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ARTICLES | RECIPES | REVIEWS | EVENT SCHEDULE

The Sir Arthur Conan Doyle Centre

A Space For You

Events and News from the Sir Arthur Conan Doyle Centre

Aug - Dec 2021

LISA WILLIAMS

New Workshop

Reach Your Full Potential

DISCOVER YOUR
STARS

With Kat Wojdyla

4 MONTH FORECAST!

10 YEAR SPECIAL

Looking Back

Moving Forward...

100+ EVENTS

IN-CENTRE & ONLINE

ALEXANDER McCALL SMITH

Writes About The Centre
& Spiritual Living

Photo: Kirsty Anderson

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MIND BODY SPIRIT COMMUNITY CENTRE
JOIN US IN-CENTRE & ONLINE



The Sir Arthur Conan Doyle Centre



Welcome

By Scott Canevy, *Editor*

We're delighted to resume publication of our *What's On* magazine. This issue is full of stimulating articles and details of events and classes you can get involved with both in-person and online.

The Centre celebrates its 10th anniversary on the 23rd of October (page 13). We outline the latest Tuesday Talk Season (page 7). Author Alexander McCall Smith writes about the problems with materialism (page 8). Kat Wojdyla maps the plans of the planets (page 14). Our programme of mediumship events gets going on page 16. Plus much more.



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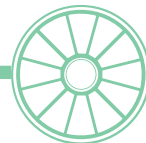
Some thoughts on the current state of affairs by the world-renowned author.

Lance's Recommendations...p.9

Find out what Lance has been watching and reading.

**‘To protect the world
from spoliation, we must
understand how we fit
into it and how it may be
cherished.’**

- Alexander McCall Smith, p.8



CENTRE NEWS

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Some thoughts on the past ten years and what we are looking forward to.

ASTROLOGY

Astrology Forecast...p.14

Kat Wojdyla provides a detailed overview of upcoming cosmic events.

MEDIUMSHIP

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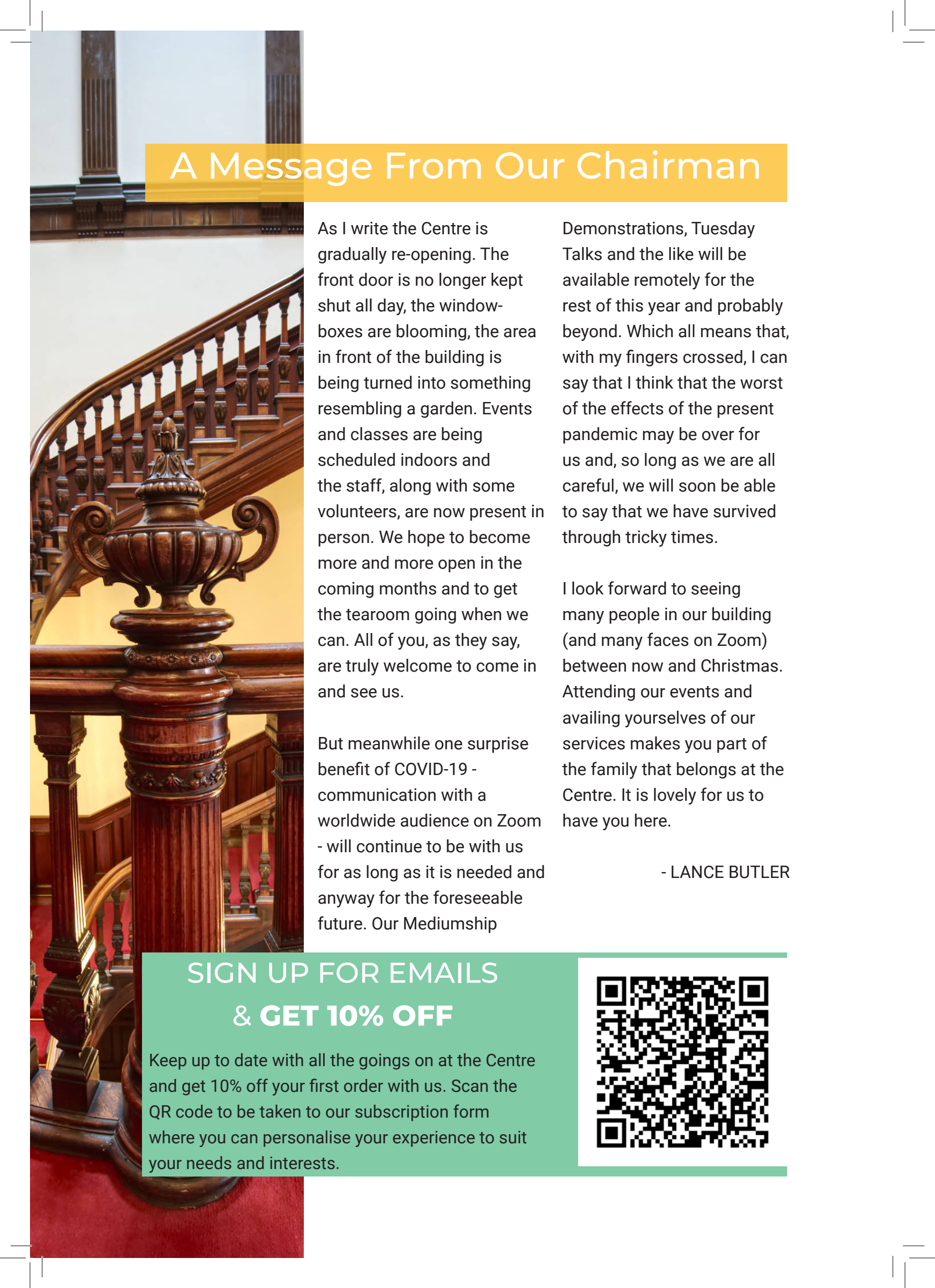
Join us every Saturday night for online evenings of Mediumship.

