

# *Suzanne's gifts are crystal clear...*

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

*Next month, Suzanne Gibson-Foy (pictured left) joins the Spiritualist Association of Great Britain (SAGB) as one of its mediums. Below, she answers a series of questions about her life and gift. The first point put to Suzanne was: "As well as being a medium, you are also a holistic therapist, qualified counsellor and psychotherapist. In a nutshell, can you tell me something about your work in this direction?"*

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**A**t the moment, my work is compartmentalised so that the three different aspects do not feature together.

I have a diploma in crystal healing, but do not advertise this and just work on family and friends. Crystal healing is a wonderful way to be energetically re-stored and nourished.

The bulk of my work is as a psychotherapist. I work in private practice with Carlos, my husband, and deal with a range of issues including relationships, anger, anxiety, loss, depression and low self-esteem. The focus in psychotherapy is on understanding with a view to change.

*Where were you born and when? Were you raised as a Spiritualist? If not, what was your first encounter with Spiritualism?*

I was born in Newport Pagnell, Bucks, in 1969. I was not raised as a Spiritualist and my parents were not at all religious or interested in religion. However, Nesta Wyatt, my grandmother, was a Spiritual-

ist.

She was a healer with the National Federation of Spiritual Healers and a serving platform medium, who held a diploma in speaking and demonstrating from the Spiritualists' National Union (SNU).

My grandmother often told stories about her demonstrations and sittings. She conducted many private sittings over the years and at one point had many minor TV and theatre celebrities visit her.

I only used to see her once a month and was rarely on my own with her as a child, so we never actually had discussions about it. From her stories, I believed in the afterlife from a young age and when my own mediumistic happenings began, I knew what it was.

I did go to see her work a couple of times - once when I was seventeen at Luton, which was the first time I entered a Spiritualist church, and then some ten years later in north London.

*Are you a full-time medium? What other jobs have you done in the past?*

I am not currently a full-time medium, as I still work as a psychotherapist and counsellor.

As a student, I had many jobs from waitressing and working in bars to generalised office work in university administration. After graduating, I became a course organiser for a number of history courses at the Open University.

I then became a teacher and subsequently Head of Department of History in the secondary independent sector, working initially in an all-girls' school in Bedford and then in a mixed school in Wellingborough.

I taught history and politics, mainly at GCSE and A level. I have to say that I miss the subject of history and also miss teaching. I was in that profession for fifteen years.

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

My main family is quite small, but because of my grandmother, mediumship is accepted. I think some are scared of it and do not want the gift for themselves even though they have the ability and could develop it.

I am not criticised in any way for choosing to follow that path. Initially, Carlos was not terribly interested in it, although supportive of my development. I think that over the years he has become more understanding of it.

I do not have children, but am secretly hoping that one or more of my nephews or my niece will become curious. I would then be happy to pass on all that I have experienced and know.

*What psychic gifts do you have? How did they first manifest?*

I am clairsentient, clairvoyant and clairaudient with the latter being the least developed at present. I am also a healer and do trance. I know that there is also a creative element present, but have not developed that yet.

While I had mediumistic and psychic experiences as a child, they were not many and not really concrete enough to say with real certainty what they were.

My mediumship, as I understand it today, started very suddenly when I was 23 and I became aware of smells, particularly one aftershave and various perfumes that would appear very pungently before my nose wherever I happened to be.

After visiting many churches looking for answers, I was eventually led to a meeting with a relative of medium Stewart Alexander, which resulted in to my first circle. Trance came first, and then clairvoyance and clairsentience began to develop simultaneously.

*Where did you develop your mediumship?*

I was very lucky because I first sat in a small home circle, which was set up for my development by a relative of Stewart Alexander. We sat for trance and it lasted about eighteen months until I had to move away from that part of the country in the late 1990s.

I didn't realise at the time just how precious that circle was, as it took time to find another circle. I then joined an open circle run by medium Daphne Cross, which again I stayed in for about eighteen months.

I also started to go to the Arthur Findlay College at Stansted around 2000 and went two or three times a year for the next decade.

From there, I attended more courses with the late Glyn Edwards. I first met Glyn in 2002 and attended numerous courses with him. He has been a great source of both inspiration and encouragement to me.

*Where do you live?*

In a small market town in Northamptonshire called Higham Ferrers. I have lived there for about twelve years.

