

# CONTENTS



**05** Imagine that!  
Gallagher says Lennon  
is his guide

**06** Cassadaga inspired  
singer-composer Tom  
Petty

**07** Actor's bizarre astral  
travel excursions

**08** 'Flatliners' tell of close  
brushes with death

**09** Swiss group celebrates  
mediumistic half  
century

**10** Healer faces jail over  
claim to cure cancer

**12** Coventry Spiritualists  
raise £800 for hospice

**13** Gloria Hunniford  
receives 'signs' from  
dead daughter



**16** 'Will & Grace' actor  
tells of mother's spirit  
return  
Shelley Morrison received  
remarkable evidence from British  
medium

**21** Fake medium Gary  
Mannion emerges from  
the dark  
But séances held in red or blue  
light fail to convince everyone

**24** Jimmy: my invisible  
friend  
Decanus Fragaria discovered  
his new school chum was not  
imaginary

**28** Ghosts from the deep  
Polar explorers discuss psychic  
attempts to locate lost Franklin  
Expedition

**34** Spiritual Art  
Nature and animal-loving medium  
and artist Dawn Pfeufer shares  
her story

**39** Seeing is believing?  
Billy Roberts discusses the  
illusion of the senses

**44** The beast of  
Merionethshire  
John West uncovers strange and  
frightening encounters in Wales

**47** Accentuate the  
positive  
Sally Francis invites you to  
Remember The Love

**50** Have your say  
Readers' letters

**53** All Worlds Are One  
Roy Stemman's paranormal  
reflections





# SPIRITUAL ART

This month, nature and animal-loving medium and spiritual artist Dawn Pfeufer (pictured) from New Jersey, USA, shares her spiritual story and some of her eclectic and fascinating work.

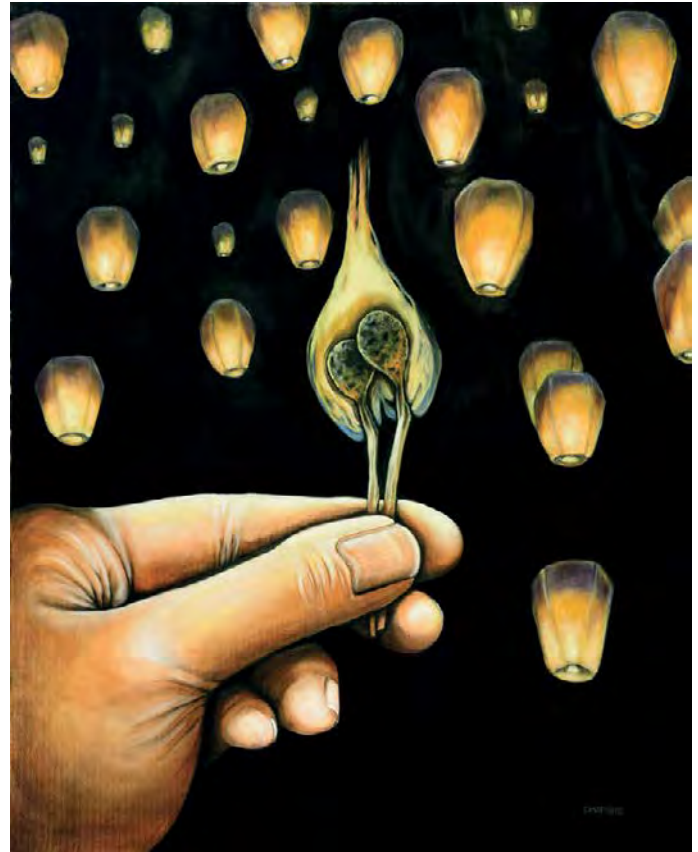


## My spiritual journey and art

Like most spiritual people, especially if you are reading this article, I have been drawn to the different aspects of spirituality since early childhood. When I attended a Catholic elementary school I was eager to learn more about the religion and questioned the various viewpoints of the Catholic church. When I switched to public schooling my eyes were opened wide as I played with children from diverse cultures and backgrounds. In a short period I was fully immersed and introduced to various religions and beliefs.

I recall going to a friend's home which was filled with Hindu deities and asking her questions about the unfamiliar yet fascinating statues. I also have fond memories of attending several of my Jewish friends' bat mitzvahs and bar mitzvahs. This is an important celebration in their culture where children are at an age where they are held accountable for their actions.