Something to Think About...p.18

Audrey Yeardley reconciles reincarnation and genetics.

Shereen's Bakes...p.19

Our Centre Manager offers something sweet for you to try baking yourself.



A Message From Our Chairman

As I write the Centre is gradually re-opening. The front door is no longer kept shut all day, the window-boxes are blooming, the area in front of the building is being turned into something resembling a garden. Events and classes are being scheduled indoors and the staff, along with some volunteers, are now present in person. We hope to become more and more open in the coming months and to get the tearoom going when we can. All of you, as they say, are truly welcome to come in and see us.

But meanwhile one surprise benefit of COVID-19 - communication with a worldwide audience on Zoom - will continue to be with us for as long as it is needed and anyway for the foreseeable future. Our Mediumship

Demonstrations, Tuesday Talks and the like will be available remotely for the rest of this year and probably beyond. Which all means that, with my fingers crossed, I can say that I think that the worst of the effects of the present pandemic may be over for us and, so long as we are all careful, we will soon be able to say that we have survived through tricky times.

I look forward to seeing many people in our building (and many faces on Zoom) between now and Christmas. Attending our events and availing yourselves of our services makes you part of the family that belongs at the Centre. It is lovely for us to have you here.

- LANCE BUTLER

SIGN UP FOR EMAILS & **GET 10% OFF**

Keep up to date with all the goings on at the Centre and get 10% off your first order with us. Scan the QR code to be taken to our subscription form where you can personalise your experience to suit your needs and interests.



WEEKLY CLASSES

ONLINE CLASSES

MONDAYS	2:00PM	HEART-CENTRED MEDITATION WITH CHLOE DEAS (£3)
	6:00PM	HATHA YOGA LIVESTREAM WITH SOPHIE O'BRIEN (£5)
TUESDAYS	2:00 PM	EDINBURGH TAROT MEETUP WITH KAT WOJDYLA (£3)
WEDNESDAYS	6:00PM	YIN YOGA WITH SOPHIE O'BRIEN (£5)
THURSDAYS	6:00PM	OPEN CIRCLE WITH ELIZABETH TITTERTON AND SANDRA AETHERIS (£3)
FRIDAYS	3:00PM	FRIDAY MEDITATION WITH EWAN IRVINE (FREE)
SUNDAYS	1:00PM	DEVELOPMENT CIRCLE WITH FREDRIK HAGLUND (£5)

IN-CENTRE CLASSES

MONDAYS	6:00PM	HATHA YOGA WITH SOPHIE O'BRIEN (£5.50 conc./£7.50)
TUESDAYS	2:00 PM	HEART-CENTRED MEDITATION W/CHLOE DEAS (£3)
	6:00PM	MIKE HALL'S QI GONG (£12)
WEDNESDAYS	6:00PM	TAROT MEETUP W/KAT WOJDYLA (£3)
THURSDAYS	2:00PM	OPEN CIRCLE WITH HAZEL MARTIN (£3)



SCAN
TO BOOK

WHAT'S ON PAGE 5

OPEN MINDS, OPEN MINDS

BY LANCE BUTLER

We have heard some pretty marvellous speakers in our three recent series of Tuesday Talks (Autumn 2020, Winter 2021 and Spring 2021). In this brochure you will find details of our Autumn 2021 Season which begins in September.

Following the mantra we have used so far as a subtitle for every series ('Open Minds Open Minds'), this autumn we have a further group of physicists, psychologists, philosophers and writers for you, as well as other speakers interested in new forms of thinking, in ecology and in the spiritual in all its forms.

I feel optimistic. During the Q-and-A after his talk in May this year Eben Alexander made a comment to the effect that 'the next decade' should see the start of a paradigm shift in global consciousness. This looks possible to me and perhaps we can all feel something happening in the air around us. Where unreconstructed Physicalism (or Scientific Materialism) was the default position in Western thinking for most of the last century-and-a-half, now the sheer volume of attention being paid to alternative views seems to have become overwhelming. One is no longer laughed at for trying to discuss consciousness seriously, even in philosophy departments; NDEs are taken for what they are with much less fuss than was the case only a few years ago; a majority of people seem willing to countenance paranormal effects, reincarnation and even wilder shores of the anomalous and the spiritual. Things are changing.

To paraphrase Churchill, this isn't the end nor is it even the beginning of the end, but it looks quite like the beginning of the beginning of a new default way of seeing ourselves and the world. I am very proud that we can contribute in our own way to this process at the Sir Arthur Conan Doyle Centre and I am very grateful to our international body of speakers who contribute their time and mental energy so generously. I look forward to seeing your open-minded faces at the first Zoom lecture in the new series on Tuesday September 7th.

