see how filming such phenomena can get us very far.

Further, there is the development of modern cinematography. Such is the sophistication of special effects and optical

phenomena in film today that even with the filming of 'genuine; phenomena' there would be a good chance that an outcry of 'fraud' would still be made. Of course, we will never satisfy some critics, but this is a point that needs considering, and one, which would be undoubtedly be raised..., and all this before there would be any mention of how genuine the medium may be in the first place!

However, the final problem, and the major one is that we are not the ones to dictate or ask the medium to access their séance room. The final say is from the spirit people themselves, it is they that may or may not wish to be filmed, it is they that will give the ultimate sanction for such filming to take place; and that of course is the bottom line.

This cannot genuinely be done by deception, or smuggling equipment in even if it should get past body searches. (Where does that sort of action place the researcher ethically, or is that question not to be considered in this type of research? It is certainly though a prime concern of academic research committees). I well remember being told of an event by the late Pat Jeffrey's of a young man being admitted to her circle who had managed to conceal a lighter on his person. On attempting to use it, he could not find it, and it was only at the end of the séance that a materialised spirit person spoke gently to him and told him he would find the lighter back in his possession after the séance came to an end, which he duly did.

What is of interest however is what the spirit people in some séances are attempting to do? From my experience, I have never felt anything but kindness and love shown towards me at séances, and I can honestly say that the spirit people are not the ones who have broken promises. Quite a number of years ago I was told that in time the spirit communicators, when the time was right, and if it were possible would bring their own light. Well I am sure I am not the only person who has witnessed such phenomena. Indeed, I have had the experience of a spirit person walking over to me while holding a self-illuminating light. This was a wonderful experience, but like all phenomena, it takes time to develop. It may be that some circles today are experiencing this in quite a developed form, and the spirit people who have communicated have stated on a number of occasions this is one of their aims.

We must also remember that although many mediums in the past sat in red light, each physical medium is different. There can be no hard and fast rules here. The fact that phenomena in the past have been seen in white light (Carlos Mirabelli being one prime example) this is extremely rare and depends upon, in part, on the developmental stage of the medium. Again ultimately such a debate relies upon the willingness and readiness of the spirit people to allow or undertake such actions in the first place. If it is a danger to the medium, then it will not happen. This is not a cop out, it is a fact, and ultimately the circle will be guided by the spirit inspirers.

Finally, let me add one more point. It is only in the recent past that there has been a revival in the development of physical mediumship, in fact at the beginning of the 1990's it was almost on its way out. What the researchers of today do not have is the abundance of physical groups the pioneers of Spiritualism had the advantage of investigating. Perhaps the effort of sitting in the modern world is particularly onerous considering all our modern day distractions. The spirit people know this, and that is why we are seeing the development of new forms of physical phenomena. If the groups are not there, then we will just have to be patient however frustrating that may seem. As one spirit communicator commented so aptly at a séance, 'we are not bound by the confines of an earthly clock!'



It was not long after starting to attend the local Spiritualist church in the late 1950's that I heard fantastic reports of a séance held at the church with physical medium William Olsen. By all accounts, what wonderful phenomena they experienced that evening.

LET'S GET PHYSICAL!

By Lew Sutton
Zerdin Fellowship Publicity Officer

At that time, Julie Upton was President of the First National Church at Weston-super-Mare. Her eyes sparkled as she related the account, as did the other church elders' eyes.

However, that séance was just a few years before and such events no longer seemed to occur. Over the next few years, I repeatedly heard it said, especially from visiting mediums, that physical mediumship had had its day.

Anyway, they said it was considered to be a lower form of mediumship and to have no place in contemporary Spiritualism. Was that a touch of jealousy I wonder in retrospect? An attitude that may well be still relevant today.

PHENOMENA AT STANSTED HALL

Fifteen years later came the first of my many visits to the Arthur Findlay College at Stansted Hall in Essex. I heard wonderful accounts of physical mediums of the past, but from other tutors, again that modern Spiritualism did not need such phenomenon.

However, there was a small band of tutors that included Vera Blunn, Betty Wakelin, and her husband Jack, who recognised the importance of physical mediumship. More importantly, they were dedicated to keeping the phenomena going. What is more, low and behold, I soon discovered that Gordon Higginson, Principal of the College, was a physical medium!

Of the many séances that I attended with Gordon, I was fortunate to attend one when Gordon did not sit in the cabinet. Instead he sat on a chair in the middle of the sanctuary on a dark evening and was illuminated by a red light set in the ceiling (the usual location being the Library).

During part of the proceedings we could see ectoplasm flow out from his body, along the floor and then start to build up into what resembled a child. However, there appeared to be insufficient energy to maintain the materialisation and it slowly melted away back into his body.

Thus began my many experiences of witnessing physical phenomena with six mediums covering most of the forms listed by our early pioneers when such phenomenon seemed to have been far more common. An era when on both sides of the Atlantic prominent and distinguished men of unquestionable reputation openly testified as to the authenticity of outstanding physical phenomena.

By the 1960's séance room phenomena had become quite rare and may well have died out had it not been for the formation of the Noah's Ark Society in 1990 (now defunct).

A REVIVAL

Now nearly three decades on since my first experiences of physical phenomena and in spite of the strong beginnings of a revival in physical mediumship, there are still many

spiritualists who appear to have little interest in such mediumship. This has not been helped by difficulties in getting coverage in certain quarters of the psychic press – due to the fact that most of the proceedings in current public séances are held in total darkness.

In the past, a few séances were conducted in natural light and many in a low red light. With patience we may well regain this way of illumination. However, for the time being, illumination during parts of public séances is being provided by: luminous plaques or trumpets; psychic lights controlled by our spirit friends; or a dim red light for a short period (to witness the ectoplasm). All lighting is strictly with the permission or control of spirit and nobody else.

The introduction of light by our spirit friends is now considered the more favourable and preferred route using perhaps a combination of ectoplasm and other energies. All of this takes time, patience and above all spirituality.

We need to encourage our physical mediums and potential physical mediums rather than treat them as doubtful mediums due to the fact that we cannot currently duplicate the conditions of yesteryear in public séances. It is vital that contemporary Spiritualism recognises the importance of séance room physical phenomena. For to witness by hearing and/or seeing a deceased close relative materialising and greeting a sitter is truly a wondrous event.

In this scientific age, we are not going to make much progress in reaching a wider audience unless we can complement mental mediumship with physical mediumship. For both should go hand in hand to prove the message that there is no death. It is not a question of one being better than the other is. Both are of equal importance.

SCIENCE CATCHING UP

It is only in recent years that mainstream science is slowly beginning to accept that our everyday reality may be only one of many multidimensional planes of existence. The ideas that quantum physicists are playing with these days are really mind blowing and make the idea of a spirit world seem quite tame compared to their discussions on reality. The talk is of energy existing in 12 to 26 dimensions. We normally of course only experience the three dimensions of space and one of time.

String Theory is one of the latest scientific models to acknowledge the strong possibility of parallel or other universes coexisting around us. Of course, these scientific theories of parallel universes may or may not include the Spirit World, but these theories are a step in the right direction.

It is blatantly obvious that our everyday concept of space and time is incomplete and may form just a small part of a larger matrix. The parameters of space and time appear to us

to be what is known as "linear functions". That is, to simplify, they are like straight lines or rods. Time appears to just go along at an undeviating linear rate as our atomic clocks indicate and the three dimensions of space are like straight rods with no substance outside of their own boundaries. Both time and space appear to have no beginning or end.

In fact, time and space are now generally scientifically accepted as being susceptible to being "warped" by powerful cosmic energy fields. Thus the idea of being able to travel in a straight line forever is most likely false anyway as one could possibly end up where you started from! And what happened to "time" when you arrived back is anybody's guess.

STEPPING OUTSIDE PHYSICAL DIMENSIONS

However, those who have briefly stepped outside of normal consciousness into a higher state beyond our normal dimensions of space and time know that our everyday reality is nothing but a great illusion. In addition, there is recognition that our normal consciousness is just a shadow of ultimate consciousness or cosmic consciousness. The mind of the mental medium (i.e. clairvoyant etc) no doubt has moved beyond our normal dimensions whilst communicating with the spirit world but may not be aware of the mechanics of what is actually happening.

Science is getting to the stage of producing theories of reality that leave room for the prospect of consciousness surviving beyond death. Therefore, this is where séance room phenomena can really hit home with the message that the physical world about us is just one aspect of ultimate reality and thus turn scientific theory into practical hard evidence.

Time and time again it has been demonstrated to me that our spirit friends can prove that the solidness of the world about us is an illusion and that, with their knowledge, the seemingly impossible is possible. There is nothing more convincing than to see a deceased person build up from a shapeless blob of ectoplasm, speak to one, and then return to shapeless ectoplasm.

