

# My journey into SPIRIT

By Philip A. Kinsella



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**M**y journey into clairvoyance was awakened by my maternal grandmother. She was known to many as Mrs King, and her larger-than-life personality proceeded beyond this dimension, as I was soon to discover. My whole life changed when she died of cancer in 1997. My life path was to take an altogether different direction, all thanks to her.

My identical twin, Ronald, and I would spend all our holidays with her. They were the most magical times and I shall never forget them. As a child, she'd tell me how the 'Fairies' down the garden spoke to her and whispered things in her ear. She had a very acute sense of awareness, and everyone in the

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crying.

"Why are you crying?" Her voice came from inside my head and was unmistakable. Shocked, I sat up and wiped my tears. I was in Bedfordshire, and Grandma was in a hospital in Somerset, a part of the country my Grandparents had moved to later in life. "I'm OK, now," she said. Then she showed me an image of her holding my brother and me as babies. Ten minutes later, the phone rang. I knew it was to inform us that Grandma had passed over.

Incredibly, I never cried at her funeral. Her message to me on the night she died helped soften the blow. To my mind, she'd moved on into the light that she'd so often talked about. I knew she was at peace and free from pain. The way I see it is that she's taken a vacation, and we'll be joining her shortly.

But my loss was so great I went to see a medium, something I'd never done before.

I was nervous and excited at the same time, my expectations were high, and she didn't disappoint me. I was in that room for two hours, aghast at what Grandma was telling me through the medium. She'd even seen me stop and ask two ladies how to get to the medium's house - two miles away! I understand now why this small piece of information was given: it was to prove that she watches over me and provided evidence of a life hereafter. Her magic and laughter was no longer silenced through death. On returning home after this remarkable experience, my family could smell Grandma's perfume. How could this be so? I was left wanting to know the answers to countless questions.

I started to attend spiritualist church services, and Grandma was coming through every time. The messages (the same ones time and time again) were simple and clear-cut -- I was to become a medium. I was to get up on platform and perform, though I had no idea how to do this. It appeared that Grandma was very busy over 'there'.

Not long after, I experienced another blow. My best friend from childhood had been diagnosed with cancer. We talked at length about his illness, also what the other side may look like. He was a great believer. I'm sure our talks comforted him. He said he would prove there was life-after-death by showing

family knew that she was psychic.

Once, along with other members of the family, I was witness to an incredible event at the back of her garden. In broad daylight, a small, silver ball moved across the clear sky before hovering by an apple tree. There it sat for a long time until it silently moved back the way it had come. It was the talk of the family for a long time, and when I asked Grandma what it was, she simply chuckled and said that the fairies wanted to come and take a closer look at us. Well, that scared me to death, though Grandma never wanted anyone to feel afraid of these so-called fairies. In truth, she was hiding the reality of what was happening and using an innocent child-

like approach to the whole subject of paranormal activity. Little did I know at the time that I was in a psychic kindergarten, with Grandma my first Spiritual teacher. Clearly, she could see in me the inherited gift.

She used to read the tea leaves and tell us our future. Sometimes, she'd know if something wasn't right or if someone in the family was unwell. Once again the fairies were responsible for these so-called 'conversations.'

A lot of the time, Grandma would speak of the late famous medium, Doris Stokes, and how she had read all her books.

Just before Grandma had passed into spirit, she came to me as I lay in bed



himself to me once he'd departed this Earth. When he died, the grief I went through was unbearable. It brought back all the tears left over from Grandma.

**"The greatest blessing and honour of all is to serve spirit."**

A few months after his passing he did exactly what he'd set out to do. He manifested in full in the back garden of our house. From that moment, I was left with the knowledge that there are more things in heaven than there are on earth. Our very existence meant more than survival. These happenings inspired me to write my first book, *Reaching for the Divine*.

After becoming friendly with a local church, I was guided by other mediums to take the platform. I couldn't believe what was coming through. People who'd died wanted to make contact with those they'd left behind. I found myself being

booked into so many churches, it felt like I had no time for myself, but that's the service to Spirit. It's an honour and a blessing to work on their behalf. The journey for me wasn't easy, but I was determined to bring closure and love to those who'd lost those close to them.

I started to get signs from Spirit, to let me know I was on the right path, a little like the story of Hansel and Gretel following the trail. Following and trusting these signs, I'd have doors of opportunity shut on me, leaving just one doorway open, highlighting the way forward. We all have signs given to us by our loved ones; we just have to trust and believe in this knowledge. We can all train to open our mind energy to see and understand what our guides show us on a daily basis. I truly believe everyone has this ability inside them. A new world opens up; signs become clearer and more frequent. It's my true belief and experience that inspired me to narrate *Angels*, my first meditation CD.