Lance Butler
Chairman, The Sir Arthur Conan Doyle Centre



TUESDAY TALKS

OPEN MINDS OPEN MINDS

AUTUMN SEASON 2021

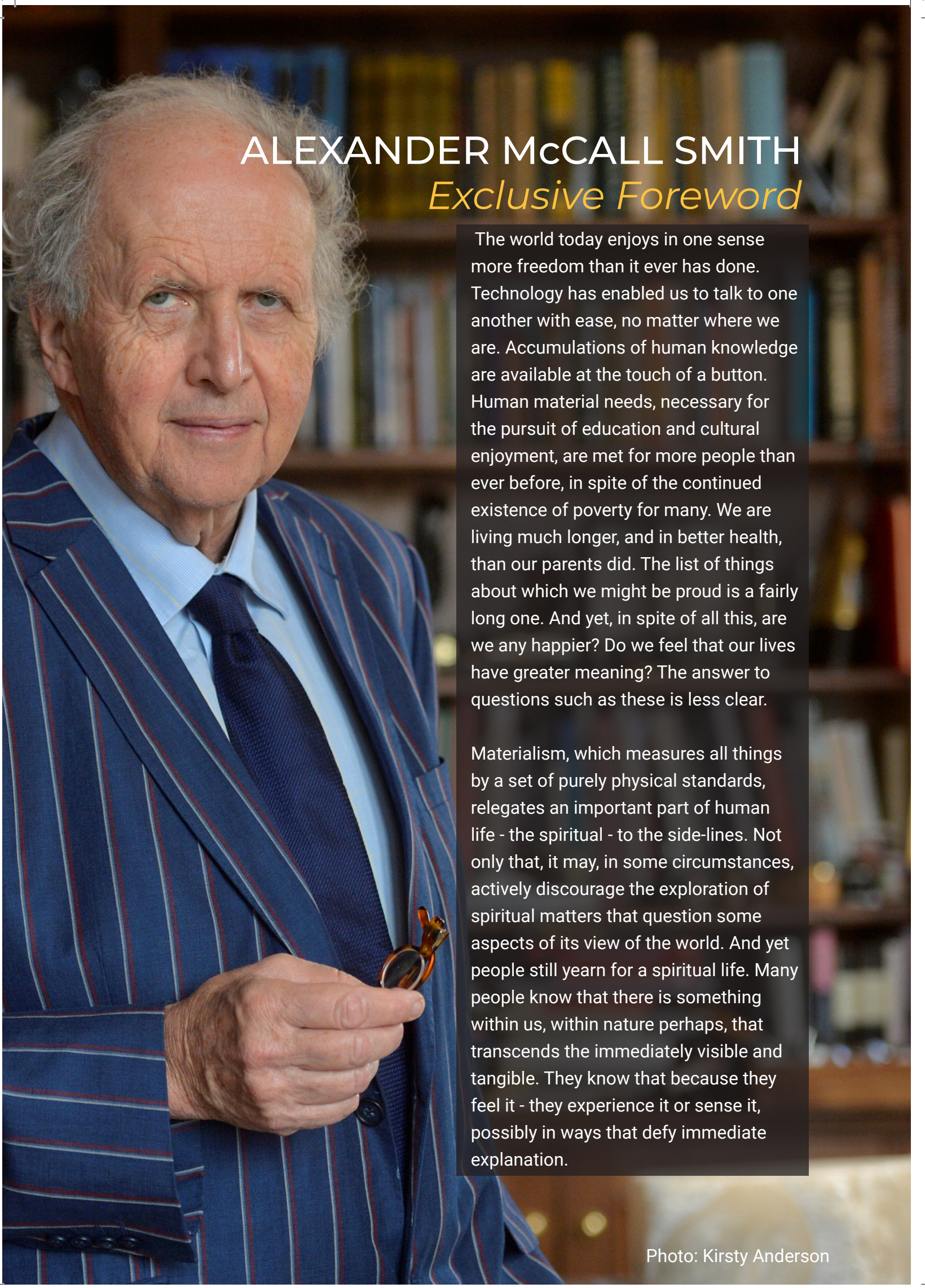
7TH SEPTEMBER 2021	RICHARD NOAKES
14TH SEPTEMBER 2021	JOANNE HELFRICH
21ST SEPTEMBER 2021	BERNARD CARR
28TH SEPTEMBER 2021	MARK GOBER
5TH OCTOBER 2021	LORNE SCHUSSEL
12TH OCTOBER 2021	BERNARDO KASTRUP
19TH OCTOBER 2021	DONNA THOMAS
26TH OCTOBER 2021	ALEXANDER McCALL SMITH
2ND NOVEMBER 2021	CHARLES EISENSTEIN
9TH NOVEMBER 2021	EAMONN ANSBRO
16TH NOVEMBER 2021	GARY SCHWARTZ
23RD NOVEMBER 2021	ANTHONY PEAKE

LIVE TALKS WITH Q&As

Every Tuesday at 7:30pm we host online talks with renowned thinkers from across the globe. Tuesday Talks address a wide array of issues which relate to spirituality, philosophy and the nature of reality. Season Passes are available - access all talks and recordings for a reduced price.