CONCRETE EVIDENCE

This is the sort of evidence we need to stop the sceptical scientists in their tracks and thus stop their usual contemptuous dismissive comments in the media. A fundamental rule in science is to examine the evidence without prejudice – a concept that so often flies out the window when scientists speak on psychic phenomena.

I speak as a retired research scientist and know that mental mediumship on its own, wonderful as the evidence can be, will not make a deep impression on scientists in general. We need physical mediumship to complement the mental mediumship that is the backbone of contemporary Spiritualism.

This is one of the reasons why I have written articles and reports for over a decade on physical séances in the hope that this will encourage spiritualists to sit for developing physical mediumship and return us to the pioneering days of Spiritualism when such phenomenon was far more common.

It is not just séance room phenomena that we need to build up again. It would be lovely to see much more of other types of physical phenomena that are no longer common such as psychic paintings, photography and surgery – but that is another story.



ECTOPLASMIC TALENT SEARCH

THE SEARCH IS ON

If you are reading this, our second Buzzsheet, and if you have perhaps noticed our first advertisements for new talent in newspapers and journals, you will see we are serious about finding, encouraging and caring for those with the gift of physical mediumship, trance, mental mediumship, psychic art and associated phenomenon, etc.

The results of the advertising campaign is too early to publish but will be the topic for our next 'Buzzsheet' issue 3. However, since the conception of the Fellowship at Cober Hill in November 2004 and through our recent press release, we have received a good response so far. Requests for new subscriptions to The Fellowship Buzzsheet, and enquiries are starting to come in world wide, so watch this space.

From the initial enquiries three individuals ages from twenty to thirty years, told us about the phenomenon and experiences that were happening around them and while keeping their identity from these pages, it would be nice to share how at this early stage we tried to advise and look after these enquiries. All three would agree with the Fellowship that their progression is at an early stage, so please do not expect earth shattering statements, however we as talent search consultants for the south of England, felt it would be good to summarise our input, advise and encouragement to date.

Our Ectoplasm talent search started with a telephone call from Rosemary in Ripley in Surrey where she talked about a young man who was seeing spirit in his bedroom walking about and appearing in solid form. A few weeks later we went and had dinner with Rosemary and her husband Eric, our young man from Surrey and his a girlfriend. A pleasant evening passed as

we talked about the nature of physical mediumship, its history and a complementary book on the mediumship of Minnie Harrison written by Tom Harrison and to our delight with Rosemary offering to create a circle at her home with two other sitter for this young man. I regard Rosemary's experience and knowledge on the matter of physical mediumship highly, and if this young man takes up the opportunity to sit with Rosemary and two other good sitters he will be very fortunate indeed. I feel the young man will need some time perhaps to take up this opportunity as at present this is a little too much for him, we will keep you informed on his progress.

We had an enquiry from a lady who resides in Gloucestershire who has been seeing spirit since a child, had reading books moved around, and was seeing a spirit child regularly and on one occasion a spirit man standing at the kitchen door. Recently a mirror moved while on the telephone and she has had spirit voices speaking to her in the room. The lady now wanted to know how to develop so we invited her to come down and see us in Sussex. It was a delight to meet her, we sat and talked as she explained that she had been seeing spirit since a child and it all seemed very natural to her: she has now been sitting with her very dear friend and they had both been sitting together for sometime.

THE FUTURE OF PHYSICAL MEDIUMSHIP

By Freddie Hafiz

What is Physical Mediumship? We have all heard of Mental Mediumship and Psychic work. Thanks to Living TV, members of the public are now familiar with names like Colin Fry and Tony Stockwell. However, what about the Physical stuff? Nobody seems to know about it, and those that do are usually reluctant to speak of it. Why is that?

This is something I have experienced myself. For the past year, I have been studying Mediumship at the prestigious College Of Psychic Studies in London. They offer many excellent courses on Healing, Mental Mediumship and Psychic Development. What about Physical Mediumship? Tony Stockwell used to run short courses on the subject last year, but now the College offers no courses or workshops for those who have an interest in this area. In fact, the majority of students that I have spoken with at the College have never even heard of Physical Mediumship! That in itself is a sad statement.

So, for those who have (somehow?) managed to find out about Physical Mediumship, how do they then go about investigating the subject? There is certainly a lot of information available about past Physical Mediums. Jack Webber, Alec Harris, Minnie Harrison, John Sloan...the list goes on (but wait a sec - they have already read all the books out there, and spent many hours surfing the net. That is probably how they found out about PM in the first place!) What about Physical Mediumship today - in the year 2005? Do people still sit for Physical Phenomena? Are there any Physical Mediums around nowadays?

I had almost given up my search when by complete chance (err I mean synchronicity) I came across the Physical UK Website: www.physicalmediumship.co.uk

I was surprised to read of a not for profit organisation called the 'Zerdin Fellowship' whose main aim was to promote PM and find new talent - young or old. I would hit the jackpot!

They sit in natural light or normal room lighting. When spirit is coming close both her and her sitter feel the temperature around their lower body become changeable and colder, she explained that sometimes when trying to let herself go feeling spirit sitting down onto her lap, during these times she is aware of what is going on around her. Whilst they sit both see spirit-flashing lights and on occasions, the house lights flash and flicker on and off. Recently she emailed us to say that she felt her body being in a state of absolute numbness while trying to let go.

When we spoke recently we asked if she would consider the following when sitting. Only one medium with her sitter letting spirit know what she is seeing, try to find another sitter, record events, keep all mental mediumship out of the room, try to sit with lights off, and a red light with a dimmer switch, or with two candles only as side lights with all other lights off, with the view to eventually sitting in the dark also; try not to mentally note what is happening but to try gently to take herself out of it as this should be her aim. We asked if she would sit regularly at an appropriate time and be ready in the room say ten minutes before the start of the evening. For this to continue regularly for the next three months when both ladies medium and sitter will be coming down to our house for a sitting, which will have no judgment, just the opportunity to sit together and see if we can help in any other way.

FREDDIE COMES CALLING

Where is it, where can I find out about it, have I the gift, who can help me, it would be wonderful to sit in a séance, I know about some of the history of Physical Mediumship but what is happening now. Why do so few people within spiritualism know about this wonderful spirit communication, can I develop and who will sit for me? I need someone to discuss this with.

I sent out an email (not really expecting a reply) but got one the next day! (Keep up the good work Donna). Recently I met up with the Fellowship co-ordinator Dennis Pearman, the next few months are going to be very exciting as the fellowship forms, and word spreads.

It is encouraging to know that there are some venues that hold demonstrations of Physical Mediumship i.e. The York Spiritualist Centre and Jenny's Sanctuary. I hope that sometime in the near future we will see more of these venues, and they will hold more demonstrations that are regular all over the country. Wouldn't it be nice to see a College whose only purpose was to develop, promote and demonstrate PM. I am sure with the help of the Zerdin Fellowship that the dream could one day become a reality.

For me, the best thing about working with spirit is getting to meet others who have similar interests. Spiritualism attracts all kinds of different people from differing backgrounds, and brings them all together in unity. Even age is insignificant. I am considered by friends to be a hermit or recluse, but when I do go out to circles or healing a workshop (which is not that often!); it is great to meet with such honest and kind natured people. Although I am relatively new to the scene (been working with spirit for 3 years now), I know from my work as a medium that death is not the end. The bond of unconditional love between family and friends cannot be broken. As people who have knowledge, and in most cases first hand experience with Physical Mediumship, I think that we owe it to spirit (and to ourselves for that



WHAM... THE FELLOWSHIP

You will read below an article written by Freddie asking many questions, someone very frustrated with trying to find out about physical mediumship until Donna James and the Fellowship came to help, regarding his search for knowledge and understanding of physical mediumship in the NOW, I feel helping someone like Freddie is what the Fellowship is all about.

After receiving an enquiry from Donna James off her Website www.physicalmediums.co.uk about a young man called Freddie who lives in the Crawley area of West Sussex, he is passionate about physical mediumship. Freddie has spent time reading about physical mediumship and been actively involved on courses at The College of Psychic studies in London on mental mediumship and trance, he now wanted to either sit as a developing physical medium if appropriate. Freddie realised immediately there can be only one medium and was only too willing to sit for someone else without reservation. I took the time to meet Freddie at Croydon in Surrey, where we had a long chat about his journey so far, and his desire to be part of this great understanding. It will be my intention to put him in touch with two other people who live in and the same area as Freddie who have also made enquiries regarding sitting for physical. As we went our separate ways I recommended two centres of high standards, York spiritualist centre and Jenny's sanctuary to possibly sit in a public séance and gave him a copies of a David Thompson séance we will continue to help him in any way we can (SEE FREDDIE'S OWN ARTICLE TO THE BUZZSHEET BELOW).

matter) to promote PM in everyway we can. It may only be a conversation with someone, an email to a friend, or by organising a circle in your local area - but if we all chip-in and play our part, I am sure we can save Physical Mediumship. We simply have to.

