

INTERVIEW Q&A'S

Looking at the bookshelves, it seems like there are hundreds of books about psychic or intuitive abilities and the afterlife, what do you attribute the cause for such an overwhelming public interest?

I truly believe that people are seeking more from life, more answers, more understanding than ever before. As we've become a society rich with information and technology, instant messages, instant access to the media, yet you can't always find the answers from this outside materialistic world. More and more people are now looking inward for those all elusive answers. I believe people are ready to start discovering their own spirituality in hope that they will gain a more balanced and enriched lifestyle.

Also, people genuinely want to know what happens when we die, where do we go, what happens to our physical bodies, but more importantly what happens to all our memories, our feelings, our soul – this is what fascinates me, and always has done.

So, what inspired you to write this book, your first book?

No matter what I did or where I was, people constantly asked me, “when did you know you were psychic”, “what was it like growing up this way?”, “where do we go when we die?” ... yes, I found every excuse not to write a book, but in the end the pressure to tell my own very personal story was too much. I realized that I would attempt to write my story in my own, very down to earth natural style, in an honest and open way.

It's a great title and a strong jacket, where did you get the title from and tell us more about the message here?

Whenever I talk to my parents, they often remind me how different I was as a kid. I was tagged 'the different one'. I was the one at the age of seven, who was found with his nose glued to a metaphysical book that were actually written for adults. Somehow, I had this wise head on young shoulders and knew things that were going to happen to people around me ahead of time. This is what caused me to use the term, '*born knowing*'. I came up with the title years ago (or it was given to me from the other-side) and reserved it immediately, knowing that I would one day succumb and write the book.

I am blessed in my life with talented friends all around me. The cover is quite beautiful, and shows this fully grown baby (in fact a man) in the womb, with these wonderful strong colors resembling the richness of the information and knowledge. A French artist named Paul Gerbier created the image. I am delighted that he gave his permission to use his artwork.

When did you first know that you were different, that you had this ‘unique’ skill?

Growing up I knew I wasn't like all the other kids, although I tried to be normal, until I realized that no one else was seeing what I was seeing or feeling. I think I was always like this, so I can't say when I finally realized that I was different. My family and the rest of society pointed it out to me at a very young age but they were rarely kind words. People have a tendency to be afraid of what they don't understand. As for calling the skill 'unique' – that's a word I tend to use with great respect.

Do you feel that you were chosen in some way to do this, or did you choose your own path?

That's a tough question, one of my mantras is '*all thought creates reality*'. Was I chosen in some way? I believe I chose this life before I incarnated into this physical body, but I also feel I've done this work before, in previous lives. I did everything in my power to push back for many years. The responsibility of this work is overwhelming. For years, I worked a full time job and would see clients in the evenings for private readings. I finally had to make a choice. I do believe that this was my destiny, in that I would go on to help people in the way that I do - to bring comfort and hopefully some closure.

Now, looking back at my childhood and my earlier life, I can see how all the pieces fit together. From those early days of reading so many metaphysical books to learning how to develop my abilities, to even preparing me to speak in front of large audiences.

Clearly, your childhood was a tough one! Do you think that such a turbulent upbringing prepared you for what lay ahead?

Absolutely. I grew up in an alcoholic home like so many kids, but as I wrote in the book, growing up in a dysfunctional home meant that, more times than I care to remember, I had to know what was going to happen ahead of time.

I think it made my abilities emerge faster. Now, as an adult I look at my upbringing as an education and preparation for helping people. I was learning what it's like to experience heartache and loss. I look back and realize that I was a sort of counselor even then. I helped take care of my siblings at a very young age. My childhood gave me strength as an adult as I learned not to live in the past but to move on and live each day the best as you can, for its '*today*' that matters.

The whole accident in LA, must have been a scary event, did you know you would survive or was there any point in those few seconds, when you thought you would die?

The whole experience happened in a matter of seconds. For a moment, I really did think I was going to die. A lot of people think that the accident made me psychic. The fact is that it only awakened my abilities, which I had continually pushed away. Except this time they were amplified to the point where I couldn't ignore them any longer. It was like someone had just turned up the switch!

I felt a surge of energy go through me and with that, I started to become strongly aware of things in people lives almost immediately after the accident. Of course, I stress to everyone, that you don't have to have an accident to become psychically aware. We are all born psychic, but forget as we get older and start to use the left side of our brain

instead of our intuitive and more creative right side. We are all psychic – it is our birthright.