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A portrait of Alexander McCall Smith, an elderly man with white hair, wearing a blue pinstriped suit jacket, a light blue shirt, and a dark blue tie. He is holding a pair of glasses in his right hand. The background is a blurred bookshelf.

ALEXANDER MCCALL SMITH

Exclusive Foreword

The world today enjoys in one sense more freedom than it ever has done. Technology has enabled us to talk to one another with ease, no matter where we are. Accumulations of human knowledge are available at the touch of a button. Human material needs, necessary for the pursuit of education and cultural enjoyment, are met for more people than ever before, in spite of the continued existence of poverty for many. We are living much longer, and in better health, than our parents did. The list of things about which we might be proud is a fairly long one. And yet, in spite of all this, are we any happier? Do we feel that our lives have greater meaning? The answer to questions such as these is less clear.

Materialism, which measures all things by a set of purely physical standards, relegates an important part of human life - the spiritual - to the side-lines. Not only that, it may, in some circumstances, actively discourage the exploration of spiritual matters that question some aspects of its view of the world. And yet people still yearn for a spiritual life. Many people know that there is something within us, within nature perhaps, that transcends the immediately visible and tangible. They know that because they feel it - they experience it or sense it, possibly in ways that defy immediate explanation.

Photo: Kirsty Anderson

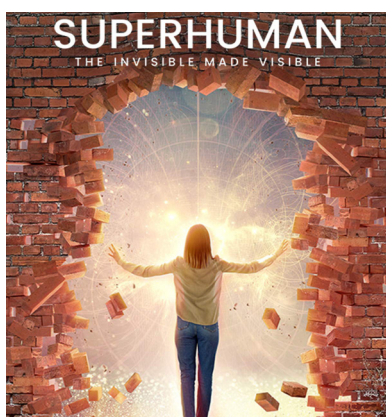
The work of the Arthur Conan Doyle Centre, and the programme of lectures and seminars it organises, provide an opportunity for people all over the world to explore issues that may not be adequately discussed in an intellectual climate no longer receptive to the spiritual side of our existence. Its open-minded exploration of philosophically challenging issues such as that of consciousness is refreshing in the face of growing intellectual conformism and timidity. Matters of the human spirit, our feeling for one another, our sense of oneness with the world, are not minor issues at all - they lie at the heart of how we respond to the challenges facing mankind: climate change and indifference to the environment. These issues have very practical significance for responsible stewardship of the world we share. To protect the world from spoliation, we must understand how we fit into it and how it may be cherished. Those are spiritual issues as much as they are material. Gentle, sympathetic, and open-minded enquiry provides the light by which they may be examined.

Alexander McCall Smith



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LANCE'S RECOMMENDATIONS



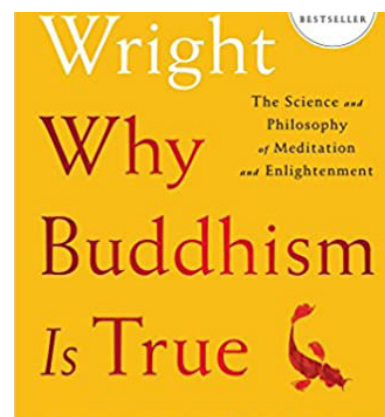
1. DOCUMENTARY. *Superhuman* (2020, Amazon Prime)

Pure science applied, on camera and with no frills, to the question as to whether paranormal phenomena can be observed and measured. Spoiler: THEY CAN. You must watch it.



2. TELEVISION SERIES. *Surviving Death* (2021, Netflix)

A six-part documentary, fair and steady in its approach. Some of our Tuesday Talk speakers figure in this high-value series. It is a calmly convincing demonstration that reduces the claim that materialism has all the answers.



3. BOOK. Robert Wright, *Why Buddhism Is True*, (2017, Simon and Schuster)

This is a very readable and intelligent book. A good guide to modern Buddhist ideas, a fair assessment of humans as more than just lumps of meat and a guide to meditation which you are now allowed to find difficult (if you do).



HARMONIOUS LIFE

BY PAULINE MORGAN

I joined the Sir Arthur Conan Doyle Centre team in July 2020 when I stepped in as Acting Manager to cover for Shereen Elder during her maternity leave. Thankfully Shereen has now returned to her post and my role has become that of the Development Manager tasked with fulfilling our charity remit of supporting creativity and the arts. There are many reasons why I consider myself lucky to be a part of this wonderful Centre in an official capacity but starting to work here also provided me with the opportunity to indulge once again in one of my favourite things: gardening. Many of you may not even be aware that the Centre has a garden. And neither was I, until one day not long after I took the job Ann Treherne, our former Chair, happened to mention it in passing.

‘A garden?’ I asked, with surprise and hope.

‘Yes,’ she answered. ‘It’s out the back. I mean... it’s more like a jungle at the moment.’

And so it was but that didn’t matter. Where’s the joy if there’s no challenge?

Now after 10 months of satisfying effort the garden is accessible and usable. Once the grass is fully established we hope to hold some events out there, perhaps Tai Qi, Qi Gong or Yoga or who-knows-what? – if not this year, then next.