Another problem associated with Physical Mediumship is finding sitters. It may sound easy enough, but finding a group of dedicated people who are willing to sit every week is almost impossible. Moreover, even if you find a suitable group (and medium), it may take years for any phenomena to manifest! The odds are against us. Having said that, I really do believe that spirit will create the opportunities if we remain positive and have a genuine interest in preserving this wonderful form of Mediumship.

However, let us be realistic here. Physical Mediumship is a very rare gift to have. It has estimated that only one in every 100,000 people has the ability to develop as a physical medium. In addition, for those that do, are they willing to put in the years of hard work and development to bring forward their gift? I suppose the biggest question of all is, 'Do I have the potential to develop as a Physical Medium?' It is certainly one I ask myself all the time. The truth is - I really do not know. However, there is only one way to find out...

INTRODUCTION

I hope you will enjoy reading about the Circle of the Spheres with two separate articles from two members of that circle writing about their own history and spiritual journey, and how both became part of the circle. As they each tell their story you will be introduced to their spirit and earthly friends both past and present. We have only known Maggie and Jackie for a short time but we have been very fortunate to be invited to sit with them in June and if the circle are agreeable and only with their agreement we will keep you updated on our sitting in June and on this the rising talent of 'The Circle of the Spheres'.

THE CIRCLE OF THE SPHERES

MAGGIE CARRINGTON'S STORY AS A MEMBER OF 'THE CIRCLE OF THE SPHERES'

I have been a practising Spiritualist Medium now for nearly 30 years; I have worked in Churches and Centres up and down the Country and abroad. I have also done some Theatre work, but until 1997, I had never really given much thought to Physical Mediumship. I sat and witnessed the wonderful Mediumship of Stewart Alexander, and Colin Fry, then latterly David Thompson that I know I have become a Lifelong Member of trying to advocate this wonderful gift and take the News to all who will listen!

I began my own physical circle and it took a while for the Circle to settle down to its present form. All, as you so readily understand, is experimentation! Sitters came, and sitters went, (Jackie covers this in her Article for you), until nearly 3 years ago when I had been told by, my friends in the Spirit World of the Gifts of another friend of mine. We began to sit together, once a week, just the 2 of us for Transfiguration, then another joined us, then another, and so it went on, she developed rapidly, and well, and we have experienced some wonderful mouldings to her features, including "stubble" and an eye patch which were really discernable. This woman exacts very high standards for herself, has a wonderful reputation for integrity, and professionalism, and yet is totally trusting and loving of her Spirit helpers. Ideal material I think. She is modest to the point of shyness, but has fantastic quality in her work. It shows through total dedication. This is only the truth, as all who know her would claim, I respect her right to privacy.

After 18 months or so, our Spirit friends requested that we amalgamate the two Circles, and this is how we work to the present day. My husband Cliff, is our Circle Leader, with Jackie as second in Command, we had to do this, as we quickly realised he was being 'taken out' on a regular basis, when he did so, along came much of the physical phenomena we experience. Instruments play, things on the board are played with, clackers go off, lights flash on and off on the toys we have there, and so on. Sometimes he does not go out for very long at all, but activity is always present, apart from in bad weather conditions.

As for myself, all this time I have been sitting in Circle, until one evening, about a year ago, we held a Table session, for only 4 of us were present, when 'hands' came from the

middle of the table, they felt tiny, and people were stroked, and touched. The table 'bounced' in the air and the words were spelt out that they must now build me a simple Cabinet, in order to sit for Materialisation. Four friends made themselves known to us that night. Nostramus, the leader of the Materialisation group, Mordacai, his right hand man, and two girls, Laura Petts, and a young child called Peony. We had never encountered these friends before.

Therefore, the deed was done, and this is the format it takes, firstly, in red light we sit for roughly half an hour, our friends time it, for Transfiguration. Then the lights go down, I am in the Cabinet all this time, Cliff may, or may not go out. I never do, but I find I am in a highly soporific state, I feel very odd at times I can tell you. I feel the pulling and pushing. Wolfman, and myself, agree it is indeed a 'fridge' in there, for most times it is freezing! I know when the trumpets are going to work. I feel that too! We hear footsteps now. Sometimes there is a huge 'clomp', and we are told this is a pseudo pod, the beginnings of materialised feet. People are 'circled' and gently touched, or tickled, there are noises now emanating from all over the room. , and still the activity on the Board strengthens. We are also working toward 'The Voice'. Can't wait for that day, we have heard whispers, and the occasional word, roll on! I am amazed I am awake for all of this. We are told Cliff and I are working together through Spirit; it is a true partnership, in all senses. At the end of the evening, usually both, but sometimes just one of the Trumpets are pushed over, with a lot of force I can tell you, it always makes us jump! They are usually targeted between the feet of one or other of the Sitters! That then, is our signal to close. We have come along way since the beginning of our circle, and there is a great adventure ahead...

I only wish I had started sitting for Physical years ago, but then maybe not. Why not save the best until last eh?

JACKY'S STORY AS A MEMBER OF 'THE CIRCLE OF THE SPHERES'

By Jacky Ayre

I became interested in Spiritualism in 1985 when my beautiful mother passed away.

Within days, I started seeing my mother's reflection over

my own face instead of mine. At this time, my aunt was living within a bed-sit that belonged to a woman called Pam, also from Harrogate. She happened to call by to pass on her condolences to us and I somehow got on to the subject of what had been happening to me. It turned out that she was, in fact, a Medium, and offered to take me to Beulah Street Spiritualist Church in Harrogate. On my very first visit there, the medium on the Rostrum came to me with a message. I was startled to hear things said to me from that Medium that no-one in the World knew about me, eventually I was invited to join a development Circle held once a week at the Church. I attended for many months before the Church was finally closed down.

I later found out that there was another Spiritualist Church in Harrogate, in Princes Square, so I started to attend there. Again I was invited to sit in a Development Circle, this time with a lovely lady who has since become my friend, called Ann Baird, I sat for many happy years with her and the other sitters (well, we sat for 5 years actually). This was a very positive time in my life, even though I had a breakdown, and was unable to work. I found that I was able to use my time to do Spiritual writing with my life long guide, Ho Singh. The writing was very rich, and powerful in its words. Certainly not something I could write more and more and gave Spiritual Healing when approached to do so. I loved those days, later during a difficult time in my life during the break up of my marriage; I was forced to leave, to look after my family, and to take stock of my life.

It was several years before I ventured back to the Church in Harrogate again. Where I met, Maggie and I was invited into her physical circle. That was over 7 years ago, and I have been fortunate to be able to witness the birth of our Circle. I have seen how The Circle of the Spheres has grown in energy and numbers to this present day. We are now seven members in total, and through our Circle, we have become friends.

Initially, we sat with very little movement or noise heard, but within a very short space of time, we were receiving instructions through Maggie, in a state of Trance. I remember a cushion being thrown at me from one of the chairs, empty chairs rocking, sometimes gently, others violently banging against a wall, in time to our singing very often. On one occasion, Cliff, Maggie's husband, found his shoes had been velcroed to each other, and to his trousers! It was during these periods of Trance, that we were introduced to many of the Guides. We were told that the leader of our Circle is 'Wolfman'~ he is in fact the control, a North American Shaman Indian. When Maggie was in deep Trance, we talked with 'Tico Wan', a young Geisha girl. She always came on a very high vibration, talks softly, and is a beautiful soul. Maggie's own Guides~ Rai Tsu Chang, her half Tibetan half Chinese life long Companion, and Edward Thomas, a Victorian Gentleman, who would write 'Historical Tomes', and poetry, and her beautiful little girl called Gillie, who passed gathering herbs from the river for her mother at the age of 7. She is from the 15th Century, but sounds very modern! She has always been with Maggie, since she was a little girl. Gillie works with Pete, a Londoner, again from Victorian times, who used to collect eels from the River Thames, to sell to the locals, and together they have control of the trumpet. When Gillie wasn't doing that, she used to manifest her 'squeaky shoes' and these could be heard as they moved round the Circle. We were introduced to Wilf, who owned a farm, and hailed from Somerset, and his wife Bess who used to talk to the bees as she collected their honey. He would often come and give gardening advice, especially vegetable growing! In return, we bought



the spirit children toys, such as a keyboard, a drum, a bell, clackers in the shape of a frog and a children's CD player. Over the years, we have been privileged to hear these objects being played, or moved, especially the toy piano and drum, which they have become very proficient at. It is fascinating to listen to the spirit music, which bears no resemblance to our own. In return, we throw the children a Christmas Séance, in which we buy small gifts and sweets, and provide them with a Christmas tree of their own, decorated with many chocolates and sweets amongst other things! We invite friends to join us for this Circle and it is usually a squash, but always thoroughly enjoyed by all.

