

'Love is life' says medium

THE EDITOR'S E-MAIL INTERVIEW WITH A SERVING MEDIUM

Please welcome Brighton, East Sussex, medium Dorothy Young, who has recently joined the ranks of the Spiritualist Association of Great Britain's mediums as well as serving various churches.

The first question put to Dorothy was: "I see from your website that you were once a nurse. Was this in a hospital, GP's surgery or health centre?"

I WORKED in nursing for eight very happy years and was lucky enough to embrace a number of roles within the profession.

I was a State Registered Nurse in a large hospital before becoming a district nurse and then a health visitor, specialising in supporting families.

What attracted you to become a nurse?

Well, I hated working in an office! I realised at quite a young age that the 95 routine just wasn't me. To be honest, I never looked forward to going to work and as we all know, life on this earth is too short to waste.

One day, a very shrewd lady at my local careers centre suggested that I become a nurse. It developed into a career that I grew to love, as it gave me a great sense of purpose.

Engaging with others and helping them enabled me to develop my confidence and to understand my strengths - and my weaknesses, of course.

Would you agree that parallels can be drawn between mediums and nurses?

After all, both need training along with sympathy, empathy and compassion, but also an ability not to become too involved with a patient or sitter.

Yes, that's very wise of you to say that. As a nurse, you need to balance carefully a strong sense of empathy and understanding with the ability to detach yourself from too much emotional involvement.

I quickly learnt that being a weepy, soggy mess was no good to anyone! As a medium, you also need to retain a sense of the professional, but with warmth and engagement, too.

Your website also explains that you and your husband Alan run "a successful business." What kind of business is it?

Indeed we do and it's quite a contrast to my "other job" as a spiritual medium. We run a graphic design and printing company, helping those who run their businesses to present themselves at their best in terms of their marketing collateral - business cards and so on.

How did you and your husband meet?

How long have you been married?

Ah, we met the old fashioned way - at a ballroom dance in Brighton. I dragged myself out of the house just expecting an average sort of evening really . . . and there he was. Alan asked me to dance and that was it. We've just celebrated 40 years of marriage.

Who 's in the rest of the family? How do they regard your mediumship?

I have a grown-up son and daughter, who are both wonderful, and two adorable grandchildren.

They've seen me grow and develop as a spiritual medium and are totally supportive of what I do, not least as they witness the satisfaction and inner peace that my mediumship brings me.

What psychic gifts do you have?

I feel blessed to have the three gifts of psychic intuition - those of clairvoyance, clairsentience and clairaudience.

Where did you develop them?

I was part of a development circle at the Brighton Central Spiritualist Church. I continued my studies at the Arthur Findlay College and am looking forward to going back there next year. I also developed my skills at the open circle at Brighton National Spiritualist Church.

The people I've met have never been less than supportive and keen to help me develop, in particular Eddie Hill, my Spiritualist leader.

Were you raised as a Spiritualist?

No, I was christened in the "normal" way as a child and grew up willing to believe in a higher power. Looking back, I believe that I have always been open-

minded enough to understand that there is a great deal more to life than we realise.

I developed a strong interest in Spiritualism when I was old enough to make a choice about my belief system. It is Spiritualism that makes the most sense to me.

Where were you born and when?

I was a child of the 1950s and was born in Dorchester. You don't want my exact age, do you?

Where do you live now?

I live in Brighton on the south coast, otherwise known as "London by the Sea."

What's the most satisfying aspect about being a medium?

What a good question, but there are so many great things, it's hard to be precise.

In my opinion, I get most satisfaction from being of service to the spirit world and feel privileged to be able to do so.

I feel strongly that we deserve to be happy and fulfilled during our short time on earth as physical beings.

Being a conduit between two sides - those grieving and those who are no longer physically with us - enables me to be of service to others. It gives me great joy.

How much time are you able to devote to your mediumship?

Increasing amounts, I'm glad to say. It's nearly full time now. Sometimes, it's more than full time, or so it seems.

What advice would you give to fledgling mediums?

It's very simple: believe in yourself and in your unique qualities - you can help others, which is a rare gift. Also don't give up; trust that you will succeed.

How many churches do you serve a month?

It varies. Last month was busy and involved ten, but on average, I would say about seven.

From a medium's point of view, what makes a Spiritualist church really good?

The welcome that's extended to like-minded people and the supportive environment. A Spiritualist church is an entirely happy place, full of energy, kindness and warmth. You have to experience it to know it.

What was the best day in your life . . . and the worst?

To answer the second part first, I've had very few bad days and have been lucky enough not to go through a great deal of trauma.

I was very close to my grandmother and mourned her passing, when I was sixteen, very deeply. We were extremely close, but she is still with me. I'm aware of her presence in my life and it gives me great comfort.

The best day? Well, there are so many. My wedding day, the births of my children, the arrival of my two grandchildren and the day I passed my CSNU (Spiritualists' National Union certificate) to name but a few.

What is your philosophy of life in no more than two or three sentences?

Be happy. Retain a strong sense of positivity. See the good in people.

If you were stranded on a desert island, which three or four luxuries in life would you miss the most?

This is a hard question to answer, as like many others, I think that I take so many aspects of our modern world for granted. My friends comment on my smart handbags, so do they count?

Hot water is pretty much an essential, too. Ah, you said "luxuries." Does a power shower feature as a luxury?

Similarly, if you had to leave your house in an emergency, which three items would you grab on the way out?

My mobile phone (it's got all my precious photos on it), my wedding ring and one of my favourite Spiritualist books.

Do you have any hobbies or special interests away from the psychic scene?

Sussex is a beautiful county, full of contrasting sights and stunning views, so Alan and I love to walk in the countryside when we can.

How do you relax at the end of the day?

My life is full and busy, so being able to switch off is very important to me. Alan and I always take the time and effort to cook a meal, which we enjoy with a glass of wine, talking about our day and sharing our plans for the future.

If you knew you had just one more day on earth, how would you spend it?

With my family, making sure that we know how much we love each other and calmly, contentedly anticipating my new life upon the passing of the old one. Love is life and lasts for ever.

■ **You can find out more about Dorothy Young at**

www.spiritualmediumdorothy.co.uk