Maybe it’s an obvious thing to say but there’s something primal and deeply nourishing about working in close proximity to plant-life and just being in nature in general. Just about every one of the contributors to our Tuesday Talks and our workshops has highlighted the deep connections between our physical, intellectual and spiritual health as human beings and a harmonious relationship with our natural environment. It’s becoming more and more obvious how important it is to have this in our lives when it comes to sound mental health. Ultimately it’s a harmony deeply important to the survival of the species on our planet - including our own.

It seems appropriate that an organisation devoted to the mental, physical and spiritual wellbeing of our community should have a green space for quiet contemplation and peace. Luckily it's been sitting out there waiting for us and amazingly, given our position on the busy crossroads of Chester Street and Palmerston Place, it's one place in Central Edinburgh where you can barely hear any traffic.

These last two years have been challenging for just about everyone but now is the time to take a breath of fresh air and be grateful for the things that we so often take for granted. Not least...plants.



THREE-WEEK ONLINE WORKSHOP | STARTS 22ND SEP | 7PM - 9PM | £45

KITCHEN TABLE HERBALISM

BOOST IMMUNE SYSTEM | REDUCE STRESS | IMPROVE WELLBEING

JOIN BETTY JANE WARE
AND CREATE NATURAL
HERBAL REMEDIES USING
INGREDIENTS FOUND AT
HOME.



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WHAT'S ON PAGE 11

WORKSHOP & SPECIAL EVENTS SCHEDULE

AUGUST

6TH | TAROT & AFTERNOON TEA | 11AM - 5PM | £35
6TH | ASTROLOGY FORECAST | 7 - 8:30PM | DONATION
7TH | EVIDENTIAL MEDIUMSHIP | 10AM - 2PM | £40
9TH | SPELLCRAFT WORKSHOP | 7 - 8:30PM | £40
13TH | TAROT READINGS | 11AM - 3PM | £45
24TH | READINGS W/SANDRA | 12 - 4PM | £45
28TH | FOR THE LOVE OF CRYSTALS | 10AM - 5PM | £65
28TH | LISA WILLIAMS WORKSHOP | 3 - 6PM | £50

SEPTEMBER

3RD | ASTROLOGY FORECAST | 7 - 8:30PM | DONATION
3RD | MEDIUMSHIP BY SANDRA AETHERIS | 7:30 - 9:00PM | £15
4TH & 5TH | WORKSHOP W/SANDRA AETHERIS | 10AM - 5PM | £100
6TH | READINGS W/SANDRA AETHERIS | 11AM - 4PM | £45
8TH | AURIC FIELDS WORKSHOP | 7 - 9PM | £15
9TH | PAST LIFE REGRESSION WORKSHOP | 7 - 9PM | £40
15TH | SYMBOLISM OF TAROT WORKSHOP | 7 - 9PM | £60
18TH | THE PRACTICAL WITCH | 10AM - 5PM | £50
22ND | KITCHEN TABLE HERBALISM | 7 - 9PM | £45

OCTOBER

1ST | ASTROLOGY FORECAST | 7 - 8:30PM | DONATION
9TH & 10TH | FOR THE LOVE OF SPIRIT | 10AM - 5PM | £120
6TH | AURIC FIELDS WORKSHOP | 7 - 9PM | £15
16TH | THE PRACTICAL WITCH II | 10AM - 5PM | £50
18TH | TAROT READINGS WITH AUDREY | 11AM - 3PM | £45
27TH | KITCHEN TABLE HERBALISM | 7 - 9PM | £45

NOVEMBER

3RD | AURIC FIELDS WORKSHOP | 7 - 9PM | £15
5TH | ASTROLOGY FORECAST | 7 - 8:30PM | DONATIONS
6TH & 7TH | CRYSTAL BALL AND SCRYING | 10AM - 5PM | £110

● =ONLINE

● =IN-CENTRE

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THE PRACTICAL WITCH

18TH SEP & 16TH OCT

10AM - 5PM | £50 | IN-CENTRE

SELF-DISCOVERY
EMPOWERMENT
MAGIC

- WITH DRS CLAIRE ASKEW & ALICE TARBUCK



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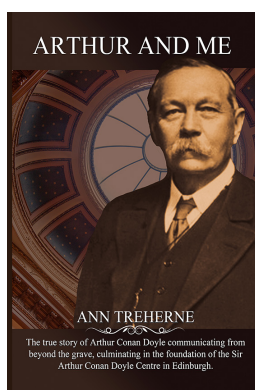
10 YEARS

Looking Back & Moving Forward

As many of you may know, the 23rd October 2021 will see the 10th anniversary of The Sir Arthur Conan Doyle Centre - and what a journey it has been. The extraordinary story of how our Centre came to be was revealed by its founder, Ann Treherne, in her *Arthur and Me* in 2019. For those not familiar with this publication, which is the first in what will be a series of 3 books, you're in for a treat. It was five years of spirit communication and some phenomenal synchronicities that brought the place into existence, as well as - let's not forget - some exceptional vision and determination on the part of our founder.

Since then, Ann has been hard at work on her second tome which will cover the

first five years of the Centre's life. The building was derelict and neglected when she and her team set about renovating it back in 2011. And you'll perhaps NOT be surprised to hear that various energies and spirits were keen to get involved too. I'll leave the telling of that story to Ann, but we're pleased to announce a book launch in early November 2021 as part of our 10-year anniversary celebrations. We're hoping - god willing - that all restrictions will be lifted by our actual anniversary in October and that we can have our doors open again as before. We're very much looking forward to experiencing the joys of all being back together again, exchanging stories and looking forward with excitement to the next 10 years.