We have found through the years that the spirit children can now open the presents we give them, and take great delight in setting them off through the paper so that we can see the flashing lights, and they usually manage to make Cliff jump by playing things as loudly as possible! They always target him too! Each member of the circle is individually important, and we are now working with a mixture of energy and Ectoplasm because of the safety aspects. Negative energy is extracted from the sitters, and positive from the Mediums, and in this Circle, as it stands, there are three working Mediums. Cliff is a great Power House, and is responsible for much of the physical Phenomena. He generally tends to be put out. This includes knocks and bangs, movement on the board, and other activity within the room. We are often privileged to see the trumpets rocking and moving along the ground, and being elevated. There are two trumpets, one of which was used in Maggie's Nan's Circle. We are always amazed at the activity that has taken place on the board in the centre of the circle, once the lights go up!

Over the years, it has been interesting to watch the changes within the workings of the Circle, and sadly, many of the original Guides have now stepped back to allow new guides to come through to continue with the ever-changing progression in bringing their different skills to the Circle. We love all our Spirit friends, and they come to us with an amazing sense of humour, and an endless well of patience! I couldn't imagine my life now without the family of the spirit world, and long for the day when we can take our Circle out into the world to introduce our friends to you all.

We continue every week to sit, and perhaps one day, we will be able to introduce some more of our Guides from the world of spirit as they make themselves known to us, as there are many who I haven't even mentioned and who would like to be included I'm sure!

PSYCHIC PHOTOGRAPHS

The slides we are going to look at today are taken from a collection of some 500 original glass slides which a Spiritualist Minister, Mr. Alan Millichamp, holds in trust. The ones we are looking at today are those where the Spirit extras have been positively identified and are not just somebody who appeared on a print.

Whilst the original slides have been copied to use in our modern projectors, you will be able to see from the quality of the photographs on the slides, just how very old some of them are. Many were taken in the early days of photography when it was necessary to sit for 5 minutes because the camera lens was left open for this period of time in order for the image to be imprinted on the photograph plate. It was vital that the sitters did not move during this period of time and it can be seen on one or 2 slides that the sitters did actually move – perhaps they sneezed? It was not unknown for sitters' heads to be placed between unobtrusive wooden clamps, which would hold them still without too much undue stress to the sitter.

When Spiritualism came to England there were many kinds of psychic phenomena manifesting and with the advent of cameras spirit extras were only too happy to use all available energy to impress their image upon photographic plate as a message to their loved ones of their continuing existence.

It was found that some people had the appropriate energies for the world of Spirit to use them as photographic mediums and it was actually possible to book a photographic sitting and know the chances of a friend, or loved one, appearing on the photograph were very high indeed.

Psychic Photography is a phenomenon, which requires a physical medium for its production.

This is an example of a William Hope photograph and the spirit extra is a relative to the sitter. William Hope was the medium referred to who had a circle in Crewe and he became famous for the spirit extras, which appeared when he took photographs, or was in the room. Many psychic photographs can be identified as their origin by the style as it were and the majority of William Hope's photographs showed the spirit extra with an ectoplasmic surround.



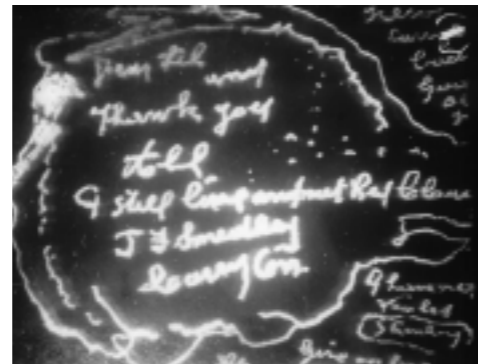
Another unsought spirit appearance. The spirit extra on this slide is the little girl's auntie who had died three years previously. (Note the legs at the rear, on the right hand side, belong to the little girl's sister and are not the legs of another spirit extra).



Another 1930's photograph, which was taken of a German student, again a non spiritualist, who attended a sitting for a psychic photograph and this, was the result'



You can see it is not a William Hope photograph. Again all the spirit extras are relatives.



This photograph was taken with a film camera. Someone held the plate in its light proof paper in his or her hand during a circle and then it was developed and the result was J F Smedley.



In physical mediumship everyone is able to witness the phenomena produced and in the case of Spirit photography, we can all, even today, witness the phenomena produced by these mediums.

Even though it was known that it was possible for a Spirit extra to be found upon a photograph at a photographic sitting it was still necessary to preclude all possibility of fraud. People used to take their own photographic plates to the medium, and after signing it, they would place it in the camera and remove it once the photograph had been taken, in order to prevent the medium from ever actually touching the plate.

There were many circles set up in which to develop photographic mediumship and one of the most well known is probably the circle in Crewe in which the medium William Hope sat. He was responsible for the production of many of the photographs we are going to look at today. It can be seen from the foregoing photographs how eager and willing the spirit people are to work with us and to allow us to carry out experiments with them. They will continue to amaze us with the manner in which they continue to get across their message of eternal life.

It is now therefore incumbent upon each of one us to give them the opportunity to send us photographs of themselves, as they were when we knew them, or as they are now. I really don't mind. A bouquet of flowers, a piece of writing, the spirit world standing on its head, as in the Annistice Parade photograph, would be a wonderful manifestation of their love and I know they would be overjoyed to receive such evidence from them.

Communication of any description, however, is two-way and it is up to us to meet the spirit world halfway and provide them with the instruments for producing such phenomena. We must leave cameras in the circle or unopened film. We must ask permission to take photographs in the circle perhaps with infrared film, which our pioneers did not have access to. We must organise Psychic, or Spirit Sitzings, and take photographs of each other in an effort to establish who are photographic mediums and one thing we must insist on is that EVERY photograph is printed even the so called spoiled ones – they could be the interesting ones.

Another William Hope photograph. The sitter Mrs Dawson whose husband Harold, used to be President of the Spiritualist's National Union. The spirit extra is a relative. This photograph is part of the history of the SNU and it is vital that this and other like it are not lost.



This photograph was taken in a circle. The guides gave permission for the photograph to be taken again, both ladies were recognised.

Another circle photograph. How many faces? There are definitely two, maybe three or more...?



Who are these two gentlemen? We should all know them. Alfred Kitson (known as the father of The British Lyceum Movement) had a sitting in the William Hope circle in Crewe and, would you believe, Andrew Jackson Davis (the American Founder of the Lyceum movement) popped in to say "hello"! A photograph of the Union records.

THE RON GILKES WAY AT JENNY'S SANCTUARY

RON GILKES' WAY – INTRODUCTION By Donna James

Ron Gilkes founded Jenny's Sanctuary in Banbury, Oxfordshire in memory of his beloved daughter Jenny, after she sadly took her own life aged just 29. As any father would be, Ron was grief stricken and after turning to a friend for help, found himself at a Spiritualist church for the first time in his life, receiving irrefutable evidence of his daughter's continued existence in the world of Spirit. This experience brought great comfort to Ron, and he became determined that other grieving parents should be able to experience the same comfort from their loved ones in Spirit, via Spiritual mediums, that he had had. So, he set to work to make a comfortable place for mediums to demonstrate, using outbuildings at his own home, and thus Jenny's Sanctuary was born.

From these humble beginnings, a wonderful modern Sanctuary has evolved, where between 40-50 visitors gather every Saturday to enjoy demonstrations of Spirit communication given by visiting mediums. Healing is available here too, as are educational workshops, development groups and private readings are also given.

However, there is one area of mediumship which is Ron's particular passion, and that is physical mediumship. At the Sanctuary, Ron has provided safe conditions for our publicly demonstrating physical mediums, who have all held successful séances here and Ron has been rewarded many times over for all his hard work with physical communication from his daughter Jenny. In this article, Ron shares with us some of his séance room experiences and thoughts about the wonders he has witnessed and enjoyed.

PHYSICAL SÉANCE ROOM EXPERIENCES

About August 1995 in a séance room in Bath with 50 people present, I recall a little boy named Charlie, materialised solid, walked round and touched everybody's hand, then picking up a bell which we had placed on the floor, walking around the room ringing it. I was sat in the outer circle and I asked him if he could get through somehow to touch my hand. So he pushed between one of the sitters and the wall, held my hand and each finger in turn.

Since I became so interested in this subject, I built a centre for the development and promotion of this subject and called it Jenny's Sanctuary, and we now hold many séances within it.