Yes, the accident was a trauma in my life but I always tell my audiences that some things are meant to happen. You have free will to make decisions and choices after the event occurs. In this case, I chose to let this accident be my *wake up call* and to get back on my path that I'd ran from for so many years. In some strange way the accident for me, was a blessing.

Tell us a little more about your training to become a medium. Is there some formal training that every medium goes through, or what?

I knew that if I was going to do this work that I wanted to do it right. After all it is a profession that has its fair share of skeptics and people who look at you differently. That's why I chose to study all I could on the subject. Everyone approaches their personal development in their own unique way, whichever way suits their abilities most. I had the opportunity to study with some of the most renowned practicing mediums in England for over two years.

During my 2 years in the UK, I also had formal training by sitting in 'circle' with seven other mediums. We would meet once a week, and sit in circle, meditate then link with spirit. From sharing and blending energies, to giving off messages from those who have passed on. This is a subject that should not be toyed with. You have to learn the fundamentals to understand the mechanics first.

I also attended the Arthur Findlay College in Essex, England. A school dedicated to the study and development of psychic sciences and mediumship. Students attend this prestigious school from all over the world. The school was pretty intense with long hours (I humorously nick named it "Spirit Bootcamp"). Going to this college was and always will be one of the highlights of my spiritual learning.

I was fascinated by the whole 'spirit boot camp' experience, would you recommend every medium go there to study?

Like I said earlier, everyone has to develop in their own way. The school is called "Arthur Findlay College" A residential college dedicated to the study and development of psychic sciences. I would recommend the college as they have numerous courses to choose from, depending on your area of interest. The tutors at the college are some of the most highly trained professionals in the world. I was honored and so appreciative that I had the opportunity to attend this school at the beginning of my discovery stage. It clearly helped to refine my abilities.

Throughout the book, you often talk about "energy cannot die", what do you mean by that?

We are all made of energy that is constantly on the move. For example, the chair that you are sitting in or the table in front of you is made up of atoms and molecules that are constantly spinning at a slower vibration. That's why you can see the table or the chair.

But, in the spirit world that energy is vibrating at a much faster vibration. Undetectable to the human eye.

Your spirit, in a sense is really *energy* that is being held by your physical form. When the body dies, your energy leaves its physical shell and moves on and into the spirit realm, heaven (as many of us call it), the other-side, call it what you will. When I lecture, I try to keep the subject of 'spirits' as an energy form, so people stay grounded and to make it simple to understand. People have a tendency to take this subject too far and put it way out of context. *Simply put: energy cannot die, it just transforms.*

Can people make their own connections with the people in their lives who have passed on?

Definitely. The most common way that your loved ones contact you, are through dreams. Not the dreams that you forget by the time you have had your coffee, but the ones that are quite vivid and stay with you. People who've had these communications can always remember in great detail these dream visits. It is the easiest way because your conscious analytical mind is pushed aside. The veil between this world and the next is really quite thin.

Your loved ones will try to let you know that, in spirit they are quite alive and well. The signs are quite subtle and are easy to miss. People often believe they feel a presence or simply a scent of perfume or cologne or as though someone is playing with the electricity. But what happens is, we try to explain it all away, rationalize it, or justify it. We are still connected to them and can stay connected just by talking to them with the power of thought.

There are some beautiful stories in the book, and clearly there have been some memorable moments for you, yet you seem to handle it all with a lightness of touch still and you bring a little humor into everything, how do you manage that?

I believe that those that have passed on want you to be happy here. Surely, life should be about living, laughing and most of all loving. I find that when I lecture, I use humor to help with some of the more delicate subjects to help raise the energy in the room. People relax a little more when they laugh and are more at ease with me, and themselves. I want people to leave with a sense of lightness in their hearts, and feeling good just knowing their loved ones are still there and that love can never die.

What's next for you John and is there a sequel to this book?

Well, I will continue to demonstrate my mediumship in lectures and have many people waiting for personal appointments. When I lecture I like to blend some education about 'life after death' with the demonstration. Teaching others to develop their own awareness has always been top of my list, whether in large audiences or in my one day workshops.

I decided to write my second book all about developing your own psychic abilities. It's going to be a real user-friendly book that everyone will benefit from. It will allow the reader to develop in their own way, in their own time. I want to show people that we all are born with a gift and your intuitive self can help you and guide you on your own spiritual journey while you are here in this physical world.