

FIRST PERSON

# Away with the Psychic Sisters



Sally (left) tries her hand at psychometry



A lesson in the beautiful library



Sally feels the warmth of Heather's aura

When writer Sally Maton was offered a weekend of crystals, clairvoyance and chakras, washed down with a glass of champagne, she had her bag packed in a flash. But would it unleash her psychic skills?

Like many alternative-minded women, I'm always on the lookout for unusual courses and chances to expand my knowledge. So when I spot an ad for a weekend workshop run by the Psychic Sisters, I'm well up for it, imagining what fun it'd be to connect to my spirit guides and guardian angels, and learn about crystals and tarot cards. Maybe I'll even find out what's in store for the future.

Jayne Wallace, who runs the two-day course, has been teaching psychic development for 20 years. The workshops are held four to six times a year, and I've chosen one at Nidd Hall, a Grade II-listed mansion in North Yorkshire. Arriving on the Friday afternoon, I'm given a welcoming glass of fizz, then go for a stroll down to the lake followed by a swim in the spa and dinner.

There are 10 of us at the first session the next morning, plus Jayne and Regin Le Faye, her clairvoyant Psychic Sister, who specialises in angels. The group is a disparate bunch of believers, the unconvinced and out-and-out sceptics, with eight women and two blokes.

We start by each taking a crystal from Jayne. 'Choose a stone to protect you for the weekend and keep it close to your heart,' she advises. Apparently, as we open our minds to psychic work, we may become vulnerable to negative energy and our crystal can safeguard us. Jayne adds, 'You could always stick it in your bra.' We all giggle, but I tuck mine in there anyway.

To create the ideal state for psychically tuning in, Jayne shows us how to open our chakras ('chakra' is Sanskrit for 'wheel' or 'circle'). There are seven main chakras, or energy centres, in our bodies, aligned from the crown of the head to the base of the spine. Each has its own function for our physical, emotional and mental well-being. When we open and balance them, our vital energy flows freely.

After lunch, we learn about clairvoyance, the ability to perceive information about a person, object or event using our sixth sense. We pair up, with one person as the 'sitter', the

other standing behind them as the 'reader', and are asked to relay our impressions as they come to us.

I take the role of reader, and place my hands on my partner's shoulders. Immediately, I sense a large, fierce, sandy-coloured dog, barking loudly. A short name beginning with 'B' pops into my mind. My heart thumps and my hands tremble uncontrollably, which Jayne notices.

'That may indicate Parkinson's disease. Does that mean anything to you?' she asks my sitter.

'It's my neighbour, who died recently,' she replies. 'After he was diagnosed he went downhill rapidly, and died within six months. His dog died, too.'

**'The spirit in the grave says she doesn't want us to stand on her and asks us to move back'**

I ask her the dog's name.

'Bruno,' she says. 'He was a boxer.'

This is my first ever attempt at clairvoyance, and I'm astounded by the result. Jayne assures me there's nothing wrong with me, and says I should just shake my hands to let the energy go.

'You're a natural clairvoyant,' she smiles.

That afternoon, we learn about crystals and how each has a meaning and relates to a different chakra. For instance, rose quartz is linked to the heart chakra and is associated with relationships, and emotions such as happiness and pain.

But the lesson I find the most interesting is the one about auras. I learn that we're all surrounded by an electromagnetic field, which is seen as a luminous light, often with coloured layers, around a person's body. These layers relate to the mind, our emotions and health.



Feeling the vibe on a ghost hunt

'Think of the Ready Brek advert,' Jayne says. We hang up a white sheet to help us see the auras, and take it in turns to sit in front of it. Some of us can see amazing auras, others nothing at all. I'm aware of bright lights around various people. When it's my turn to sit in front of the screen, I'm told I have a pink aura, which represents my emotions, with a crown on my head that shows I'm spiritually fulfilled.

After supper, we try our hand at psychic drawing. We're asked to tune in to the auras of our partners before picking up a felt-tip pen and doodling. Pictures come to me like it's the most natural thing in the world. Years ago, a medium at a spiritualist church told me I'd be a psychic artist, and I wonder if it's about to happen. There's no conscious thought or deliberate composition. I just let the pen wander across the page as I draw a dozen or so faces: a miner in a bobble hat; a West Indian man; a woman with crazy hair and crooked teeth; a man in a stiff white collar with slicked-down hair; flowers, chickens and a church by trees. I'm a novice, but Jayne interprets, and soon we have spirits of family and friends who have passed over that people in the workshop recognise. Jayne passes on messages, which bring comfort to their loved ones.

At 9.30pm, it's time for our ghost hunt in the church opposite the hotel. As we walk into the graveyard, the church clock chimes and it starts to drizzle. We stand in a circle in the porch and hold hands. Jayne says a prayer as we wait to see if any spirits come through. After a while, she feels the presence of a gamekeeper by her shoulder.

'It's behind you,' quips one woman, Jeannie. Some of us get the giggles. Minutes later, Carl, an out-and-out sceptic, gasps and we all jump. Someone (or something)

has clipped him round the ear and poked him in the back. He thinks it's Jayne, but she's on the other side of the circle. No one's there.

Then, as we huddle round a torch, Jayne receives a message. The spirit in the grave next to us says she doesn't want us to stand on her and asks us to move back! Branches clatter in the treetops as rain starts to fall in torrents and we run for the porch.

While we wait for the rain to stop, we practise aura reading. One girl, Heather, suddenly feels burning hot, and some of us can feel a warm glow around her. It seems her Ready Brek aura is working harder than mine, because by now I'm freezing and the wind is howling up my skirt. It's time to retreat to the bar for a nightcap.

On Sunday morning, over cappuccino and cheesecake, Regin shows us how to interpret tarot and angel cards, following a guided meditation during which we visualise our angels wrapping their wings



Psychic drawing was a revelation

around us. Angels are powerful, wise and loving guides who can protect us and offer a path towards self-understanding – and, according to Regin, they're 18 feet high!

The rest of the day is taken up with psychometry, which involves handling an object to pick up information about its history or the events or emotions of people connected with it. I struggle with this class, maybe because I'm feeling tired by this point.

Later, I have a private reading with Jayne. She predicts I'll write a book and get a magazine column, travel to Florida (I'm about to go a bit further south, to the Caribbean's St Vincent and the Grenadines), and maybe buy some land there. It all sounds very exciting!

All too soon, it's time to pack up our new-found psychic skills and head home. We've covered so much in a short space of time, and I've been blown away by the clairvoyant ability that's lain dormant in me until now. I'm also keen to test the psychic drawing skills the workshop has triggered. They'll certainly come in handy when I'm hunting for my dream place in the sun!

**SPiRiT & DESTiNY**

• A three-night weekend break costs from £235pp (including bed, breakfast, evening meals and live evening entertainment)

with a £75pp supplement for the workshops. The next Psychic School weekends will be held on 30 October 2009 at Littlecote House, Berkshire, and 13 November 2009 at Thoresby Hall, Nottinghamshire.

• For more information, contact Warner Leisure Hotels at [www.warnerleisurehotels.co.uk](http://www.warnerleisurehotels.co.uk) or call 0800-1388 399, or the Psychic Sisters at [www.psychicsisters.co.uk](http://www.psychicsisters.co.uk) or call 020-7318 3263.



A book and a journey are on the cards for Sally