When I lived in Texas as a young adult, I attended a beautiful little southern Baptist church. This church was vastly different from the Catholic church as there was a lot of singing and



**MATCHES** (oil painting)

*This oil painting was inspired by soul connections. There are so many types of love... just think about different people in your life and how different each relationship is... each has a unique feel. The matches resemble that connection: the warmth of a loved one, their flame makes an upside down heart. The Chinese lanterns (or sky lanterns) with people's wishes written on them symbolise love being celebrated by all of the people in its presence.*



**DREAM** (mixed media painting)

*For this piece I set out to capture the duality of life we all see every day. It's both bold and gentle, earthy and airy. There's both activity and stillness, and if you look closely you'll see the subject can be interpreted as both male and female. I feel our dreams are interwoven with our reality in much the same way, the mirror symbolises that we all embody this same duality.*

dancing, which was quite intriguing and fun! During this time in my life I wasn't just questioning different religions, there was a stirring within me and I was trying to find where I fitted in.

I started to realise that on the surface all religions appear to be different; however, their essence remains the same. Throughout the years I had unexplainable experiences with spirit and struggled to figure out where that fitted into the big picture.

In my 30s I reached a low point and knew I needed to focus on healing myself. I did extensive research and tried many different healing modalities – sound therapy, breath work, yoga, meditation, and even travelling with a shaman to a vortex. I started to feel great and yearned for more, so much so that I couldn't learn fast enough. There was a need to quench my thirst for learning about everything and anything spiritual.

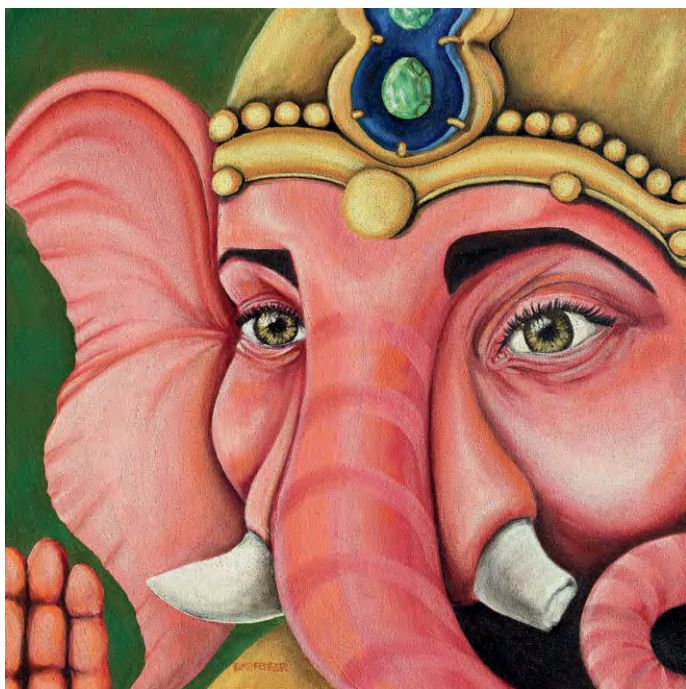
I decided to visit a respected psychic medium as I was excited to hear what she had to say about my new self and the journey I was embarking on. Prior to arriving at my appointment, spirit blended with me and I felt so much emotion. I had seen, felt and blended with spirit before, but never connected spirit to a loved



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#### **GANESHA (oil painting)**

*This is an oil painting of Ganesha, one of the five prime Hindu deities. To me, Ganesha has all of the traits we humans would love to have. He is the god of wisdom and learning, remover of obstacles. He has the ability to perceive the distinction between truth and illusion to know what's real and unreal. I painted him while paying great attention to his eyes because the eyes are the gateway to the soul. Wouldn't we all love to connect with him to see what he sees and know what he knows?*

one in the physical.

When the medium opened the door and welcomed me inside, she took one look at me and said, "You look a bit out of it." I didn't know what to do, as I was wondering what she would say if I said something wrong. Spirit nudged me, so I took a leap of faith and said to her, "This is kind of strange, but I feel a young woman with me that passed in a fast and tragic way."

The medium guided me and asked, "Is there anyone else with her?" As those words were spoken I felt another spirit join us. I described everything that I felt and saw and she wrote what I was saying in a notepad. My insecurities started settling in and I was thinking "this woman may think I'm crazy, but I don't have to come back and see her again."

As it turned out, she recognised both spirits and asked me for my contact details. I don't recall what was said about my new self or journey that day, but it was clear to me that what had just happened was the unfolding of a new way of life for me. The next day I received an email from the medium that validated the information I provided about her loved ones in spirit. She also offered to take me under her wing and teach me everything she knew about mediumship. I felt as passionate about learning all aspects of psychic mediumship as I did my first love, which is art.

