

# *Secret password is spirit test*

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

*This month, it's time to meet Pam Akbas, a new medium at the Spiritualist Association of Great Britain (SAGB). Pictured on the left, Pam is also a fully qualified SAGB spiritual healer.*

*Pam's full-time job is within the NHS, working with vulnerable special care dental patients.*

*Below she answers various questions about her life. The first point put to her was, "Can you describe your first psychic experience?"*

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**M**Y first memorable encounter with Spirit was shortly after my maternal grandmother passed when I was twenty years old.

I was relaxing on a Sunday morning when I clairvoyantly saw my grandmother appear at the end of my bed and begin to float towards me.

I was very scared at the time. It spooked me so much that I dashed out of bed and even forwent my cosseted weekly lie-in!

*What psychic gifts do you have? Where did you develop them?*

I work using clairvoyance, clairsentience and clairaudience, and at times remote viewing. However, this is Spirit-led, so the emphasis on which faculty is mainly used can change. At times, Spirit will even encourage me to draw a communicator.

I developed these wonderful spiritual gifts at the SAGB. I did this by sitting in closed and open development circles with several of the excellent mediums

there.

I also demonstrated on the open platform sessions that are held there twice a month. These are open to all budding mediums.

I am also a qualified SAGB healer and work in the walk-in clinic on Wednesday evenings. The SAGB is like a second home to me and has a fantastic team of people.

*Can you recall a couple of unusual items which turned out to be especially evidential when giving a sitting or at public demonstration?*

Spirit once gave me an unusual name to pass to a sitter which turned out to be her computer's secret password that she had not divulged to anyone. It kind of freaked her out knowing that our friends and loved ones in Spirit can link straight in to our innermost thoughts.

Another time when asked by Spirit to draw the communicator - the sitter's maternal grandmother - I had difficulty drawing one of her eyes. Every time I did so, it was as though the pencil flew off the page.

Exasperated, I put the pencil down and muttered silently in my mind how it looked

as though she had a glass eye.

When I gave the sitter the finished sketch and a reading, I mentioned about the eye problem. She confirmed that her grandmother did indeed have a glass eye and found this very evidential.

*As a spiritual healer, what are the most common complaints patients seek help for?*

Generally speaking, I would say emotional issues, depression and physical symptoms such as back or joint pain.

*What can people do to speed their recovery?*

The best results are obtained by combining spiritual healing alongside advice from medical professionals.

Maintaining a healthy diet and taking some exercise obviously helps as well as taking regular quiet "me time" to relax or meditation time to help create some space in a busy mind even if only ten minutes a day.

Getting involved with hobbies and meeting groups of people to avoid feeling isolated also aids recovery.

As Spiritualists, we know that when it comes to Spirit anything is possible, so keeping an open mind and a positive attitude will certainly be beneficial.

*Where were you born and when?*

In Hackney, East London in 1957.

*Where do you live now?*

I still live in Hackney.

*Were you raised as a Spiritualist?*

No, I was raised in the Church of England religion and attended a CoE primary school.

My family were not regular churchgoers, but had a belief in God and Christian values with a sense of knowing that something more profound is waiting for us after physical death.

*If your neighbours know you're a medium, what do they make of it?*

I haven't discussed mediumship with my neighbours. Living in the heart of London often means we are surrounded by short-term lettings, so my neighbours frequently change.

However, they are such a diverse group from all walks of life that I'm sure some would find it absolutely fascinating.

*What was your first encounter with Spiritualism?*

After my father died nearly 30 years ago, I had a strong sense of knowing that although he was no longer here in a physical sense, his spirit was still very much with us and he was trying to contact me and the family.

I booked a one-to-one sitting at the SAGB and received wonderful evidence which proved to me his continued presence with us.

*Are you a full-time medium or do you have another occupation? What jobs have you done in the past?*

I am not a full-time medium. I have worked full-time in the NHS for the past 25 years for a service that works with vulnerable special care dental patients.

My job is very fulfilling. I work with a great team of people that puts patients first.

I really enjoy the aspect of my work which involves speaking with and listening to patients. It's very grounding and acts as a constant reminder that the NHS is first and foremost about providing high quality patient care. Before the NHS, I worked for several years for British Telecom and for a short time in the billing section for a London electricity supplier.

No pun intended, but I found the energy very low, as lots of callers were upset about their bills and it really affected the working environment.

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

I have two wonderful children - a son who is 32 and a daughter aged 29. Both have loving, caring partners.

My son and his wife also have a beautiful daughter Emily, my first grandchild. She was one year old in December and is a complete joy to be around.

I also have an older brother and sister, and their families. Everyone is very supportive of my mediumship. I feel extremely grateful to have such love and support around me.

*Do you serve Spiritualist churches? If so, how many do you visit a month and in which parts of the country?*

I don't serve regularly in Spiritualist churches, as working full-time and having to travel around would make it difficult to do so. However, last year I managed to work in Spiritualist churches in Kent and Brighton.

I also shared a couple of platforms in and around London with Larry Davids, an excellent medium and friend of mine.

From January, I will serve at the SAGB on some Wednesday evenings and take some Sunday services from April, which I am delighted to be doing.

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

A warm and supportive welcome to everyone and an open, positive attitude. Enthusiastic singing also helps to improve the overall energy.

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

To be able to help make a positive difference to someone's life, especially to those in distress.

To bring even a glimmer of hope and upliftment by providing evidence of their loved one's spiritual survival is priceless and such a privilege.

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

There are so many I'm unable to choose just one, but amongst the best days have to be the birth of my children that brought two very special people into my life.

Also high up there is the birth of my granddaughter, and being given the opportunity to work at the SAGB both as a healer and a medium.

My worst days include when my parents passed. Although I know they are still very much alive and well in Spirit and they speak with me regularly, I simply miss their physical presence and would love to give them a long huge hug.

*Similarly, what are your best and worst points?*

I feel my best point is an ability to listen to others and remain patient. My worst point is taking it too far by sometimes ignoring my own needs in my quest to help others.

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

When you give yourself willingly in humble service to Spirit and actually live life with good intent, you will attract good and be provided with all that you need.

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

I enjoy reading. When I have time, I also enjoy baking, particularly cakes.

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

Cook, catch up with some TV, meditate and read.

*What's your perfect Sunday?*

Relaxing with my cat Suki purring away contentedly while I read a good inspirational book. Take time out to do some meditation and self-healing, and meet up with family or friends. Purrfect!

*If you were Prime Minister for a day and could do so, can you think of three laws you would pass immediately?*

One. Review the national school curriculum to include the principles of Spiritualism so that each new generation learns to value and love themselves and others, including animals, to develop an understanding of their spiritual self and take responsibility for their own actions.

Two. Have spiritual healing centres and other holistic therapy clinics made widely accessible and free of charge that run alongside and are complementary to conventional medicine in the NHS.

Three. Help the elderly and housebound. Remove tax for those of pensionable age on lower income brackets and likewise make them exempt from NHS charges. Keep heating costs down.

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Support schemes that provide high quality care for people in their own homes for independent living and more good quality sheltered housing available.

*If rebirth occurs, what would you like to return as next time and why?*

The Prime Minister, so I can put my new laws and many more into operation and be in a position to bring positive change to millions of people.