

THE SPIRIT WHISPERER

CHRONICLES OF A MEDIUM | Q&A

Q & A with John Holland, author of *The Spirit Whisperer – Chronicles Of A Medium*

Q John, your first book ‘*Born Knowing*’ was clearly a best seller, describing your life and how you became to be one of the top psychic mediums in the country today. Now after some years, why did you feel it was time to write the next chapter about your life and your experiences in ‘*The Spirit Whisperer*’?

A It’s actually been over seven years since *Born Knowing* was published and although I’ve written a number of teaching books, it never ceases to amaze me that at almost every book signing, I’m constantly asked, “John, when are you going to write another book about yourself and your experiences?” It’s been one of the most frequently asked questions over the past seven years! In the end, I couldn’t resist the pressure, and I knew that there were so many more experiences and stories that I hadn’t been able to include in *Born Knowing*, not to mention a lot of new teachings—both personally and professionally—that have taken place since then. I always knew when the time was right, they would be told. I’ve learnt a lot since I started writing all those years ago, and it’s been as much a journey for me writing *The Spirit Whisperer*, as I am sure it will be for the reader. I’ve tried to write it with as much candor and honesty as possible, some may say, too much, but I’ve certainly given the reader a rare insight into such a unique profession!

Q John you deal a lot with the sadness and affects of loss in your career, so was writing these chronicles an emotional experience for you?

A Yes for sure, some of it was as there’s always those stand-out stories that get to you every time, but I’ve been doing this work for over 17 years now, and although I don’t want to sound blasé, you do get used to things to a point, but there’s never a day goes by when I don’t acknowledge how truly blessed that I can help others. If you could be a fly on the wall at some of my events, just to watch the look on their faces, when a message of comfort, love and all too often closure is delivered, then you’d know what I mean!

As I was writing this book, it rekindled many memories of my childhood again, and I felt all kinds of emotions depending on what I was writing. I would often find myself laughing out loud, and then in the next minute, tears would roll down my face as I relived some of my past experiences. As a medium and a man, I am very sensitive and it’s what makes me good at what I do, but first and foremost I am simply just a man. With all the emotions that come with doing this work, it’s hard not to get caught up, and for my close friends, they know when I’ve been deeply affected when I return home. Those are often the readings that I never forget, and I’ve been able to include some of them in this book. Writing this book over the months has brought many emotions to the surface, but if there’s one confirmation that comes top of the list, it’s this: If I can help someone who

has lost a friend or loved one, if I can teach someone to follow their souls' guidance, and if I can show that the soul does go on and that love is truly everlasting, then I feel it's all worth it.

Q This is this first time you write about some of the paranormal things you witnessed as well as describing in detail the many forms of mediumship you have seen others do. Why did you wait until this book to tell these stories?

A I wanted people to get to know me first, before launching into too much detail. When you're dealing with such personal matters, and such a sensitive subject the human connection is so important, so I really wanted to let people understand where I came from, and how I'd become a medium. I didn't think it would be right to jump into all the serious stuff right away, and also I had to feel comfortable within myself to find the best way and the right time to tell those stories. Now, after four more books and seven years later, I feel people are ready to hear about those experiences. Plus, from those who have had a sneak preview, they assure me that it's great reading!

Over the years, I've been honored to witness many extraordinary paranormal events and occurrences and I wrote this book so the reader would feel as though they were right there with me. I really wanted them to "feel" the emotion of some of the experiences, and to make it as real as possible. I'm aware that many people only get to see one form of mediumship at a live event or on television, when the medium typically gives messages from those that have passed on. This is probably one of the more common viewpoints of what a medium does. Writing a book like this gives you a platform to reveal so much more. I wanted to show the reader that there are in fact many ways that the Spirit World works with us here, and having seen many amazing mediums work in the UK as well as here in the USA, I wanted people to be aware of the different forms of mediumship that are practiced.

For example, I witnessed a medium that could draw exact likenesses of your loved ones who has passed on, even though they'd never met or seen a picture of them. Equally, I got to see mediums with incredible healing abilities, and 'Inspirational Mediums' who have the ability to stand up and talk about any subject chosen by an audience member, totally unrehearsed. I also tell the story for the first time of the most extraordinary time I got to watch a 'Transfiguration Medium' work. Now that one I had to see to believe and will never forget it to this day!

Q Through the book you tell many stories of people who've lost their loved ones and the readings they've had with you. Do you find this is helpful to other people to read these stories?

A For many of the readers, it's quite likely that they will have lost someone close to them. We're all affected by a passing, whether it's the loss of a parent, spouse, child, friend or even a beloved animal. Part of my mission in life, and as an author, is that I want to show people that we do go on; that all our memories and thoughts go with us, and that no matter what – love is everlasting and death can never rob you of that.