ARTHUR & ME

AVAILABLE NOW

Copies of *Arthur & Me* are available on our website for £9.99. A must-read for any spiritual explorer. It offers vindication for those convinced of the existence of a world beyond our own and presents a formidable challenge for sceptics.

ASTROLOGY

How will upcoming cosmic events affect you?

By Kat Wojdyla

♈ ARIES (21st March – 19th April)

SEPTEMBER: Mars in Libra can slow you down. Consider how your actions affect others. **OCTOBER:** Mercury Retrograde in Libra calls for balance/peace. Authentic, spontaneous self-expression is advantageous.

NOVEMBER: Feel more powerful and motivated with Mars in Scorpio. Favour strategy - plan ahead to stay ahead.

DECEMBER: Venus Retrograde in Capricorn can weigh you down. Time for pragmatism & slowing down in relationships.

♉ TAURUS (20th April – 20th May)

SEPTEMBER: This year's theme is old vs new. You can be stubborn towards change. Identify structures that no longer serve you and let go. **OCTOBER:** Full-force Libra energy may irritate you. Recognise when to stand your ground and when to follow others' lead.

NOVEMBER: An intense month. The Full Moon Lunar Eclipse in Taurus reveals deeply hidden desires. Not all is what it seems.

DECEMBER: Venus Retrograde can help you solve rigidity when relating with other people. Revisit old issues and solve them.

♊ GEMINI (21st May - 21st June)

SEPTEMBER: Feels heavy, limiting. Sun and Mars in Virgo need groundedness but your airy nature wants to be non-committal. Resist & see tangible results. **OCTOBER:** Feels lighter. The Libra season supports your intellectual and curious mind. Time to start new projects. Others are more willing to connect - reach out to old friends and colleagues. **NOVEMBER:** The intense Scorpio season is not your cup of tea. Watch out for drama and gossip.

Avoid trouble by saying too much or revealing other people's secrets. **DECEMBER:** The New Moon Solar Eclipse in Sagittarius asks you to see the bigger picture. Stay curious and be inspired by the fiery energy of Sagittarius.

♋ CANCER (22nd June - July 22nd)

SEPTEMBER: Opportunities to look deeper into your emotions and feelings. Venus in Scorpio allows discovery of what you value in yourself and others in relationships. **OCTOBER:** Tension during communicating and cooperating with others. Do you act emotionally when diplomacy is required? Mercury Retrograde in Libra allows you to revisit these issues. **NOVEMBER:** Work on projects that require thorough research. Mars in Scorpio lends its powerful energy to illuminate the truth. **DECEMBER:** Love and relationships in focus. Venus Retrograde in Capricorn makes you feel that love that is measured, realistic and disciplined. There is a need to balance the nurturing, protective nature of Cancer with the realism of Capricorn.

♌ LEO (23rd June - 22nd August)

SEPTEMBER: Heaviness. Virgo season demands conscientiousness and pragmatism. Time for study, chores and skill-building. Push through the boredom for long-term gains. **OCTOBER:** Lighter energies, with Venus in Sagittarius and Mars in Libra. Go out, have fun, meet new people. Mercury Retrograde in Libra offers new opportunities through old colleagues and friends.

NOVEMBER: The New Moon in Scorpio conflicts with your fiery nature. You need appreciation while Scorpio stays secretive. Accept these differences- recognition is not always expressed with grand gestures. **DECEMBER:** New Moon Solar Eclipse in Sagittarius. Fire energy is strong - use it to inspire others and create exciting ideas. Your uniqueness lights up the path for others.

♍ VIRGO (23rd August - September 22nd)

SEPTEMBER: Virgo season. Make the most out of it. The Full Moon in Pisces reminds you to not get lost in the mundane and recognise that you are surrounded by spirituality. **OCTOBER:** Venus moves through Sagittarius. Excitement & adventure. Playful Sagittarius confronts the dutiful Virgo. Have fun but stay grounded.

NOVEMBER: Chance to descend into the soul's depths. With your flair for improvement discover treasures and release long-term heavy feelings. **DECEMBER:** New Moon Solar Eclipse in Sagittarius. Challenges your cautious approach - maybe take risks without analysing everything?

LIBRA (23rd September - 23rd October)

SEPTEMBER: Reach out to old contacts. Mercury in your sign encourages you to connect with those you never had a chance to deepen your relationship with. **OCTOBER:** Your month. New Moon in Libra is a good time for dating and entering business partnerships. Mars in Libra ensures tact and diplomacy when pursuing goals.

NOVEMBER: Feels dark and heavy due to strong Scorpio energy. New Moon in Scorpio provokes your intensity. Beware - not everyone will like it. **DECEMBER:** Venus Retrograde in Capricorn challenges your style of relating. Capricorn asks for commitment and sincerity- do you placate others to avoid conflict? Truth can be harsh, but white lies will not get you far.

SCORPIO (24th October - 21st November)

SEPTEMBER: Great for romance as Venus in your sign provides the intensity and emotional depth you seek. If in a relationship, ask more serious questions and reveal the darker parts of yourself. Don't overdo it.