*Do your neighbours know you are a medium? If so, what's their reaction?*

As far as I am aware, my neighbours have no knowledge of my religious beliefs or activities. I have no idea what they would think if they knew.

*How long have you been serving Spiritualist churches?*

I served my first church in 2002 with Daphne Cross, who now works at the SAGB. It was at Rectory Cottages in Bletchley, Milton Keynes. I began working in my own right the following year, so have been serving churches for thirteen years.

*How many churches do you serve a month and in which parts of the country?*

I usually do a service a week, so serve four or five churches a month. At present, I travel north from my home to Leicester - which is 50 miles - and south to the north London and Oxford areas, about 60 miles away.

I try to keep travel time to about an hour for a Sunday service or mid-week demonstration.

*From a medium's point of view, what makes a Spiritualist church really stand out?*

When it is clean and tidy, well organised and friendly to all who enter.

A solid committee or leadership is the cornerstone of any successful Spiritualist church, a committee which will work to enable the church to become a community offering a range of events and services for its congregation in which participation is encouraged.

Also, that they have an understanding of how mediumship works, so that services, including the reading, are put together with thought and care.

Finally, that they create a warm-hearted and friendly place to be for everyone, medium and congregation alike.

*What can a congregation do to assist a medium on the platform?*

It makes a difference when a congregation participates fully in the service, joining in with prayers and singing hymns or songs with enthusiasm.

For the demonstration of mediumship, it is helpful if members of the congregation are open-minded about who might want to communicate with them, that they speak up clearly if they are a recipient and stay attentive throughout.

Having said that, we also have to recognise that not everyone is able to be in a positive and open frame of mind for lots of different reasons and that's OK.

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

I thoroughly enjoy being able to communicate with the spirit world. It is a privilege to be able to link the spirit world with their loved ones, as it is a healing experience for both.

I would also add that the message of the philosophy of the spirit world is extremely important and that we are all spirit with the divine spark within us. This information and the experience of it should transform our lives.

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

I don't tend to think in terms of good days and bad days. I have had two great days this year within Spiritualism - one was becoming an officiant of the SNU, which was a loving day of affirmation, and the second was passing my SAGB audition.

The worst? When something bad happens the effects tend to last far longer than a day . . .

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

Life is about experiencing, learning and developing, and ultimately finding self, Spirit and God.

Don't get too caught up in the small things, as they are just distractions. Find your greatness and don't give yourself a hard time for all times that you fail to do so.

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

During the last few years, I have travelled a few times for a period of four weeks with a back pack, so can tell you exactly what I miss - a weak latte coffee, my cat - or at least some animal to stroke - books, especially those concerning religion, spirituality or history, and finally my phone, as I want to be able to contact home at some point.

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

My laptop, for all that is has on it. My diary, the old fashioned type made of paper, which I would be lost without, and as many books as I could grab.

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

I love reading and visiting places of historical interest. I spend a lot of time in cathedrals and monasteries looking at the architecture and taking in the atmosphere.

When I can, I go on a pilgrimage with Carlos and we walk the Camino de Santiago, or Way of St James, to the cathedral of Santiago de Compostela in Galicia in north-western Spain.

I used to be involved in battle re-enactments from the Wars of the Roses and have my own armour, but think I'm a bit old for that now. I love the energy of crystals, so occasionally have a mammoth day of making my own jewellery.

*How do you relax at the end of the day?*

The nature of my work means that I often work evenings and therefore don't tend to have the traditional wind down. I love the idea of sitting and reading a book while nursing a coffee or to have a really good conversation.

*If you could invite four people, "dead" or alive, for dinner, who would they be and why?*

The first would be Indian yogi Swami Rama, who died in 1996. The work of great spiritual teachers is often limited when left in the hands of their disciples. Thus, I would like to talk to the real person and experience his light for myself.

The second would be Emma Hardinge Britten in order to have a better understanding of the mechanics of medicine in her era and to witness the tremendous drive she must have had to achieve all that she did.

The third would be Estelle Roberts in order to have her explain her relationship with her guide Red Cloud.

The final member would be Joan of Arc, as I would like to hear her talk about her visions and her experiences of medieval France.

*What would you choose for a three-course menu?*

For a starter I would have something which included a combination from mushrooms, cheese, garlic and aubergines. For main course, a fish dish, such as lightly cooked salmon, and for dessert bread and butter pudding with cream.

*What's your main ambition in life?*

To fulfil my potential - whatever that is - and to be at peace with myself.