

Mystic POP

the "NOW AGE" magazine

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Interview by: Devra Ann Jacobs

John Holland, for a very long time has been known on radio and TV for his exceptional gift as an internationally renowned psychic medium. But there is so much more to this amazing man, which is revealed in his new book, Power of the Soul. He is warm, and friendly, if not a little shy. I found him to be one of the most humble famous people I have had the opportunity to interview. The following interview, I hope, will allow you to get to know this amazing person for yourself.

Devra: Your book is very interesting to me, because you seemed to write this from a whole different direction than your other books. For those who don't know you yet, I want to go into some of your background. You've been a medium for over 16 years, right? And, did you realize you had this gift?

John: I've been doing this work professionally for 16 years and spent 20 years of developing. I just say that because developing means I still look at myself as a student. Always. I'm always learning.

Basically, it started like most of us, being different. Maybe, a lot of your readers have always been the different one in their families. Devra, you're probably the different one in your family.

Devra: That's true.

John: Same thing with me. It has always been there. Even as a child, I was extra sensitive. I knew things I couldn't possibly have known, like who was ill, who was coming over, etc. In the early 1960's, being raised Irish/Italian/Catholic, what was my family going to do? They didn't know. Anytime anyone is different in society, even in today's world, they are looked at, outcast, ostracized, and told that they are different, so I hid the ability as a kid. I just pushed it away, until an automobile accident, many years later, when I was 30, in Los Angeles that woke up those abilities. I couldn't ignore them anymore. My energy centers fully opened up, and I was being bombarded with all kinds of information about the people around me. I was wondering why and how it was happening and wondered how the hell I could shut it off.

I went back to studying my metaphysical books, which I had read from the time I was a kid. Instead of playing baseball with my brothers, I'd be up reading a book, until the accident, which I refer to as the 'wake-up call'. That was my wake-up call to get my life together.

I was living a fast life in L.A. It was like God was knocking on the door and said “OK. Let's give you another chance!” I really believe that you don't get a lot of wake-up calls. I also believe that trauma can change you and it was trauma that did it for me. But, you have free will on how you handle the situation when it happens. I used it to change my life and it pushed me in the direction of what I'm doing now.

Two years into doing this, I was still fighting my ability. Even for nine more years, I fought it, working two jobs. I had a normal 9:00 to 5:00 job and would see clients at night. I still didn't take it full time - for nine years. I was still trying to accept and embrace it. You know, look what I'm doing. I mean, I'm a psychic, and there is a lot of skepticism, memories being brought up as a child of how different I was, and of course there is the responsibility of doing this work. People's lives are in my hands. That can be quite overwhelming.

Two years into doing readings, Devra, something different happened. People on the other side started showing up. I said, “Great, here I am trying to deal with being a psychic. Now what? I'm talking to dead people?” Once again, I approached it from a scientific point of view. How is this happening? If I'm reading for someone who wants help on a project or event in their life, why is Uncle Joe coming in? So, I started reading books on spiritualism; not just spirituality, but spiritualism, which, of course, is a whole different faith and their belief is simply the continuity of life. Every book I read was from England. I wondered how I was ever going to get myself trained? Two weeks into reading these books on mediumship, I stepped on a person's foot by accident and he was from England. I was told the UK was the best place to get training. It was synchronistic. I had the opportunity to go to Britain. One thing led to another. I got to live over there for two years to study with professional mediums, some very known and some not so known. I sat in circle for development for over two years. I also attended a lot of workshops and sat in a development circle for 2 years. I worked side by side with mediums and I had the opportunity to attend the Arthur Findlay College, where they train students in Psychic Sciences and Mediumship Development on all levels.

Devra: That sounds like an amazing experience.

John: When I say Arthur Findlay College, it's not like Harvard University. It's a huge estate with many, many rooms. It's an old, old house that was left there by a gentleman who supported Spiritualism and he bestowed his estate to the SNU (Spiritualist National Union)

The training was intense. At 9:00 am to 8:00 pm - they don't care if you're a beginner or advanced. They work, push you, and encourage you. That's where I learned the ethics and responsibility of mediumship, and the mechanics of how it works or how we think it works.