In my first book *Born Knowing* I included a few stories of some of the memorable

readings, such as “Pennies from Heaven” but after the book was published I received hundreds of letters and emails on how one story or another had touched a chord, and helped someone get through their own grief and loss. The purpose of including these warm, heartfelt stories is to help someone who is going through a loss or bereavement, and to add human perspective and verification. For those people who consent to letting me write about their loss, it’s a wonderful way to hold them close. Other people personally relate to these stories, and I love to watch the ripple effect of healing, which takes place, when it spreads throughout a whole family.

Q Can people forge their own connections with the people in their lives who have passed on? In other words, can anyone become their own medium?

A Definitely. My signature comment I often say on stage is: “Those on the Other-Side want to talk to you as much as you want to talk to them!” I would add though, that while I believe that we can add raise the level of our awareness, it’s not something that you can just turn on and off on a whim. Equally, it’s not something that should be taken lightly without due sensitivity.

In the chapter ‘*Sign & Symbols : Calling Cards From Heaven*’ I list many of the profound ways that your loved ones will try to get your attention. These signs and symbols are called: *ADC’s After Death Communications*.

There are so many different ways they send us signs, but one of the most common ways that your loved ones contact you, are through dreams. I’m not talking about the dreams that you forget by the time you step out of bed or by the time you’ve had your first coffee! I’m referring to those dreams, the ones that are quite vivid and stay with you for a long time. People who’ve had these communications remember these dream visits in great detail. It’s the easiest way for spirit to communicate with you, because your conscious analytical mind is usually asleep, so the veil between this world and the next is really quite thin.

I’ve been told plenty of stories from completely rational people of flickering lights in their home after someone passes, or the smell of a grandfathers pipe tobacco, or of a rose bush blooming in the depths of winter, or of a broken clock that suddenly started chiming, or of those who’ve seen their loved one pass right in front of them. People will be able to relate to these stories because many of the readers will see that they too are getting their own ADC’s and now will understand and know the signs and symbols for themselves.

Q As a child you were obviously very psychic and always talk about yourself as being the ‘*different one*’ in the family. What do you mean by that?

A I was very sensitive as a child, and quite psychic although I wouldn’t have referred to it as that then. How was I to know? Nowadays, I realize that I was born this way. As a child, I would often finish people thoughts, or I’d just know who was about to drop in unexpectedly. Equally, I’d know who was going to be ill, and I even saw spirits in my house, especially late at night in my bedroom when it was still.

So as you can see that for me growing up, I knew I wasn't like all the other kids. Don't get me wrong; I tried to be normal until I realized that no one else was seeing what I was seeing or feeling. My family just like the rest of society pointed it out to me at a very young age, but I remember that they were rarely *kind* words, but usually disparaging ones. People have a tendency to be afraid of what they don't understand.

At almost every event that I've done over the years, a parent will ask me what they can do for their child who's experiencing and exhibiting the same things as I did as a child. That's why I've dedicated a whole chapter in this book that deals with psychic and sensitive children. There is a whole new generation of children being born that are very psychic, yet parents and teachers don't know how to handle or work with such gifted children. Many of these children are made to feel different, are ridiculed, laughed at, and even ostracized by others. The net result is that often, the child goes on to develop low self-esteem and ends up feeling isolated and alone.

If I can help a parent, teacher, understand that these children are in fact normal, just gifted in another way, then I feel I will help thousands to realize that these children are here to help make this planet better for everyone!

Q What was it like experiencing your own past-life regression with *Dr Brian Weiss* the author of: *Many Lives, Many Masters*.

A Having a personal regression by Brian was one of those unforgettable experiences in one's life – one I'll never forget! Again, I decided to write about the session in full, so I could take the reader with me every step of the way through the whole regression! It was a bit like bearing my own soul. It requires a lot of personal confidence and trust to write about such intimate and personal things, but I'm happy to share in this way. It was fascinating to find out that some of the people in my life today were with me in previous lives but playing different roles.

People are very curious and intrigued when the subject of reincarnation comes up. One of the most commonly asked questions in my lectures is what happens to the soul, which is quickly followed by the second part of the question, namely; how often are people aware of previous lifetimes in their current soul's imprint? That's a pretty heavy weight question, and it shows that people are really open to the concept of reincarnation.

Often when it comes up in a Q&A session, I might ask the audience, "How often have you experienced that incredible moment when you meet someone who you feel you've either met somewhere before, or the familiarity gives you the feeling that you've known each other your entire life. How do you explain that? Why do they seem so familiar? Why do you feel so much more at ease with some people on initial meetings than others?"