There were two events which I consider miracles, and which came to me in the strangest of ways. My twin brother Ronald and I write children's books. We'd submitted a book to Pegasus and I'd submitted my first

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spiritual book to Capall Bann, two very different publishers. After not hearing from either publisher, I started to feel despondent and at a low ebb; I felt a failure. I asked Grandma for help and guidance. A week later, both books were accepted, one day apart from each other. Twenty years of rejections had come to an end. How rare was this?

The next miracle came when I was selected from 360 nominees to attend the X-Factor British Mediumship Awards through Spiritual Connexions in Portsmouth in 2008. On the journey, I kept seeing the 'X' sign everywhere - as though the 'Connexions' were important. My Grandmother, it seemed, was getting me to events I'd never dreamed of. Despite the gruelling task of demonstrating in front of a panel of judges, I knew Grandma was with me. It was more of a shock to me when I learned that I'd won - that moment was amazing!

Although I'm primarily a clairvoyant, I can heal too and, just recently, was asked to do a little healing for a dog named Rem. As I looked down at this beautiful cross-breed and placed my hands on his head and left leg, I felt the energy of spirit working tirelessly through me. As I began to heal Rem, something stirred deep inside me. The greatest blessing and honour of all is to serve spirit - with no reward or ego boost. Seeing Rem lying there, trusting me to do what I had to do. It brought tears to my eyes - even more so when the owners sent me a message the next day to say he was better.

That is the greatest gift and blessing of all. And if I can make even a small difference to a human or animal, then I'll have done my service. My grandmother always showed me that love is the one truth and she's still coming through from the other side, guiding my hand. I never had the chance to say thank you to Grandma - so here it is. You're a remarkable lady - a queen to us all.

Grandma King is just one of my guides. I have many others, who help me on my journey - a never ending story.

Philip's first book, *Reaching for the Divine*, is published by Capall Bann Publishing and can be ordered either through book shops or on-line: [www.philipkinsella.com](http://www.philipkinsella.com)

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## LABYRINTH

'Cease trying to work everything out with your minds. It will get you nowhere. Live by intuition and inspiration and let your whole life be revelation.'

So said Eileen Caddy, co-founder of Findhorn. She understood the joyful peace that meditation brings and how this simple skill can transform our whole lives. In quieting the constant chirping of our mundane mind, it opens up a space in which the wisdom of the ages, or the words of God, or spirit, or one's own higher self can be heard. Having found the tiny key to open this seemingly impassable door, one's life is never the same again. But how to find it in the haystack of our busy noisy overcrowded day job we call life?

Putting music into words; describing the moment we bite into a juicy strawberry; the smell of the rain on tarmac - somehow the words can only remind you of an experience you've had, not give you the experience. Sages throughout history have spent lifetimes searching how to describe the peace of God and how to attain it. One tool which has crossed the boundaries of language and culture is the pavement labyrinth inside Chartres Cathedral. Its sacred geometry creates a path which leads you in a seemingly random way, slowly whirling you around until, disorientated complete, you're at your own centre, with quiet mind and open heart, re-energised and ready to walk out into the world again. With each visit, the understanding of

the experience of meditation is renewed, even if it's not something you've ever tried before. Apart from the enjoyment of spiritual connection, there are many physical benefits such as an improved immune system and low blood pressure; and even if you're not able to walk the labyrinth, there are cloth 'finger' labyrinths to guide your mind.

There are many Chartres labyrinths across the UK, as well as temporary ones which travel to different sites, available for hire. The Veriditas website [www.veriditas.org](http://www.veriditas.org) has a comprehensive European and worldwide labyrinth locator as well as a fascinating online newsletter. Such temporary Chartres labyrinth was created at the Barbican in London, in front of the Church of St Giles, Cripplegate. Such was its success, that plans are well underway to create a permanent Chartres labyrinth at this spot, although money still needs to be raised - with each stone 'costing' a hundred pounds. For details of this modern manifestation of a timeless archetype, contact St Giles, or go to [www.stgilescripplegate.org.uk](http://www.stgilescripplegate.org.uk).

For general labyrinth information [www.labyrinthos.net](http://www.labyrinthos.net) is a great place to start. For details of labyrinths in East Anglia, go to [www.oaklanelabyrinth.co.uk](http://www.oaklanelabyrinth.co.uk).

Clare Higson will be discussing The Alchemy of the Labyrinth at The Leyhunters Moot 2009.



Labyrinth of Church of St Giles, Barbican, London.