Devra: This is really important for people reading this. I always tell people who call me and are interested in getting into their gifts - a little bit of knowledge is a dangerous thing. You really have to learn and train and practice. This includes learning ethics and responsibility, right?

John: Yes, too many people take a couple of workshops and then you see their ads in the paper. This is a huge responsibility. I ask people who take my mediumship class why they want to do this. “I want to help people,” The answer I should be hearing.

Devra: We were talking about responsibility and ethics being so important. If you're going to tell people things about their lives or their futures, or anything that would impact them, you have to come from a place of spirit.

John: Absolutely. They have to realize that this is a life of service. If you're going to work with mediumship, then, take a bereavement class. It's okay to say 'I have your father here. He talks about how he passed.' Then, the person, of course, is surprised, happy, and shocked. You should have some type of bereavement knowledge to tag onto the reading to help them. That's responsible.

It's one of the things that almost stopped me... the responsibility of this work. I tell people that I almost didn't want to do it because of the skeptics, and how it brings back memories of my childhood. It can be an overwhelming responsibility.

I always tell people in my psychic development class or my mediumship classes, that it's great, but please reach out for more. This is just my opinion, my theories ... If someone gets one thing that they can expand on in one of my workshops, then, I feel the class was worth it - if they can expand on and seek more knowledge - then I feel I have done my job. I also tell people that it is very important to stay grounded. Too many people taking workshop after workshop after workshop, sometimes, get overloaded. There's too much. I also recommend that they seek out different teachers.

Devra: I used to call it 'being in a hovercraft.'

John: Yes. Stay grounded with this work because you are still a physical being. You are both a spiritual and physical being. You have to honor both - 50/50. You know when you've gone too far with this subject, when you walk towards a friend and they walk the other way. Or, you've gone too far when you realize you have no friends left because you're pushing what you've learned on them.

Devra: That's one of the things I love about your new book, *Power of the Soul*, because you've taken it where you're teaching people to communicate with their own spirit and their own soul. My question - you talk about spiritual energy ... Do you feel spiritual energy is different than our spirit? Is it separate or different than our bodies?

John: Good question, because I do address that right at the beginning of the book. I knew people would have a problem with the words ... I based the book on: Soul and spirit. What's the difference between the two? I use this analogy that people can easily understand. Imagine you're a car. The outside of the car is your physical body. The driver of the car is your soul, taking you in different directions, paths, and journeys. Like gas fuels the car, spirit is the life force, is what fuels the soul. See?

First of all, you are a soul with a body, not a body with a soul. You are a soul first. In the book, I tell people to tap into that spirit force - which empowers you. What are you passionate about? How are you helping others? All of this will turn on that force even more. That's why I didn't want to just come from a psychic perspective. I also talk about how some of the psychological paths will stop you from that force coming through. That's why I wanted to cover everything. So, soul and spirit - soul's the driver and spirit is that life force, that God energy, the divine source, prana, whatever you want to call it - it's there.

Devra: When you pass, the soul leaves the body, but does the spirit? Are they connected that way?

John: They are connected. It's almost like those Russian nesting dolls. The body holds the soul. The soul holds the spirit. Without spirit, there would be no soul. Soul is consciousness. It's the thinking part of spirit - that's the way I think, although I've never said it that way before. The soul is consciousness. It's not held by just this body! It can move forward and backward in time, whatever. This soul is what makes you...you.

Devra: Because of your medium experience, for those people who believe in reincarnation, do you believe, after a soul comes back in and is reborn, a medium can still communicate with them?

John: I've had that question asked before. The reincarnation question always comes up. The soul is eternal. It never dies. There is no birth - not like into the physical - it is there. It continues it's journey, but a lot of people say, if I go to the other side, how will I know my grandmother will be there? How will I know if she's come back here? Of course, when it comes to reincarnation, Devra, everyone has their own opinion. There are many books, but one medium said this and it made sense to me.