I go to explain that no matter how much you try to remember where you met them, all too often the memory just eludes you. Of course, it's not just about people; it's as much about places. Objects all leave their memory imprint on the soul. For example, you can be on vacation in a different country for the first time, yet you feel you've been there before, as though you've walked the streets and tasted the particular scent in the air.

Even gazing at a picture or a painting could evoke strong emotions. There's an innate sense of knowing, as if it's being sent up through the corridor of time to the present.

Q There is a whole chapter dedicated to animals, so I'm curious what prompted you to write about them?

A Almost everyone I know has a pet or two. So animals play a huge part in people's lives. Animals have always been special to me even as a child. I really feel they're our spiritual companions and teach us so much about ourselves. Whether they have fins, feathers or fur, two legs or four—they touch our lives as well as our hearts and our souls. They love us unconditionally, teach us to play, to be in the present, but most importantly, to live in the now.

Two years ago I got a dog myself and cannot imagine my life now without him. As so many of my readers will have lost a pet, I wanted to show people that animals are also connected to us psychically here and on the Other-Side and also give some techniques that I was taught by a woman who is an Animal Communicator. My dog Koda and I spent some time with her and the things she told me about my dog, and what she was receiving from him telepathically blew me away. I couldn't help but include that story in the book! I was skeptical myself until she shared some experiences that only Koda and I knew about.

This chapter touches your heart and soul since everyone at some time in their life will have an experience with an animal, but I also wanted to let people know that your beloved pet also has a soul and it too will be there waiting for you on the Other-Side when it is their time to go.

Q What was it like writing about your experience for the *A&E Special* where they took you blindfolded into an unknown destination?

A That TV Special was exciting to be part of and it is still running today, but this was one of those times where reliving that television special filming was almost as overwhelming for me to write about as it was to film. I think that many people are pretty much unaware of what it's like to do this work, and many of my closest friends probably still don't fully understand what I go through. It's not as though you train to be a medium, like training to become a dentist, a lawyer or teacher. It's so different, so when I flew down to New York, I didn't really know what I was letting myself in for.

The producers were really keen to illustrate on film the whole process of me using my ability of 'place memory.' This is when a highly sensitive person can be taken to an unknown destination (in my case blind-folded) to pick up or tune into the feelings, visions, and emotions that took place there no matter how far back in time. In a sense I became a psychic time machine for the producers. Just as I talked about soul imprints in the previous question, in this case it's like an imprint in the fabric of time for me, that somehow I'm able to access.

Even if you've seen the documentary, I wanted to show the reader what happened behind the scenes and to write about what they *didn't* see on TV and the impact for

weeks to come on me, long after the filming had finished. I remember talking to my editor the day he worked on this, and he had the same chilling sensation. This chapter is quite moving and you cannot help to feel what I was going through when you read it! When I was writing about it and every time I see the segment aired again on TV, I'm still amazed and always will be on how the powers of the psychic mind works!

Q Who do you think would benefit most from reading your book?

A Whether the reader is a student, researcher, skeptic or if they've lost someone dear to them, I believe that everyone will benefit from this book. All of us at some time or another have questioned our own existence, and wonder if the soul lives on after we die. Many question if we as humans possess an intuition or if psychic ability is real? Many of these questions are universal and throughout history, man has wondered about these questions and will continue to do so. Hopefully I have provided some of the answers or clarification that many have sought. If I've done nothing else, then I hope this book will make people question more, encourage a healthy dialogue and open some previously closed minds.

Most importantly, throughout this book I wanted to show people we're more than just physical beings – we're also spiritual beings with unlimited potential. I truly believe that people are seeking more from life, more answers, more understanding than ever before. Why do I say this? It's because we've become a society rich with information and technology, instant messages, instant access to the media, and more and more we rely on technology to inform, and at time to influence and even decide for us. Yet you can't always find the answers from this outside hi-tech materialistic world. More and more people are now looking inward for those all elusive answers.

I believe people are ready and eager to start discovering their own spirituality with a hope that they'll gain a more balanced and enriched lifestyle.

Q So, now you've finished another book, what's next for John Holland?

A I'm so privileged to enjoy my work. I know that not everyone can say that if you believe the statistics, but I truly as blessed. As I look forwards, I've so much more I want to do, and my personal journey is constantly evolving, but I want to stay true to my original vision to impart as much of my spiritual and philosophical learnings to as many people as I can.

I love the fact that I can reach people though my radio show, or at live events, or in this case through a new book. I'm a modest man at heart with modest aspirations, so I can only hope that some of my words, both written and spoken will resonate and start that wondrous ripple affect!