The first séance we held there, Jenny started to talk as she had done before in Bath., but then she wrote a note on a square pad and it reads "I AM HOME J xx". This was a wonderful moment for me of course and then she came over some 12-15 feet away from the medium and touched my hand and said "hello Daddy". Since those days Jenny has communicated many times, she has written many notes now all proudly hanging on the Sanctuary wall ie

- 1 MY HOUSE
- 2 Love You Daddy
- 3 JENNY xx TO MY DAD RON

In more recent times, we have a spirit girl who comes into the séances who is 10 years old named Stella who will draw pictures on a pad provided by us, take soft toys out of a box provided and give them out to sitters. She also has a habit of pulling off people's shoes and giving them to other people on the other side of the room! She takes off somebody's glasses and puts them onto somebody else and takes off a tie and puts it on somebody else!

All these things are a lot of fun and this induces a lot of laughter within the room, but there is a much more serious side of course. We have a number of adult spirit visitors who will give words of wisdom and they do say that they are most concerned about the state of our world. What with the wars, violence, greed, envy and all the materialism, the brotherhood of man has been pushed into the background. They are most concerned about these things.

The physical phenomena which happens is only to show us and to prove their existence. They do these things because they know what we can accept, this I have heard when I have listened to them, especially those from the higher realms. I remember listening to one communicator on tape saying "Nothing here is trivial. Trivialities one has left on the earth, or in lower spheres." But I suppose to some degree they have to pamper to our level of intelligence.

We hold many of these séances now throughout the year and people from all walks of life attend. We have teachers, doctors, builders and blacksmiths, scientists and physicists, in fact anyone who has an interest in knowing about what happens to us when our earthly body becomes defunct. We do find that the most cultured people, the very ones you might think have the most education, are sometimes the most difficult to get through to, but by far the most difficult of all are the religious ones. They seem to think that their understanding is the ones and nobody else has any credibility. I don't speak for them all of course, and we have met many Catholics who come to these séances and listen to the communication and admit that their Catholicism didn't provide the answers they were looking for.

In a recent séance which was held at Christmas, called the Christmas Tree Séance, (a light hearted affair where a Christmas tree is placed in the centre of the room, fully decorated and there is also a box of soft toys and crackers), a regular visitor 10 year old Stella came into the room and started playing with the toys, opening the parcels under the tree and placing them onto the laps of the sitters. She would then take a cracker and push it into the hand of a sitter and pull it, and repeat this with many sitters, using up perhaps all 12 crackers. She will also take the hand of a sitter and this is a wonderful experience, to feel the fingers of a child when no children were taken into the room. While all this was going on, other children could be heard opening parcels. Then my daughter, Jenny, came and held my hands, talked to me, stroked my head, held my hands again and pulled me out of my chair to have a dance!

One has to be very careful in these circumstances, remember that they are solid ectoplasm and there is an ectoplasmic cord connecting her to the medium, so foot movements have to be monitored very carefully, but what a wonderful experience.

And as if that wasn't enough, the next communicator was my mother. She passed over about 3 years ago and although I have had many communications from her, this was the first physical contact she has made. The first thing she did was to offer me one end of a cracker, which we duly pulled. Then she put her hand in mine and talked to me for a while. What a Christmas treat!

When I think back to my Barford Autobody days, and brought up my 2 girls, we were a lovely little family and had many good times. Then the flying days also, that was great, flying off with Helen down to France and into Spain, then over to Luxembourg and into Germany. It was expensive I suppose, but we had the money and I remember thinking that to be flying your own aircraft around Europe must be the ultimate experience. I still fly now and enjoy it too, but I have to say, it takes second place to having your own loved ones, who you thought were "dead", come back and talk about past memories, to hold your hand once again and give you a kiss etc. Wow!

I do understand of course, that the average person in the street would find this hard to believe, and I would even say impossible to believe since there is nothing for them to anchor to. The whole concept is so alien to anything they have ever known and one feels sorry for people of course, who have had no experience to relate to. We can only tell them and explain, and leave it until they themselves are ready for the experience. You can't force anything. Several friends of mine have communicated in this way apart from family. A Lancaster pilot Fred Spencer is one, Allan House the author of a book called "60 Years A Spiritualist", a physical medium of the past called Gordon Higginson materialised and firmly held both of my hands, almost pulling me out of the chair! Sir Arthur Conan Doyle, one of the original founders of Spiritualism, grasped my hand and shook it so vigorously that I thought he would pull my arm out of its socket! He also held my hand while Jenny stroked my face and pulled my beard, demonstrating double materialisations.

APPORTS

This is something else which happens within a séance room. An item can be de-materialised at some place, which could be a very long way off, brought into the séance room having been transported there in its etheric state and re-materialised within the séance room. I had a little "beanie baby dog", a cocker spaniel toy dog materialise and it was Jenny in fact that said to me, "I have got something for you Daddy" and she placed it into my hand. She said "I don't know what you will do with it. I suppose it's a bit useless really" and placed it in my hand with one of her hands underneath mine, and the other on top of the toy dog, and patted it.

Another time in our own circle which we hold every Monday and Wednesday, a little girl communicator named Rachel (who died by falling into a pond) told me to put my hand into the medium's lap and that there would be something for me. Sure enough, they had apported me a silk scarf. Five minutes later, they apported another silk scarf for one of the other sitters. I asked Rachel where they had apported it from. I was interested to know whether they had taken it from a shop, or someone's house and to my surprise she

said that it came from the earth a long time ago, and had been in the Spirit world for a very long time. I must say it looked like a very old fashioned design. She said that they re-arrange the atoms and molecules within it to make it into a non physical item, and then re-arrange them back again to make it physical again, years later.

It was many years ago when this form of mediumship could take place in the light, but there is a lot of talk among our communicators now about bringing back light into the séance room, and I do try very hard myself to co-operate with those communicators from the Spirit world. I have just been given permission, and I say permission because to develop this sort of mediumship one never does anything without first receiving permission from our Spirit communicators – it's a two way trust situation, to set up a kind of flap which will allow a small amount of light to enter the séance room, but deflected onto the ceiling, so that it is not direct into the room and hopefully this can then be increased later to give even more light.

ECTOPLASM

Ectoplasm is a life giving substance which everyone has within their body, most people need that which they have, while a physical medium is an individual who has a surplus. This stuff is actually trace elements within the body and gathers around the pancreas area, so that given the right conditions, and with development, this stuff can be extracted by those in the Spirit world, ie chemists who have an interest and expertise in this subject, in the form of vapour initially but this can be worked with to make this stuff into various forms of substance outside the body.

The extractions can be drawn out of any of the body's orifices, usually the mouth, nose and ears, but then made to represent silk, muslin, cheesecloth etc. Also ectoplasmic rods can be formed which can then be manipulated by those in Spirit to move material items on our earthly plane, for example, they can move a table and lift it up from the floor. Another common item to be moved in this way is what we call a trumpet, which is made of aluminium, wood or even cardboard. I myself make these for anyone who pays me £10.00 and I make them from very thin plywood. They are made in the shape of a dunce's cap or a road cone, about 12 inches high and we wrap a luminous plastic band around the bottom, so it can be seen in the dark. This is a favourite item, they manipulate this very well and lift it up to the ceiling and it will travel around the room at great speed, perfectly controlled.

The ectoplasm when it has been extracted from the medium is life giving, and the Spirit person who is very much alive but in the etheric state can then come and get into the ectoplasm provided, and will become solid once again. All this takes Practice on behalf of the Spirit person, and time and Practice makes perfect. Jenny has materialised many times now, and has developed over time from a very soft and squashy form, to a perfectly solid and strong individual.

HUMILITY

During the ten years that I have studied this subject, there is one word that comes up time and time again. Humility, whether you are a budding medium, an accomplished medium, a platform speaker or whether you are none of those things and just a person who is interested and would like to know the facts about what happens when we so-called "die". Humility is all important, because the more

THE RON GILKES WAY AT JENNY'S SANCTUARY continued

humble in the mind you are, the more likely you are to receive the information that is available. Don't be over confident because you may become switched off to the truth that is available. Nobody is so good, nobody is so bad, the door is always open for everyone to progress and to learn.

PAINT YOUR OWN PICTURE

Whatever happens in our lives, it is our reaction to it that counts. When something dreadful takes place that we don't like in our life, never say "why should this happen to me, what have I done to deserve this?" No, that is the time when as hard as it may be, thank God for there is your opportunity to show how you cope with that dreadful situation and in doing so, your character is now improved, you have made progress. Don't fight it like a child, but use it as a tool to make you more of an adult. When I say make you more of an adult, I don't just mean our earth side of life, because that is short lived. It is the real part of our life I talk about because everything that we are, every brush stroke that we make on our self portrait of our lives, make s us what we really are. So when we are shown and given the opportunity to view that portrait, you will be glad that you painted a pretty picture and we all have the opportunity now to cover up those blemishes of the past.