Imagine a hard drive. The Devra program just spit out and is playing now. You have a hard drive, like a computer, and there are lots of different programs. The Devra one is playing right now. When that Devra program ends, it goes back into the hard drive, but another program, which is part of the oversoul, will come, so that Devra program will always be running. Do you see? It'll always be there in the hard drive. Yes, a person could reincarnate, but that Devra program will always be there to play. I believe that because I never link with great-great-great-grandparents or even great-grandparents, so something's happening, but I know that the program is still running.

Devra: So, John, what do you want people to walk away with from your book? What do you want them to do with this information?

John: I want them to realize that they are a soul, first, and your soul is what makes you... you. Turn to your soul. You are a miracle and have tremendous power that can be tapped into. We're in a society where we're constantly reaching out for everything, all the answers. This is just another book, another reminder to say - go in, go in. Of course, when I say in, the soul is all around you.

Maybe it will give them an opportunity to step back. Understand what the soul is and how it's really trying to work in their lives, and how it's trying to get your attention through intuition, synchronistic events, dreams, and gratitude. So, honor that you are a soul first, with a body - not the other way around.

There is a huge section in the book on purpose, because so many people say they don't know what they want or where they're going. They ask who they are and how do they get there.

My purpose is not to be a writer, a medium, or a teacher - that's just my gift, talent, and ability helping me to be all that I can be - a divine being helping others. When we follow our souls - it's

an individual path. Sometimes, we do what we have to do alone and that's why I talk about relationships and loneliness and getting away to have some soul solitude, the psychological things that stop you, and your soul wounds.

Devra: What do you think about suicide?

John: John Edward once said, "The other side is not an invitation," when he talked about people who take their own lives. It's not meant to be an invitation. I so love that saying. You see, Devra - really, there is no escaping your problems. People should work out their issues here. That's where the true learning and soul advancement comes from.

Devra: Can you communicate with someone's parents if they didn't speak English?

John: Absolutely. Because it's all done in thought. Sometimes, I'll hear the thought as a word, which helps me when I get names. People will disregard a whole reading if you can't get their mothers' names, which is sad. I'm also clairaudient. I will hear thoughts. I've read for Japanese, Chinese, Ethiopians, Brazilians, Latinos, and I'll get it in English in my head, but, every once in a while, I'll come out with a word that I don't know. Sure enough, it will be in that person's language.

Another question I get is, "What happens if my father was an atheist?" What I tell them is simple, "Well, when they go over, they're very surprised." I believe that following a faith or religion helps you because they all talk about the other side, in one form or another.

What I try to do, Devra, is to reach as many people as much as I can. Listen to my radio show. It's free, right on the internet at www.HayHouseRadio.com. Or people can find out more at my web site www.johnholland.com.

Devra: John, what do you want people to know about you that may not have been said before?

John: Well, believe it or not, even though I may step in front of audiences of 3,000 people, I'm really shy. Put me at a party, a small party, with a small group, and you'll see me off in a corner by myself.

Something happens to me when I get on stage. I know I'm not alone, that I'm joined by other people, on the other side, my guides, so I am basically shy. I have a tendency to be over-sensitive. It comes with the work. A lot of people don't realize that I'm just a man. There's only one of me, doing all that I can. People forget that besides being a medium, teacher, and an author, I am, simply... just a man.

My mom asked me the other day, how long can you keep doing this? I constantly go, go, go. I do honor my down time. I said, "Ma, I want to help as many people as I can with my time here." I don't think I'm going anywhere, but I'm shy, I have a tendency to be over-sensitive, which comes with the work and makes me good at what I do, and people put me on a pedestal and think I'm a message machine. I am just a man of flesh and blood. Yes, I do have a soul, but people forget that I'm just a man.

Devra: Thank you, John, for being so open with me and speaking from your heart as I know you always do...