I wondered if there was a way to combine my passion for art with my mediumship. I was told to watch a mediumship



#### **THE FOX SISTERS (shadow box)**

*This shadow box is a tribute to the many trailblazers and pioneers of Spiritualism. Spiritualism began in Hydesville, New York, USA, on March 31, 1848. The sisters, Margaretta and Catherine Fox, established communication with a spirit which had been responsible for noisy knockings in their home. They soon after joined their other sister, Leah, in Rochester but were followed by the spirit rappings. Leah managed their careers, and they all enjoyed success as mediums for many years.*

*I made a few shadow boxes with 3D drawings of the Fox sisters. The shadow box (above) is filled with many other faces from Spiritualist history: The Fox family, Sir Arthur Conan Doyle, Andrew Jackson Davis, Emma Hardinge Britten and more.*

*There are many other small details such as a crystal ball, a tiny tarot card deck, and a newspaper featuring the sisters as they chat about themselves around the velvet-covered table. This is the first in a series of shadow boxes that I am excited to create, each will tell a story full of history and inspiration.*







**SLEEPING BUDDHA (oil painting)**

*I had the opportunity to chant/meditate with Drepung Gomang monks, it was unforgettable. I felt excited, happy and shiny (yellow), I felt calm, soothed, rested and spiritual (blue). We didn't speak the same vocal language but we did speak the same spiritual one. This oil painting was inspired by their kind and gentle loving souls.*

demonstration by two spirit artists at a local Spiritualist church. These mediums not only provided drawings of loved ones in spirit, they also described their personalities and delivered specific evidence, proving the continuity of life.

As I witnessed each miracle of spirit connecting with their loved one in the physical, both my heart and soul sang as I knew that I would be of service to the Spirit World and use my art to heal!

With each class I attended – rich in history, service and wisdom – I met so many like-minded people and spirits that have painted my life full of extraordinary events. I even had the privilege of experiencing the prestigious college of Spiritualism and psychic sciences in England, The Arthur Findlay College in Stansted, Essex.

After a long journey, I have finally found what feeds my soul. I'm filled with gratitude to be inspired by not only my spirit, but the spirit of others, and to be able to share the gift of communication with spirit through my art.

**SPIRIT PORTRAITS**

I enjoy drawing portraits of spirit and connecting them with their loved ones in the physical. I capture the essence of those in the Spirit World, highlighting their facial features, providing specific evidence, and describing their personalities to prove who they are to their loved ones.

When I do a spirit portrait I set my intention and ask for a loved one in spirit to blend with me. I trust and ask for guidance to draw the portrait of the loved one in spirit who is excited to be connecting with the sitter.

Each family member or friend in spirit connects to me differently. For some, they connect clairvoyantly where I will see the loved one in spirit through my mind's eye, other times they connect with me through clairsentience, where I can sense and feel them around me.

The sketch sometimes will look very much like them, and at other times it will be the essence of who they are. Depending on the loved one in spirit, they will even correct me as I am drawing. For example, "My nose is much smaller than what you have drawn", or "Make me look pretty". It is truly a miracle and a magical moment to witness the connection between the Spirit World and their loved ones in the physical. I feel honoured and blessed each time I get to participate in reconnecting loved ones. Here are some examples.







**A SOUL'S FLIGHT** - This painting was inspired during one of a series of classes taught by Rev Dr Janet Piedilato at Rev Janet Nohavec's The Journey Within Spiritualists' National Union Church. In each class we were whisked away on a guided shamanic journey. Through these journeys we unfolded our higher consciousness, learned how to interpret symbols and understand the meaning of colours, to name a few.

On one memorable journey, Egyptian Goddess Mut (pronounced Moot) was called upon by Rev Piedilato. As her words filled the air a multitude of images started to flash through my clairvoyance. One of the images was so clear that it made a lasting impression on me. I felt the strong desire for days after to recreate the image on canvas. This painting is the beautiful yet haunting image I had on that magical and surreal journey. Just like the many inspirers in spirit who encourage me in my development, I have met equally as many inspirers in the physical, including my tutors, teachers, friends, family, and even strangers. I am blessed and grateful to be surrounded by so much love and encouragement along my spiritual path.