Those of us who are fortunate enough to sit in a séance room and listen to those who have passed over, can appreciate more easily the difficulties some of those poor souls have gone through, working out their salvation. I don't like that word, but I can't think of another. It sounds too religious for me, and I have never been religious and since I have studied this subject, I realise now the pitfalls of religion. It can tie you down and take over so that you can't think for yourself clearly. I am so glad now that my mum and dad didn't push religion on me. I can now see it for what it is, and after 10 years of study of this subject, I know now that to have no religion will be my true passport to happiness when I pass over.

At one of Jenny's first communications in a séance room, she said the words "dying was nothing at all, that's the easy part". The taking of one's life is wrong and the pain she inflicted on her mum and dad, she had to work through all that, but I thank God it didn't take long and she is very happy now in her new environment. This is why when we lose somebody to the other side, we should try to keep our grieving to as short a period as possible. We must grieve, that is important for ourselves, it is a natural and necessary thing for our healing process. But don't prolong it unnecessarily because it is like your loved one, for example, going to make a life for themselves in Australia and having you ring them up every day and cry down the phone because they are so far away. You have to let go and let them get on with their lives, of course you love them, but ring them less often to allow them their space. Remember they are not dead and you will be with them again, and it will be a wonderful reunion. So let them get on with their life, they want to enjoy their new found adventure.

THE SPIRIT WORLD

You might ask yourself "what is the Spirit world like?" and if you have lost someone close to you, you may say "where are they, and what are they doing?" Well, it is not as easy as saying "what is my son doing now he has gone to Australia?" because he can phone and give precise details, but unfortunately the Spirit world don't give a day to day running commentary, but I can give the general outline of what goes on.

The circumstances vary greatly, depending on the particular situations. For example, if someone passes over peacefully at 90 years old, that person had no pain but just passed of old age and that person had a good knowledge of this subject and went over with great love for everyone they met, then that must be the ideal situation. Whereas, if a person enjoyed a criminal life and delighted in making others suffer, he may find himself in a different situation. Remember that the day you pass over you are no different in your thoughts and in your desires than the day you left the earth. If your desire is to help everyone you meet and be kind to them, then that is how you will be on the other side. But if your every thought is what can you steal next, then that will still be on your mind after your passing. So the situation is this - if you are a really nice person, ok, you don't need too much help. But if your ideas are to rob the first person you meet, then you need help and odd as it may seem, the person who is ready to rob someone will, in most cases, receive more help than say the victim who he has robbed, because more help is needed. So this is in contrast to the person of 90. Never forget nobody is ever punished, you only punish yourself when you realise the foolishness of your actions.

Now let's say the average person dies at 80 and has lived a decent life, knows nothing of what happens after so-called death, but has an open mind of what may transpire. In such a case as this, the first consideration will be to place this person within a place or should I say a plane of familiarity. After all, if this man lived in say the Cotswolds of England, it would be very cruel to place him in a plane similar to Alaska or even a desert area, this would not be a happy situation for him. So familiarity is the first thing, then he is introduced to people who can talk to him and tell him what has happened, ie that he has passed over. Then his loved ones are shown to him, and so all this becomes clear to him quite quickly, he can settle in and begin to find his feet.

LORD HUGH DOWDING SPEAKS 'AT A TIME OF WAR IN TODAY'S WORLD'

EXTRACTS FROM A SÉANCE
by Ross James Pearman

Lord Hugh Dowding Air Chief Marshal during world war two communicates through the Haymist circle and the physical medium Mr David Thompson with a message from spirit for the World at these troubled times.

On Sunday evening the 6th April 2003 during a public séance attended by some fourteen sitters Lord Dowding spoke through David Thompson using direct voice, which allows the communicator to speak directly to the sitters by bypassing the medium who is totally in a deep trance state not knowing what is happening. However, allowing his physical body and the ectoplasm that come from it to create an ectoplasm voice box for Lord Dowding to speak through.

Lord Dowding had this to say for all spiritualist and seekers of the truth.

"I would like to introduce myself, my name is Air Chief Marshal Hugh Dowding, I was very versed in Spiritualism when I was on the physical plain, I had wrote numerous books, one of them was entitled 'The Lynch Gate'. I had written about all the Air force Army and Navy personnel that where helped with their transition to the spirit world during the Second World War".

"The reason that I am requested to speak to you tonight was to make the spiritualists and seekers of the truth within this room here this evening, aware that the spirit world does not heed the boundaries of creed colour or religion, or conflict of war, and that the spirit world is tirelessly aiding the transition of the United States forces the British Forces and the Iraqi forces over to the world of spirit at this sad time".

"Of that humanity to man we do wish in the spirit world that the rulers of man in different Countries upon earth would understand the concept of the eternal life and that being at war with each other is a task that will only lead to the destruction of mankind upon the physical plain".

"There is so much grief, so much hurt and turmoil within the physical world that to exist within that world and to be at war with each other is such an act of unspiritual love of your fellow man, and it grieves us much within the world of spirit to witness such hurt and suffering upon the physical plain".



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JOCK MCARTHUR REPORTS FROM 'THE ASSOCIATION OF SPIRITUALISTS AND KINDRED SPIRITS' DEVELOPMENT

Hello folks I thought you would like an update on our groups. **Our Monday trance development group** has five sitters and me. Last Mon. 14th Feb. it was Posh Spice, an alias for one of the two ladies who sat in the cabinet in red light for almost an hour. We could see she was overshadowed by her Indian guide who said little and gave us the impression he was simply letting us know he was there and in charge. We then saw a coloured lady who only said we knew her; the feeling was she is an ascended master, which one is not clear to date. We saw many changes in her face however the most striking one when a very tall man was seen and he looked like a Buddhist monk. He spoke using the medium's voice and said he was a tall one or shiny one as some people talk of. At this point thoughts of Atlantis came in. I have never subscribed to the Darwinian Theory and I believe there has been some sort of divine intervention in this world. He told us one day the spirit world would produce materialization using more than one medium and in a different way to how it has been done in the past. He would not give details how it would be done however he did say it would be soon. Posh Spice returned to us and was clearly moved by the experience.

The other lady then sat for almost an hour we call her Baby Spice because she is the youngest. We could see she was overshadowed and looked half starved or had anorexia or some other problem. After a lot of questioning and blind alleys we established who the communicator actually was. We all knew him when he was a working medium and a good one he was too. He was gay and contracted aids, which took him over to the other side of life. He did confirm who he was and using the medium's voice asked us to send some thoughts and healing to his former partner. When the lady returned to us she was clearly moved and it showed immense fortitude on her part to allow this event to happen given the circumstances. We are pleased to say all was recorded on tape after years of frustration trying to find a system that works we are now able to record our séances. How long this will continue is up to our communicators on the other side of life we fully realise there are some things they will not let us record at a given time.

SUMMARY OF MY OWN PHYSICAL CIRCLE Wednesday 9th Feb 2005

There were five sitters present and myself sitting in my own home group. They were going clockwise from cabinet Posh Spice, Ben, Liz, Baby Spice and Bill. We sat in darkness and red light as the communicators directed. As I explained earlier we are able to tape record the proceedings using a clip on power mike and a boundary mike going through a pre amplifier to a sony tape recorder. It seems the only way to cover over the white noise or skip picked up by the recorder is to tape over it with a pre amp and simply drown it out. However we fully realize it is when the communicators allow it so. We sat in complete darkness and my mentor and friend Peter spoke using my voice and told the group they were prized as sitters. He said because they were open and honest with a good level of awareness it was they who allowed the work to flourish and in many

ways they were more important than the medium. He retired and the group sang some hearty songs to build up the energy and soon they were feeling a lot of touches and knocks in the room. Ben felt a lot of pull on his throat and had a bit of a coughing fit. When we listened to the tape a voice was heard to say to him 'drink the bottle', this voice was not heard by any of the group in the room yet it was clearly heard on the tape and was not my voice so the only conclusion was it must have been independent voice transcribed on to the tape. After a time sitting in complete darkness the communicator asked for the red light to be switched on. Many faces were seen over my face however the most striking one was the face of the one we know as the professor. He spoke to the group with his own voice through my vocal chords and the voice was completely different to mine. He asked Posh Spice to feel his hand that was overlaid over mine Posh said it was like nothing she had ever held before and it was not of this world. After a time the communicator asked for the light to be put of and then he asked Posh to hold my right hand, which had been returned to normal, he then asked her to hold the left one to gauge the difference. Posh was amazed by the difference and felt she knew the transformed hand, however due to the speed and the strange way the event had taken place, she was uncertain to whom it actually was. The communicator joked saying it was one way of being allowed to hold a woman's hand.

