



PSYCHIC NEWS

incorporating Two Worlds

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MEDIUM'S CHARITY CARES FOR CATS

PN REPORTER

This month, give a warm welcome to medium Pauline Firks who, apart from demonstrating in churches in non-pandemic times, is also heavily involved in helping stray cats both in the UK and Spain.

The first points put to Pauline were: "I know you originally trained as a classical ballet dancer and worked in film, television and theatre. Can you fill in some more details?"

At thirteen, I studied classical ballet after attending a small local stage school from the age of eleven and discovering that I loved ballet. I left school at fifteen to become a full-time ballet student.

I had a wonderful teacher who taught in the Russian style and was once a leading lady at Covent Garden. My studies also included tuition in character, and historical and Spanish dance.

When I became a professional dancer at the age of twenty, I was lucky enough to get two engagements straight away, one being principal dancer in the pantomime *Babes in the Wood* at the Golders Green Hippodrome, NW London.

I auditioned for the BBC's production of *Iolanthe* and was chosen as one of the dancers. Later, again for the BBC, I danced in *The Al Bowlly Story*.

I was in Ken Russell's film *The Music Lovers* and danced at The Place and at the Victoria Palace. I also took part in several period pieces for TV.

Where were you born and when? Were you raised as a Spiritualist? If not, what was your first encounter with Spiritualism?

I was born in Hackney, East London. You asked my age, but a lady should never tell her age!



PAULINE FIRKS: "Send love and thoughts up to the platform."

My first spiritual experience was when I was eleven and on holiday in Cornwall with my parents.

I remember walking along and having what I can only describe as an out-of-body experience. I asked my father, "Am I still here?" This was very frightening and sent me into a panic.

I have since found out that it was one

of my spirit guides who came too close too soon. I realise that this was a profound experience and started me on the path I am on today.

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

My father was spiritually aware as a young man. As I grew, he would always be there to guide me and to answer any spiritual questions I might have – and I had a lot!

This was gradually accepted by my mother. Both Mum and Dad came to see me work on the platform.

I met my husband Terry at a development circle. I am so lucky that I can share this way of life with him, as he drives us to churches and venues, and gives the address.

My daughter has accepted my work as a medium and thinks it is quite normal for me!

What psychic gifts do you have? How did they first manifest?

During a testing time in my life, I started to receive many sayings that were very philosophical. These became so prolific that I began writing them down.

I gathered around 2,000 of these sayings and now realise that it was the start of my clairaudience.

As I have worked with my mediumship, Spirit has developed my clairvoyance as well. This is the way I am normally



WHO couldn't resist offering a loving home to this little bundle of furry fun?

channelled on the platform.

My main work is as a proof of survival medium. I also see and identify animals people have lost, and see people's spirit guides, auras and forthcoming births.

Spirit also brings in some spiritual guidance and philosophy if it is relative to the message that is being given.

I've also been used as a rescue medium helping people over to the light. I have two rescue guides who assist me.

I have given talks on the subject, and also run development circles and taken workshops.

Where did you develop your mediumship?

I sat in a development circle for over five years. It was taken by an excellent and strict teacher, who covered all aspects of spiritual work.

Where do you live now? Do your neighbours know you are a medium? If so, what's their reaction?

I live in Essex. Our neighbours know I am a medium, as they have joined us at home for some clairvoyant evenings. In fact, a neighbour who lost her husband has regular contact with him when we meet for coffee.

How long have you been serving Spiritualist churches?

I first stood up on the platform as a fledgling some 30 years ago. I was then working full-time as a reflexologist and healer, so only managed the occasional service.

When I went part-time, I was able to increase the number of public demonstrations I could do, but since I closed my practice eight years ago, I am now able to concentrate fully on my mediumship.

How many churches do you serve a month and in which parts of the country?

Before the pandemic, it was around twelve a month. We covered East, West and North London, Bedfordshire, Cambridgeshire, Essex, Hertfordshire, Lincolnshire, Northamptonshire, Suffolk, Middlesex, Buckinghamshire and Norfolk.

We have also worked in Devon and on the Isle of Wight and in Wales, but don't mind how far we travel to meet new people.

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

By the way it's run, how they welcome you as you arrive, having a good chairperson, the love and the warmth that is inside and – of course – the congregation.

What can a congregation do to assist a medium on the platform?

Send love and thoughts up to the platform and answer the medium because loved ones in Spirit respond to a recipient's voice. This holds and makes the link stronger.

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

By bringing love and comfort to people, and helping them to know that their loved ones and animals are still around them and only a thought away in the spirit world.

For the past 45 years, you and Terry have been involved in voluntary cat and kitten rescue both in the UK and Spain.