## AURAGRAPHS

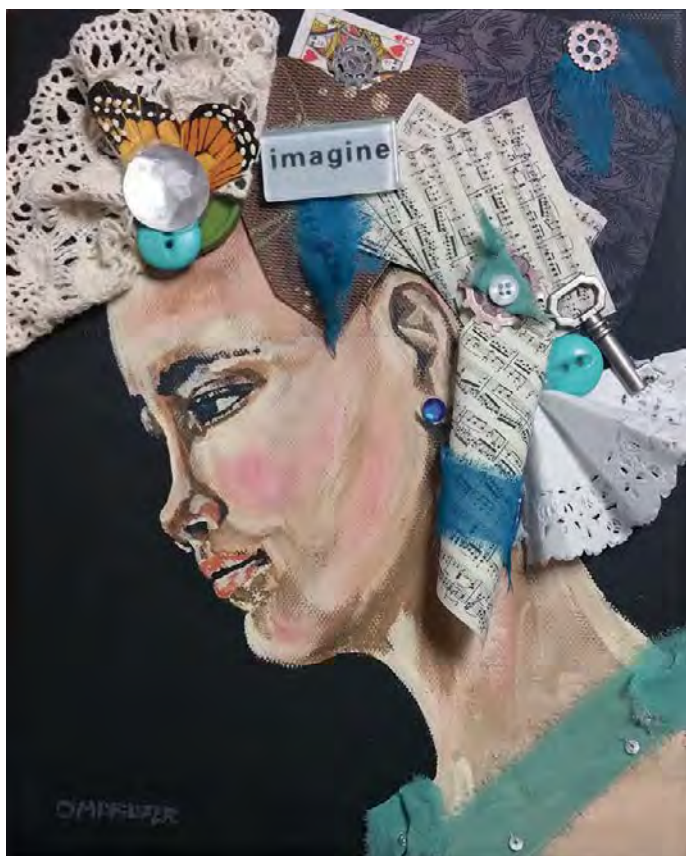
I also enjoy doing auragraphs, which are drawings that contain objects of symbolism and colours to unfold the story of an individual's life.

Auragraphs are information that is intuitively received. I draw the images and colours that come to me for the person being read. I take note of how I feel for each symbol, number, colour and image I draw. Once complete, I then relay the information to the sitter.

We hold so much information in our forever changing auras. It varies depending on the circumstances of the individual's life and how they are feeling on an emotional, physical, mental, and spiritual level. Some samples of my auragraphs can be found along the bottom of these pages.







**IMAGINE (mixed media painting)**

*I painted this piece because of the way music inspires me. The way all paintings have their own story, this painting embodies the love of music.*

*With her locks of sheet music and her dress made from scraps of a blue (colour of communication) sari, her hat filled with items, buttons and bobbles, deep in thought or lost in her very own imagination, this piece communicates the fact that music, writing and art all have the ability to convey every possible emotion – it's a vehicle to connect soul to soul with someone in a very personal way, much the same as most of us interact with music.*

## MIXED MEDIA PAINTINGS

A friend of mine asked if I wanted a garbage bag full of acrylic paints that he had sitting in his garage for years. I decided to use them to do a small series of mixed media paintings. I hadn't used acrylic paints since childhood so I was intrigued. It's been an adventure that has brought about a new side to my art and spirituality that people can somehow easily relate to. It always amazes me to see how people react to the pieces that came about from this one serendipitous event and I'm very grateful for the body of work it has led to.

Sometimes I am inspired to do specific paintings. One instance was when I was nudged to paint an Irish man named Happy (right). Happy was in my mind's eye for at least a week before I started to paint him using mixed media. When I am inspired to paint, I tend to lose myself and my awareness often drifts from my surroundings and goes inside the painting. I was so excited when I finished painting Happy that I texted a photograph of the painting to a dear friend who lives in another State and happens to also be a medium. Her response surprised me, as she started to ask me questions about him.

I told her that I had wanted to paint this jovial man for over a week and that he had been on my mind for some time. She went on to tell me that days before, in her mediumship circle, they were visited by a fun-loving and mischievous spirit named Happy. She texted the photograph to others in the circle to verify that this indeed was the same guy. At this moment, you



**ANGEL LOVE (mixed media painting)**

*This angel was inspired by a meditation. One afternoon, as I sat in the quiet, I felt the presence of an angel. The angel was not male or female – it was tremendous in stature.*

*No words were exchanged but the feeling of pure love washed over me like a wave of pure bliss that found its way to the very core of my being. The presence came and went in an instant but left me with a memory that will last a lifetime.*



**HAPPY (mixed media painting)**

*could have knocked me over with a feather.*

Every time I have the chance to connect with spirit and take part in any form of spirit art – from portrait drawings and auragraphs to paintings – spirit never ceases to amaze me in the way they orchestrate events and connections with people's loved ones.

*You can find out more about Dawn's work and purchase prints of her art at: [www.dawnspiritart.com](http://www.dawnspiritart.com)*

*You can also keep up to date with Dawn's work on social media at:*

*Instagram: [Dawnspiritart](#)*

*Facebook: [Dawn Spirit Art](#)*