Our Thursday open dev. group is going well with 10 dedicated sitters and two or three visitors each week. We are happy there are new people every week and that gives the more aware sitters new people to work with. This week we did a lot on psychometrics after all the group brought in a small object for the others to work with. We also used the old art of billeting favoured in the last century where the sitters place a small billy doo or poem in a sealed envelope for the others to give a reading from completely at random. What was interesting is some of the sitters drew their own envelopes unknown to themselves and readings they gave were uncanny. It showed to us that the spirit world will get the message across to the intended recipient one way or another. We had a fun filled and a joyous evening and all the sitters were amazed by the results. I feel it is a crying shame a lot of these arts including blind folded mediumship and flower sentience may be lost due to the mis-interpretation of the fraudulent mediums act. People look on these things as tools I say they are not they are simply being used as a focus and have no use or power in themselves. If you take the act literally almost anything can be classed as a tool.

THE NORMAN HUNT CIRCLE AND ABU TAPES

The 'Circle', led by Norman Hunt, sat at Tunbridge Wells, Kent for fifteen years. Approximately twelve dedicated members met regularly at least twice a week and tape recordings were made during the 'sittings' from which a number of copies were produced from the originals.

Rescue work, healing and communication with loved ones took place but it is the profound teachings and spiritual philosophy which make up the main subject matter on the tapes being issued for general circulation. This material will give such comfort and hope to so many people to-day suffering from the stresses of every day living, bereavement, ill health, loneliness, depression, etc...

For those seeking more spiritual knowledge and answers to the deeper and most concerning questions of life and living here on earth, and of life in the worlds of spirit beyond, the tapes will be invaluable.

The principle teacher is ABU (meaning Father), a name he was affectionately known by to the sitters. His earthly incarnation took place about 3,500 years ago in Egypt, during which time he was a member of the priesthood. He relates his own very moving story and experiences on a remarkable tape now available. He comes from a spirit realm far removed from the Earth plane often referred to as the fourth plane or fourth heaven. His teaching is a message of LOVE... Always he conveys warmth of love, compassion, tolerance and understanding.

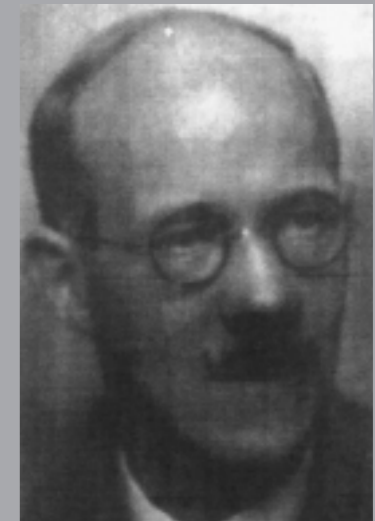
ALF, the circle 'doorkeeper', also features on the tapes. On Earth he had been a Londoner from the East End and 'died' (passed over) in 1914

whilst serving as a British soldier in France during the war. Another marvellous tape, interesting, humorous and moving to listen to as he recounts his experiences. Alf was residing on a plane closer to the Earth.

Others coming through to communicate included Mr. Andrews a chemist concerned with the workings of the mediumship, Dr. Chang helped with healing, Black Hawk (an American Indian when on Earth) was involved with 'rescue work', Bartholomew a physicist, plus many others making themselves known.

The 'Medium' W.F. Rickard (known as Rick), was a most remarkable and rare type of 'instrument'. He was able to vacate his physical body in a state of full deep trance, to enable the many 'entities' to use his body to manifest and identify themselves. Rick had no idea or recollections of what transpired whilst in trance. To him it just seemed that he had been asleep. His mediumship is described in more detail on some of the very interesting tapes on the subject.

Amongst the many subjects covered and questions asked, some are quite complex, yet always the answers flow with no hesitation in a most intelligent, logical and understandable stream. The listener will soon realise just how 'unearthly' the teachings are and will sense the SPIRITUAL quality.



Norman Hunt – Founder and leader of the Norman Hunt Circles



W. F. Rickard – the instrument





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SADNESS SHED IN SPIRIT

ABU: Of early communication from spirits who have passed from Earth to the life of spirit, I will ask you how many times have you heard it said the joy, the freedom, the light, the wonder of this life when they are but newly arrived and know nothing of the life of spirit. They are in a state of spiritual exaltation and they know not why my child. But we know why – they have come home – they are in their proper place. There is nothing there to sadden and subdue except that which they bring with them.

There may be regrets and may be remorse, and there may be many emotions which will have to be got through. I will not brush it aside as of no account as it is of importance without a doubt. But it is a passing phase which shall end when you shall end it – when you shall have, in the words of our friend Alfred 'done your thinking' and you enter into this spiritual exaltation and you do not need a reason for it as you do upon the earthplane, for you are at home and that is our normal condition. So you will not need to seek for such spiritual experiences my child – you will live them all the time.

You can attach memory to such experiences by all means – you can attach memory to that emotional feeling which is yours. You will rightly and justly say that you are so full of life and happiness, light and joy, and you are perhaps with one you love or you are remembering and therefore will be undergoing a set of experiences which for a time upon the earthplane brought you close to that happy state. But it will not be so when you are in spirit that the circumstances, the experiences, will bring the state to you for it will be your natural state. But you may attach memory to that state at any point you wish. Or, which is more usual of course, you may continue with fresh and new experiences which shall fit in with this state of exaltation. You may go forward, you may go backward. In any event when you are upon your natural station – I borrow a phrase; 'You will be in the state natural to that station'.

And we are happy it is the natural state. You too shall be happy for there is no reason here why you should not be. The reasons for sadness are upon Earth and will have been left behind, and so the sadness that you feel when you come to us will be that which you bring with you, for you will not find it here. And in course of time you will shed it, for there will be no occasion for continuing sadness where all is light and love and joy, and my own pleasure and being at hand to greet you, each and every one of you, if I can achieve it, when you shall come to us, and to help you to open your eyes to this spiritual exaltation – this condition of spiritual satisfaction towards which you are all aiming which I am still aiming. You will think you have arrived, but there are many more stations upon the pathway. For the moment we must leave it at that. I endeavour to draw a corner of the veil aside.

There were mixed emotions at the last public physical séance in Dorking by David Thompson for some time as he and his wife Bianca leave to start a new life in Oz.

DAVID THOMPSON SÉANCE DORKING 18th DECEMBER 2004

By Ross – James Pearman

Although all the sitters were grateful to be sitting in the love and light of spirit, many of those there, including members of the Haymist circle, were conscious that it would be some time before they would have direct contact with communicators they had come to know and love over the years.

However, despite a slight feel of melancholy none of the sitters were to be disappointed by the night's events.

The set up for the séance was slightly different as David chose not to use his regular cabinet for this demonstration of physical phenomena.

On a rare occurrence 'Honest Jack' greeted the sitters in place of William Charles Cadwell, the regular communicator who is usually the first to introduce himself to those gathered.

Jack said that because it had been some time since he last came through in a séance he decided to talk first and answer some "personal questions" from those gathered. Three sitters asked Jack if they could bring through loved ones to speak to them.

Jack made a note of their names and said he would see what he could do later on in the séance.

He also said it was a good idea not to use the cabinet for the demonstration as it gave a lot more freedom for the energy to move.

Many of the sitters said they could see lots of "strong" purple energy filling the room and said that the room seemed "very light".

Some said they felt the energy was "knocking them sideways" at times.

Jack explained that the spirit team was trying to produce more "spirit light" into the séance room by drawing ectoplasm from the back of David's head.

"I hope that one day you will be able to see my standing behind the medium using these lights," he explained.

Next to make his presence known was dear Timothy Booth who carried out his inspired trumpet waving to the soundtrack of 'Spirit in the Sky'.

Following the energetic display, and a few knocks of the trumpet on peoples' heads, Tim revealed that not using the cabinet made it "harder for him to control the ectoplasm to move the trumpet".

He added that not using the cabinet would mean that it would be difficult for manifested communicators to walk around the séance room to speak and touch sitters they were communicating with.

Tim then assisted loved ones to come through and speak. First to make himself known was regular communicator Roy Skinner, husband of sitter Joy Skinner, who said he wanted "one last chance for a while" to speak to his wife.

Roy confirmed as evidence some of the problems Joy was currently facing on the earth plane and gave some practical advice.

He concluded his communication by stroking Joy's face affectionately.

Next to come through was the husband of the one of the sitters who had travelled over from Australia to sit.

The communicator was one of those requested by the sitter at the start of the séance.

The discussion, aided by circle leader Paul Barker, was wonderful yet very emotional as the gentlemen, who confirmed his name when addressing the sitter concerned, had not been in spirit very long after passing in tragic circumstances.