You're also treasurer of your mum's charity, the Costa Blanca Feral Cat Trust. Can you tell me some more about this aspect of your life?

I started cat rescue when I was living with my parents in North London. We used

to visit demolition sites where there were colonies of cats.

We would spend hours feeding and trapping them, as some of the cats were feral and we were unable to handle them.

We would then transport them to rescue centres and eventually clear the sites before bulldozers came in.

When I married, Terry also realised the need to help strays and has been rescuing them for the past 32 years. He's been the main trapper for many of the local animal centres as well as ours. It has been a labour of love and dedication.

When my parents went to Spain for a holiday, my mother saw the terrible plight of street cats, some of whom were dying after being poisoned. Others were disposed of by drowning.

Being such a compassionate lady, my mother decided to do something about this situation and started her own charity, the Costa Blanca Feral Cat Trust, running it from the UK.

My mum Vera would arrange for a vet and nurse to fly to Spain, plus drivers/trappers to work for a week at a time to concentrate on sterilising street cats and to cut down on the population of ferals.

These cats were always given the best drugs and would receive any other veterinary help required.

We would all go out as a family. My husband did a lot of the trapping and transporting to and from the surgery. I used to keep the team happy by doing their lunches!

After the sad passing of my mother some nine years ago, both my daughter and I have taken over the running of the charity, albeit in a different way.

We have an English trustee living in Calpe who oversees the running of things and a Spanish vet who spays/neuters the ferals for 40 euros per cat.

We usually concentrate the work in Calpe, but cats also come in from neighbouring areas and as far away as Benidorm. A report goes out each year and can be found on my website.

You published a book, "Wisdom Teachings," which was channelled by your Chinese spirit guide.

What's his name? What do you know about him? How did you receive his teachings? What's the main message in the book?

My Chinese spirit guide's name is Moo-Chow-Ching. I understand that he lived on earth around 300 years ago and was a philosopher and teacher. I was given his name when I sat in circle.

I now work with my guide's guide, Emperor Chan, who is also Chinese. Of



THE medium is the message. Here Pauline Firks is seen demonstrating at Healing Hearts Spiritual Centre in Bulphan, Essex.

course, when working we have so many helpers, inspirers and loved ones who all add their different abilities to a medium's work.

Moo-Chow-Ching, who was my first guide, is still working and communicating with me all of the time.

I am now on my third edition of *Wisdom Teachings* and have sold around 5,500 copies at public demonstrations. Monies from the book help to fund the animal rescue that we do.

I started receiving the sayings in the book about 35 years ago. I believe that these sayings are universally applicable and are there to uplift and guide us.

I have also produced bookmarks which each have an individual saying on them taken from *Wisdom Teachings*.

A few years ago, I brought out a guided meditation CD called *Wings of Peace*. In fact, this overall title embraces two CDs, which have the individual titles of *The Mansion* and *The Island*.

You've recently published another book. What's the title and what subjects does it cover?

My book, which I was inspired to write during lockdown, is called *A Bridge to the Light*. It is in small part autobiographical and takes readers on my journey to becoming a medium.

The book contains many inspiring stories, including amusing ones about animals, and detailed spiritual rescues and why some people needed help.

It also contains my husband's amazing recovery from sepsis, his daughter's near-death experience, her journey to the Other Side and what she found there. I also explain my own personal experiences so far whilst working with Spirit.

What was the best day in your life... and the

worst?

That's a difficult question, as looking back there have been some wonderful days and others which were not so good. Two of the best days must be when my husband proposed and having my daughter.

The worst times were losing my parents and when Terry was in intensive care in 2015 and given only two to three hours to live.

Thankfully, against all the odds Terry pulled through due to the wonderful amount of healing so many people sent to him.

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

To continue helping as many people and animals as I can and to keep positive.

If you were stranded on a desert island, which three or four luxuries in life would you miss the most?

A comfortable bed, a warm bath, a cup

of tea and some music to listen to.

Similarly, if you had to leave your house in an emergency, which three or four things would you grab on the way out?

My husband, cat, photographs and handbag. At the moment, we have one cat called Pushkin, but over the years we have had so many.

During the mother and kitten season, we can have up to 200 cats passing through our cattery, but not all at the same time.

How do you relax at the end of the day?

With a nice gin and tonic!

■ **"A Bridge to the Light" and "Wisdom Teachings" are both available at www.amazon.co.uk Alternatively, these books and two meditation CDs by Pauline can be ordered from www.paulinefirks.com**

All of the monies raised through these items go towards Pauline and Terry's voluntary animal rescue work.



SAFE and sound in a cosy basket, it looks like this cat's getting ready for a quick catnap.