



"your loved ones are just a thought away"

INTERVIEW Q&A

Looking at the bookshelves, it seems like there are hundreds of books about psychic or intuitive abilities as well as the afterlife, what do you attribute the cause for such an increase in public interest?

I truly believe that people are seeking more from life, more answers, more understanding than ever before. We've grown into a society rich with information and technology, instant messages, instant access to the media. It's all about speed and access, and less about content. From my experience, you don't always find the answers from the outside world. More and more people are starting to look inward to their spirit for help and guidance. People are researching their own spirituality and inner guidance, they're asking far reaching questions, challenging conventional logic and as a result, they are willing to become more aware of what is not necessarily right in front of them.

Psychic Navigator is a great title and has a strong jacket, where did you get the title from and tell us more about the message here?

With the phenomenal success of my first book **BORN KNOWING**, I got so many questions about how I was born with this intuitive psychic ability and how people could develop their own ability. I realized my greatest gift would be to teach and to give something back! I've been teaching people for many years in my various workshops how to re-connect with their intuition and unlock their psychic abilities, in other words to harness their inner guidance. All too often, when I read the feedback evaluations after each workshop, so many of my students were encouraging me to write a book and to include some of the exercises from the workshop. It seemed a natural extension to put pen to paper and so *Psychic Navigator* was born. Now, more people can become aware of the all-so-often dormant abilities that we all possess.

As for the cover design, I spent months working with a team of designers on the visual metaphor for the cover, and I was keen to show the power of trust, when you listen to your own intuition, when you believe in that gut feeling, when you trust yourself. So, the image was created with beams of white light emanating from the soul. It's a great cover and I wanted to send out the message that everything your need to live an intuitive life is right inside of you. I hope it will appeal to a cross-section of readers.

So, what inspired you to write a second book?

I always believed that somehow I was meant to write a book, I just didn't know when or where. I'd put off writing for years, and even with all the encouragement from friends, I knew it would only happen when I was ready and when "they" were ready to help too. I never thought that in just over a year, that "Born Knowing" would be in its third print already and I would have written my second book too. I've been truly blessed with the reception wherever I've been. In the past year, I've given my demonstration in front of thousands and thousands of people across the globe, including cities all across America, England, Scotland, Canada and Australia. I receive my inspiration from the look on all those faces in the audience and how they are hungry for more information.

So what inspired me to write a second book? During my travels with my first book so many people had even more questions about their own abilities, such as, "could my natural intuitive psychic abilities help me to live a fuller richer life?" Every time I stand up on stage, or teach to a group of people, I get the confirmation as to why I wrote Psychic Navigator.

What do you hope most people will accomplish from reading Psychic Navigator, and what's the next step for them once they've read it?

Psychic Navigator is very much a "how to" book that is meant to be an easy read. I teach the reader all about Chakras, Auras, Meditation and Breath. These are key to developing and understanding their own inner guidance system. Chapter by chapter, the reader is guided through each step of the re-connection process. It's about harnessing their inner guidance system. I am a big advocate of teaching the *mechanics* of our awareness and just how it works. I don't want to give too much away in this interview, but I do explain how our inner guidance system is turned down in our early years, due to society, schooling, the media, parental pressures, etc. We quickly find that we rely less on our intuition and more on our ability to rationalize.

Throughout this book, I teach the reader to stop and think, to listen, to pay attention to their intuition, to reach beyond their every day senses and to show them that we are so much more than these physical bodies. The most important take-home from the book will come from practicing all the many exercises scattered throughout the book, and using the mediation CD, which comes with the book.

As for the next step, there's no defined path, as it's so individual. Everyone develops in their own time and in their own way. I do hope that Psychic Navigator will provide the necessary tool-kit for many people who are exploring this for the first time, and provide the belief and confidence that's so important as they discover and investigate their natural birthright of being intuitive or psychic.

Throughout the book, you often talk about the need to relax the body and the mind, what do you mean by that?

It's quite impossible to do this work, unless you learn to still the mind. We all know that all too familiar sound of mind chatter, which we find so hard to turn off. When I teach my workshops, we often do a meditation, and during the first few minutes, it's easy to spot those who find it hard to silence the mind chatter. It's the conscious mind that keeps popping back up to remind us of all those little details, like something to add to the shopping list, or an urgent email to send, or an appointment to schedule, etc. But ... when you do learn to still the mind, a wondrous state of inner peace can be achieved. I've been practicing religiously for years, through breath work and mediation, so I can now enter that quiet space much more quickly than before and whenever I want.

When I wrote *Psychic Navigator*, I was keen to include one of my own meditations, so to include a full meditation CD with the book, made it all the more worthwhile. Now, the reader can actually practice with me, as we learn to relax the body and mind.

You also talk in depth about Auras - Did you have *Auric Vision* as a child, or did it develop later in your life?

I wish I could say that I was born with this phenomenal ability, but in truth it has grown steadily all through my life. I believe that some people are *attracted* to light, while others *emanate* it. I once had an incredible experience that validates this phenomenon when I was demonstrating my mediumship to an eagerly awaiting audience in New York. I had barely finished explaining about my "quickening process" (which is when I raise my vibrations and Spirit lowers theirs, enabling us to blend together), when I was totally drawn to a woman in the middle of the audience.

This woman seemed to be glowing, as if from the inside out. It was an extraordinary sight, and I was conscious that I was witnessing one of the strongest examples of auric vision. I observed a luminous, dazzling light emanating from all around her. Her aura was literally beaming!

Working and learning all about the aura when it comes to developing your abilities is highly important. You need to appreciate how very important this magnetic energy is, that surrounds everything (including you), and how it can protect and assist you in all areas of your life.

The section about *Chakra Workouts* is great. Can everyone achieve this, and how long does it take to learn?

Yes, it's totally possible for everyone to practice this, but it will require dedication, patience, and above all practice. Sound, color, vibration, breath, and thought each play an important role in balancing and stimulating the chakras. In *Psychic Navigator* I do explain the different ways in which you can keep your energy flowing freely to each and every one of your chakras, so they work together to help you to live a energetic healthy life.

Since chakras are the gateways to your psychic and intuitive abilities, by keeping them cleansed and well-balanced, you'll also heighten your psychic awareness. This will then make it easier for you to discern the impressions that are being transmitted from your inner guidance to your physical consciousness.

Where do you go from here, now that you're obviously an established medium, what happens next, as far as your skills evolving to the next level?

I don't believe we ever stop learning or evolving. I am conscious that my skills grow stronger and stronger all the time. It's not just me, but spirit and my guides have a huge part to play in that as well. I often get signals from them, as to when it's time to step up to the next level. But through all this, I have to remain grounded too. I have to keep my life centered, so I can continue to teach, to write and lead as normal life as possible. It's a balancing act for sure!

As for another book, I have a third book due in the bookstores later next year, which is called "101 Ways to Jump Start Your Intuition" and hopefully I will be starting to write my fourth book next year, and quite excited about it. But, you'll have to stay tuned for more information on that one.

Thanks for this opportunity to talk to you.

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