Obviously very upset, but delighted by the communication, the man's wife was reassured that her husband was now very well and that he had met up with some of his family on the spirit side.

The last personal communication came from another person whose communication was requested through Honest Jack.

The lady communicator has passed to spirit by a car crash and was obviously finding it very difficult to use the ectoplasmic 'face mask' used by spirit to communicate.

However, even though the voice was faint the sitter was able to receive confirmation that the loved one was alive and well, although due to the tragic nature of her passing it was taking some time to get used to life in the spirit world.

Following the somewhat emotional string of communications the sitters were greeted by the "well hello!" booming voice of May, who has not communicated through David Thompson for some time.

Admitting that she was very much "one for the men", and would be more than willing to take some of the male sitters to her "ample bosom" if she was in physical form, May used a luminous plaque to show her manifested hand to each of the sitters.

Every one of the sitters confirmed they could see May's "delicate digits" as she went round the room.

The evening's events were concluded by William making a brief final address to the sitters, confirming that the forthcoming departure of David to Australia did not signal the end of the Haymist circle's work. As William was speaking, spirit were walking around on the floor just above the seance room. William continued,

"The work for now is done but this is not a fait accompli. This is not the end," he said.

William then asked for the red light to be brought up to show David bound and gagged in the corner of the room.

The red light was then extinguished and without accompanying music, David was levitated silently to the middle of the room before the séance came to an end.

STEWART ALEXANDER PHYSICAL SÉANCE AT JENNY'S SANCTUARY

By Donna James

On Thursday 19th August 2004 we were delighted to welcome Stewart Alexander accompanied by some of his circle members, June and Ray Lister, and Katie Halliwell to Jenny's Sanctuary. Ray presented the pre-séance briefing in the reception area, after which the customary searches took place followed by the seating of the sitters in the séance room. Stewart's arms were bound to the arms of his chair using plastic cable ties and luminous tabs were placed on his knees. The curtains of the cabinet were left open, the lights extinguished and an opening prayer offered by Ray.

The first communicator to speak through Stewart was one of his guides, White Feather. He complimented the truly excellent conditions which would allow the removal of the barrier between our two worlds for a short while. Christopher, a young boy of 6? was the next to introduce himself to sitters and was thrilled to see such "a proper crowd" of people! He explained that it was his job to relax people and that energy would be taken from certain sitters during the evening to help with the production of the phenomena. To much laughter he added that he couldn't guarantee that people would get the same bit of energy back that was taken from them, which might mean some would skip out of the séance room after, and some would crawl!

After Christopher's departure, Walter Stinson greeted the 40 or so sitters present and also commented on the wonderful atmosphere. He went on to pay tribute to Ron Gilkes on behalf of the world of Spirit and all those who work with and through Stewart, for this meeting place, which he said was a halfway house between the 2 worlds, where the work of the Great Spirit continues week by week, month by month and year by year and where the world of eternal life is always welcome.

Walter was delighted to see so many lady sitters present emphasising the fact that even though he has been "dead" for almost 100 years, he does not have a halo or wings, and is still very much a man who enjoys nothing better than the sight of a well turned ankle and a pretty face! He stressed that we are all part of the human race; the only difference between us and those in the Spirit world being that their perspective on life is now a little broader.

One lucky lady sitter was invited by Walter to sit in the chair to the right of Stewart and take hold of Stewart's right hand with her left. Walter asked her to gently feel for the cable tie binding Stewart's arm to the arm of the chair and check that it was still secure. A few seconds after this had been established; the lady announced that even though she was still holding Stewart's hand, their hands were now lifted up in mid air! Walter invited her to reach for the cable tie on the chair arm, and she told us that the cable tie was still intact, which was indeed plain for all to see when the red light was turned on. Amazingly, Walter had clearly demonstrated the passage of living matter (Stewart's arm) through matter (plastic cable tie)! Walter continued by saying that what we had witnessed was no party trick and not a miracle, but merely an example of what the Spirit world can do when people gather together in love and a suitable medium is available.

The passage of living matter through matter was demonstrated for a second time with another lady sitter holding Stewart's hand throughout. This lady was also presented with the cable tie that had been restraining Stewart's arm, still completely intact after a 3rd demonstration of the passage of living matter through matter, and during which she had had her fingers on the cable tie the whole time! Walter then took a spare strap from the table and replaced it around Stewart's arm binding him to the chair. The clicking sound of the strap's self-locking plastic fastener could be clearly heard as it was being applied. When the red light was turned on to, guide the lady sitter back to her place, on the table we could see that Walter had also fastened the other 2 spare straps and looped them together. He asked that these be given as a gift to Ron Gilkes as a reward from the Spirit world.

Stewart was then brought out of trance by his Spirit friends so that he too could witness the trumpet phenomena. Sitters were delighted to be able to see two trumpets being manipulated separately, gently touching some of the sitters and also flying up to ceiling level. After a short while, our Spirit friends placed one trumpet inside the other and lifted the two together as if they were one! Stewart was fully aware and joining in with the conversation while this was taking place.

Towards the end of the trumpet display, Stewart and the circle members could hear the sound of breathing alongside Stewart in the cabinet. Stewart was taken back into trance, and "The Voice" as the Spirit speaker is affectionately called, addressed everyone independently of Stewart, using an ectoplasmic voice mechanism. He urged all that were developing gifts of the Spirit to continue with their development, and to be assured that those in the Spirit world are taking every opportunity that they can to help develop those channels of communication in the best way possible.

Freda Johnson was the next communicator and she spent a little time carefully explaining how she is able to speak to everyone through Stewart. She went on to affect a reunion between one of the lady sitters and her Father in the Spirit world, by helping the man communicate through Stewart. Everyone witnessed an emotional and evidential conversation between the pair, with the lady sitter's Mother also coming through briefly with a few words.

Walter returned and asked Ray to prepare the small table situated in front of Stewart. This was a glass topped table, covered with a red cloth and slightly illuminated from underneath by a bulb on a dimmer control. A lady sitter



was invited to sit at one end of the table, where coming from Stewart's direction she witnessed gentle clouds of white ectoplasm moving across the table, out of which a perfectly formed and solid hand emerged. The hand reached across the table, held her hand and audibly slapped it! This was repeated for another lady sitter to enjoy, and Stewart was brought out of his trance so that he too could witness this wonderful phenomena.

Just as he said he was feeling wide-awake; Stewart was quickly taken back into trance by his Spirit friends who also closed the curtains on the cabinet. Ray encouraged everyone to sing to raise the vibrations, and loud knocking was heard coming from the cabinet. A materialised Spirit person emerged from the cabinet and proceeded to touch the heads and hands of some of the sitters as he moved around the room. He returned to the cabinet briefly before approaching one of the sitters and clasping her firmly by the hands to stand her up. He then placed his hands on her back to administer her with healing energy. Our Spirit visitor returned to the cabinet and brought Stewart out of his trance. The sound of the curtains on the cabinet being opened startled Stewart, but then he felt the Spirit visitor's hands on his head and arms, and we all heard the unmistakable sound of the plastic cable tie's self-locking mechanism being tightened! Stewart said that he actually felt the Spirit visitor's fingers as they were adjusting the strap!

With Stewart back in trance, the evening's proceedings started to draw to a close and Walter came once more encouraging all present to share what they had experienced with as many people as possible. Freda returned and thanked Ron for everything he does, followed swiftly by Christopher sending his love, with White Feather bringing the meeting to its conclusion.

A most wonderful evening of phenomena and proof that life is indestructible was enjoyed by all fortunate to have attended the séance. We are indebted to Stewart and the members of the Alexander Circle for their dedication, and for journeying down from Hull to allow us to be in such close contact with the world of Spirit. We very much look forward to their next visit.

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STEWART ALEXANDER & FRIENDS **Planned events**

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Three Day residential seminar at the Southlands Hotel

Sheringham, North Norfolk
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Cober Hill)

11th-13th November 2005

Weekend residential seminar at Cober Hill

Nr Scarborough (sorry it's fully booked) cost £145

17th-19th March 2006

Weekend residential seminar at Cober Hill

Nr Scarborough

20th-22nd October 2006

Weekend residential seminar at Cober Hill

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All above events will include an experimental physical séance
by Stewart Alexander.

For more information and application form please contact:

Mrs D J Winchester (June)

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Visits to Stewart's home circle are possible.

Contact Stewart's circle leader Ray Lister on 01482 343371 for details.



You can contact The Fellowship via the co-ordinator:

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The Gatehouse, Priors Leaze Lane, Hambrook,
West Sussex PO18 8RQ

Email: zerdinfellowship@rpearman.fsnet.co.uk

Mobile: 07973 205183