

Tried and *tested*



Getting in touch with your creative side can help you tune into Spirit

Raise your spirits

Prediction's Assistant Editor Alexandra Wenman learns all about channelling, Psychometry and past-life regression on a Psychic Development workshop in the stunning Cornish countryside

I feel like I'm on the set of a James Bond movie as I board my first-ever sleeper carriage for the overnight train journey from London Paddington to Penzance in Cornwall, late on a drizzly Friday. I'm on my way to Lamorna - a beautiful pocket of lush English countryside about 15 minutes drive from Penzance - for a Psychic Development workshop and retreat led by Tiffany Crosara, a Tarot expert and psychic who also offers readings at London's *Mysteries*.

I first heard about Lamorna and the gorgeous Rosemerryn B&B - the workshop venue and also my digs for the night - when I read Gemma Birss's feature on Tiffany's Tarot workshop *The Fool's Journey* in the August issue of *Prediction*, and had to see it for myself.

As I step from the train at 8am the next morning, it's pouring with rain, but

my spirits are soon lifted as I am greeted by a beaming Tiffany. After a delicious breakfast overlooking the moody backdrop of Lamorna Cove, Tiffany's husband drives us down the bumpy mud track that takes us to the tranquil fairy glen that is Rosemerryn Wood.

I spend Saturday completing *The Fool's Journey* Tarot workshop with Tiffany and, after a pub grub of local fish pie, spend a restful night in one of the beautiful antique and ethnic-furniture decorated rooms at Rosemerryn B&B.

The next morning, there's just enough time for a walk around the grounds and me and four other ladies on the course don our wellies to hunt out the mysterious Boleigh Fogou (a man-made stone cave more than 2,000 years old) half hidden amongst bluebells, ferns and foxgloves. Returning to the cottage, we kick off our muddy wellies as Tiffany takes our tea orders, ready to begin...

We're all psychic

Having brought some of the elemental magic of Lamorna indoors, we are all buzzing with the anticipation of what today's workshop will bring. Will we get to meet our spirit guides and travel back into our past lives? It's all too exciting!

"Each and every one of you is psychic," Tiffany begins, "From a young age, we're taught to value logic, but to unlock our true psychic abilities we have to re-learn our natural gifts and learn to trust."

Tiffany explains that the word Clairvoyant means 'psychic sight', Clairaudient is the ability to 'hear psychically' and Clairsentient means 'feeling psychically'. She also explains that 'objective' psychics hear, see or feel externally, while 'subjective' psychics hear, see and feel internally - in the mind.

First off, we each choose an oracle card at random from a selection of three



Tiffany shows us how to do a reading of one of the paintings



Getting into pairs, we try to read each other's auras

“ We form a circle and hold hands, each taking it in turns to call in our spirit guides or helpers ”

packs that Tiffany presents to us in ornate cloth bags. My card is 'The Butterfly Maiden' and its message is, "Huge transformation and great blessings."

Fun and games

Our first exercise of the day is to draw a name out of a hat, which relates to someone else in the group, but is not their first name. The piece of paper I pick is labelled 'Jane'. Next, we have to link with our solar plexus chakra and take notice of how we feel and what thoughts come to mind. I get a strong feeling that my card belongs to a woman called Caroline. I also get a strong maternal feeling. When it comes time to talk about our findings, I discover that the name 'Jane' does indeed relate to Caroline, but it is also Tiffany's middle name and she tells me that there is a link to her mother.

We do a similar exercise in Psychometry - reading other people's energy - later in the day, with everyone secretly placing a piece of their jewellery on a tray and then choosing a piece at random to read.

I'm then taken back to my childhood as Tiffany gives us all a sheet of paper and some paints. She doesn't tell us what it's for, but we each have to paint a series of coloured circles and fold our page into quarters. We unfold our paintings and put them in the conservatory to dry.

Meeting our spirit guides

"We're now going to do a 'calling in' before we meet our spirit guides", Tiffany tells us. We form a circle and hold hands, each taking turns to call in any spirit guides or helpers we'd like to join us.

Then we all get comfy - wrapped in blankets on the sofas - and, as the bucketing rain outside adds an even

cosier element to the room, Tiffany plays us a CD of a guided meditation to meet our personal spirit guides. As I drift under, I find myself in a room full of people. I can't make out any features and I think to myself, "I'm not going to meet any of them." But suddenly a gnarled old woman dressed in feathers, with smiling brown eyes, steps forward. She grins widely, revealing a gap in her front teeth. I hear the words 'medicine woman' and get the sense that she is from the Mayan or Incan period. She hands me a crystal and feather talisman and a vial of liquid to drink, which I am told is "wisdom and ancient knowledge". As the meditation ends, Tiffany puts the kettle on.

Over tea, we share our experiences. Some people admit that they fell asleep, others saw faces or flashes of garments and one person heard the Egyptian name 'Shem' when she asked who was with her.

Colour work: auras and chakras

After a homemade lunch of quiche and salad, we pair up for an aura-viewing exercise. Sitting opposite our partners, we stare at the area around their head, trying to make out their energy field.

I am paired up with Tiffany and, as I stare intently, I make out subtle flashes of yellow by her right ear and a greeny-gold around her shoulders, while her head seems shrouded in a bluish-purple halo.

Next, Tiffany shows us how to make an energy ball with our hands and, starting with our Crown chakra at the very top of our head, we move the ball down through each of our seven chakras and using our Clairaudience, Clairsentience and Clairvoyance, we must take note of what each chakra feels like, looks like and sounds like. We then pair up and repeat the exercise for each other. I have to

laugh when Tiffany senses that I'm not as grounded as I should be - do I tell her that I am a renowned daydreamer?

Past-life regression

It's time for another guided meditation - this time for past-life regression - and we're more than happy to oblige Tiffany by settling down under our blankets again. This time I'm transported to ancient Egypt, where I discover I was a kind of architect involved in building the pyramids, but I am also an astrologer of sorts. During the meditation, we're told to hold a mirror up to our face to see what we look like and I'm shocked to discover that not only am I a man, but I'm an extremely attractive man with olive skin and blue cat-like eyes. I look down at my buff arm muscles and then do a quick check down below - yep, definitely a man!

Our final exercise involves doing a reading of the paintings we did earlier, choosing one other than our own and marking out any symbols or images. There is a lot of fertility imagery in my chosen picture - including the squat figure of the ancient fertility goddess - that leaves the picture's owner blushing.

It's time to make the dash for the last train back to London but, before climbing into my taxi, I take one last lingering look at magical Rosemerryn - hoping to carry some of it's higher vibrational energy back with me to the reality of daily life in the big smoke. ■

How to book...

Tiffany's Psychic Development workshop costs £100 (or £150 if combined with the Tarot workshop). Visit transcendentaltemple.co.uk

The Spirit Guides MP3 costs £6.95 and The Past-Life Regression MP3 is £7.25 from transcendentaltemple.co.uk

Accommodation at Rosemerryn B&B in Lamorna, Cornwall, costs from £30 a night. Visit roseemerrynwood.co.uk