OCTOBER: Tensions and power struggles. You feel the need to transform but you'd also like to keep things as they are. **NOVEMBER:** Your month. With Sun, Mars, Mercury and New Moon in your sign, the Scorpio energy is omnipresent. Chance for total transformation - you will rise like a phoenix and overcome failures. Release old energies to make space for the new. **DECEMBER:** Venus Retrograde in Capricorn gives an opportunity to stabilise your intense energies in relationships. Look back at relationships and rework issues of jealousy.

SAGITTARIUS (22nd November - 21st December)

SEPTEMBER: New Moon in Virgo may clash with your optimistic nature. Plan everything out, take care of mundane issues and smooth sailing is guaranteed. **OCTOBER:** Fun as Venus moves through your sign. Meet like-minded people and share your experiences. Expand your social circle, but don't forget old friends and colleagues. **NOVEMBER:** Feels heavy and unnecessarily emotional - it's Scorpio season. The shadow side needs to be acknowledged. Have an existential discussion with your demons and before you know it, Sagittarius season will arrive. **DECEMBER:** Incredibly important for you, as we have a New Moon Solar Eclipse in your sign. Many philosophical questions might occupy your mind. Use your moral compass to navigate and have the confidence to follow it. Even if everyone else is moving in the opposite direction.

CAPRICORN (22nd December - 19th January)

SEPTEMBER: Time for conscientiousness and pragmatism. Examine your routine, health and diet. Clear what's been building up all year. **OCTOBER:** Libra energy brings tensions. The light, intellectual air element clashes with your grounded and practical earth element. The success of your project depends on the people around you. Maybe the perfect business partner is close by. **NOVEMBER:** New Moon in Scorpio allows access to hidden emotions. Hard work and discipline will get you far but eventually, you can turn into a robot. Scorpio energy can give you some emotional fuel to push through repetition. **DECEMBER:** Venus Retrograde in your sign. Time for introspection on your relationships. You can be cautious when it comes to love- are you able to show your vulnerable side to others?

AQUARIUS (20th January - 18th February)

SEPTEMBER: Saturn and Jupiter in your sign may bring confusion as they have opposing energies. Jupiter wants to expand, while Saturn wants to solidify. Take it gradually - develop projects with optimism and stay grounded. **OCTOBER:** Mercury Retrograde helps with cooperation. You like to do things your way but asking for help can be beneficial. New perspectives, ideas and inspiration await if you are willing to listen to others. **NOVEMBER:** Full Moon Lunar Eclipse in Taurus brings tension and conflict. Stay detached and impartial - you'll offer good advice to friends as you are unlikely to give in to the chaos and confusion. **DECEMBER:** New Moon Solar Eclipse in Sagittarius. Your airy nature feeds the fire of Sagittarius. Chances to expand your world and learn more about your passions.

PISCES (19th February - 20th March)

SEPTEMBER: Full Moon in Pisces and New Moon in Virgo. Examine the balance between your spiritual and everyday life. Great ideas will fail if not brought into material reality. Channel your spirituality into practical outlets and merge the mundane with the arcane. **OCTOBER:** You may feel more outgoing than usual, as Venus is moving through Sagittarius. Watch for conflict as the watery energy of Pisces and the fire of Sagittarius can cancel each other out. Let the temperature rise a little but stop if you can't handle the heat. **NOVEMBER:** Mars is moving through Scorpio - another water sign. You'll be given an extra push and more courage to pursue beliefs. Even if it means fighting for peace! **DECEMBER:** Be grounded and lay some serious boundaries. Venus Retrograde in Capricorn will provide the discipline and realism to accomplish this. Don't lose your empathy but save it for those who deserve it.

SATURDAY EVENINGS OF MEDIUMSHIP

7:30PM | ONLINE

AUTUMN 2021 SCHEDULE

11TH SEPTEMBER 2021: **ADAM BERRY**, ELIZABETH TITTERTON & JOAN FREW

18TH SEPTEMBER 2021: **KIM MOORE CULLEN**, EWAN IRVINE & FREDRIK HAGLUND

25TH SEPTEMBER 2021: **TBC**, ELIZABETH TITTERTON & JOAN FREW

9TH OCTOBER 2021: **SANDRA AETHERIS**, ELIZABETH TITTERTON & FREDRIK HAGLUND

16TH OCTOBER 2021: **MANON ARNOLD**, EWAN IRVINE & JOAN FREW

30TH OCTOBER 2021: **LOUISE MINHAS**, EWAN IRVINE & JOAN FREW

6TH NOVEMBER 2021: **JACQUI McGLEISH**, ELIZABETH TITTERTON & FREDRIK HAGLUND

13TH NOVEMBER 2021: **MANON ARNOLD**, EWAN IRVINE & JOAN FREW

20TH NOVEMBER 2021: **STEVEN TROLLAND**, ELIZABETH TITTERTON & JOAN FREW

27TH NOVEMBER 2021: **ERIC SWEDER**, EWAN IRVINE & FREDRIK HAGLUND

JOIN US

Every Saturday at 7:30PM we host an online Evening of Mediumship. We work with mediums from all over the globe to bring you evidence of life after life. You are welcome to join us to share in the wonderful energy that these evenings generate. It's £5 to join but you can save by buying a Season Pass which grants access to all events.



SCAN
TO BOOK

NEW WORKSHOP

28TH AUG | 3 - 6PM | £50

LISA WILLIAMS ADVANCING YOUR MEDIUMSHIP

ONLINE

MAKE THE MOST OF
YOUR GIFTS



SCAN
TO BOOK

PRIVATE READINGS

PSYCHIC | SPIRITUAL | TAROT |
ASTROLOGICAL

AVAILABLE IN-CENTRE & ONLINE



SCAN
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SOMETHING TO THINK ABOUT

BY AUDREY YEARDLEY



I vividly recall sitting on the other side of my grandmother's hearth as we told each other what pictures we were seeing in the flames of the coal fire and her suddenly saying 'What are we going to make of you?' These words had come into my own mind as I thought 'What am I going to make of myself?' I was about four years old and although that was quite a long time ago I'm still working on that question - particularly as every one of us has to recognise that we are given a designated time to 'make ourselves'.

The problem I'm puzzling over at the moment concerns the relationship between our *genealogy* and *reincarnation*. How does reincarnation fit in with our DNA? And how does that work over many lifetimes? How can genetic stuff also be soul stuff?

DNA is a double helix of two long chains of linked nucleotides, connected by bonded bases transmitting genetic information to an offspring. So far so good. But how does a newly-incarnating spirit find its way into a physical womb? How does it 'get into' the double helix? How do spirit and flesh coincide or cooperate?

Genealogy is all about lineage, direct descent from ancestors. Genes are hereditary units located in specific chromosomes which predetermine specific characteristics; a complete set of genes, the blueprint for any living being, is called a genome. The genetic process has been clearly demonstrated, but how does reincarnation fit in with it? If our spirits evolve through reincarnation they will presumably have made many previous arrangements in order to pursue their very individual possibilities. Are these the same as the prescriptions of the physical DNA system? If there are two systems at work how do they agree on priorities?

To put it simply: where does reincarnation leave heredity? Some of us can recognise people with whom we have shared a previous lifetime; some of us have recollections of previous lives. How does physical heredity manage to cope with this

or is there a conflict between the two ways we have of becoming who we are? One definition of 'spirit' might be 'our non-material essence, our driving force' and its earliest meaning, in Latin, is 'our very breath.' So does spirit come in with our first breath? What then of the predeterminations of the double helix, all of them in place *before* our first breaths?

We can learn more about this in Caroline Myss's ground-breaking book *The Anatomy of Spirit*. Does the following quotation from Myss apply to body or spirit?

According to energy medicine, we are all living history books. Our bodies contain our histories - every chapter, line and verse of every event and relationship in our lives. As our lives unfold, our biological health becomes a living, breathing biographical statement, that conveys our strengths, weaknesses, hopes and fears.

Does this hint at a symbiosis between the requirements of reincarnation and the laws of genetics? Between, as it were, flesh and spirit? Many of us today can feel a connection between what we signed up to *do* (reincarnation) and what we were born to *be* (our genetic heredity.) It's both scary and exhilarating to consider this double aspect of our lives, but just think how annoyed we'll be if we 'go back' with the unfinished business of what we signed up for. Which side of the dilemma would we blame for an unfulfilled life, body or spirit?

Since the late nineteenth century we have considered heredity and environment as two equal candidates for explaining who we are, but now, as we add Reincarnation to the mixture, there is a third possibility to be found in the depths of our past lives. Perhaps, if we could see all of this from the highest level, we would realise that the three elements involved make up a pattern which we are too limited to see from here.'

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PISTACHIO & ROSE CUPCAKES

BY SHEREEN ELDER

Ingredients - Cupcake Mixture

140g unsalted butter, softened
150g caster sugar
2 large eggs, room temperature
200g self-raising flour
1tsp baking powder
1tsp rosewater
1.5 tbsp whole milk
65g chopped pistachios

Ingredients - Buttercream

120g unsalted butter, softened
300g icing sugar, sifted
1tsp rosewater
2 tbsp whole milk
Pink food colouring, optional
Added décor – crushed pistachios and edible rose petals

Method

Preheat your oven to 180degrees fan.
Line a muffin tin with 12 cupcake cases.
Cream together the butter and sugar using an electric whisk until light and fluffy.

Add in the eggs one at a time and whisk gently between each addition.

Combine the milk and rosewater and then add to the mix (don't be generous – rosewater can be overpowering if too much is used).

In a separate bowl, sift the flour and baking powder together. Then gently fold this into the cake mix in two parts. Mixing gently.

Fold in the pistachios.

Bake in the pre-heated oven for 15-20 minutes and leave to cool.

Whilst they bake, prepare your buttercream. Start by beating the butter until smooth and gradually beat in the sugar (100g at a time). It should be smooth creamy and light.

Add in the milk and rosewater and continue to beat together until your desired consistency is reached. I prefer a stiffer buttercream – it makes for easier piping. If you are adding food colouring, do that now.

Pour the buttercream into a piping bag and set aside. I used an open star nozzle for decorating.

Once the cakes are cooled, pipe the cream on top in a circular motion, starting from the outside in.
Garnish with the pistachios and rose petals.

Storage – 2-3 days in an airtight container. Refrigerated for 3-4 days.





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