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Interview with Mick & Sylvie Avery: (24th Feb 08)

Deep Trance Medium and Channel for Gregory Haye and the White Cloud Group:

Mick Avery: Aged: 54,

Born in Hornchurch, Essex, 6th November 1952

Sylvie Avery: Aged: 53,

Born in Weston- Super-Mare, 4th June 1954

General Questions:

Q1. What do you both do for a living? Mick, Sylvie.

We are professional Mediums and healers. We are the mediums for The White Cloud Group. We have two internet radio shows: Spirits Work Show and The Spirit Teaching Show that air three times a week. We have published three books: The Spirit Within, Spirit Walks with Gregory and Journeys of the Inner Songbird, plus CD's and a DVD. We offer deep trance presentations. We also take occasional workshops on a variety of disciplines to do with the enhancement of people's spirit gifts.

We offer Akashic readings.....

Q2. Can you tell me anything about your life before you became mediums?

Mick: When I first left school I was an Artist, Graphic Artist but I never did it as a job or made any career out of it. Music was my main love. Since the age of eight for about 36 years in all, I played drums and percussion. I played and wrote in many bands. I toured a lot and became a session musician. I was very focused on this part of my life and as a result many

aspects past me by and I never used to bother with anything else, then I met Sylvie. It was through my music that I met Sylvie.

Sylvie: Horses have always been my main love. Apart from owning them from a young age I also worked with them in varying capacities. I still have one now. I love dogs too and studied canine behaviour for some time. I also trained as a dog groomer. I worked as a Holistic Massage Therapist for a good few years. I grew up in a musical family. My dad taught me various brass instruments when I was young. My passion was singing though and I used to sing in bands, and that's how I met Mick.

Likes and Dislikes:

Mick: My main dislike is spiders, I have Arachnophobia. I used to have it really bad, and there were times in my life that I couldn't even be in the same room as one. I've overcome it with meditation and gaining control of my mind. Even regardless of our travels and some times to very hot countries I've managed to overcome it even to the extent of putting my hand into the ground in a sprinkler system that was full of black widow spiders. It was a case of doing it or not having water.

Sylvie: I really don't like talking about myself, I really don't. In fact I don't particularly like being in the limelight at all, but it's something that has got to be done if the message of spirit is to be heard by as many as possible. I host our radio shows, appear on TV and many other radio programs, but it's only because needs must.

I'm a doer, and dislike wasting time. Don't get me wrong, I like to relax, but it will be through doing something; not sitting in front of the television. We are pretty boring really because we eat, sleep, and breathe work.

Hobbies? Apart from playing with horses: I like cooking if I am in the right mood. I used to swim a lot and would like to be able to go now and again. Pretty much everything we do is spirit orientated I'm afraid.

Things that Annoy You?

Mick: Things to do with people's carelessness, with regards to each other, the planet and the environment, that is something that gets me really, because I think people are so blind really. (F): But that's come through what you do, hasn't it?

Mick: No, that's something that was always there, ever since I was tiny. I actually didn't like being a human being as a child very much. I always thought that humanity was some kind of pestilence of the earth, if you know what I mean? In that respect as a child, I liked being on my own, I didn't mix very well and I liked my own company, so I used take every opportunity. When we were kids at the age of eight, we moved out of London and moved to the country in Monmouth, and a whole new world

opened up because it was all forests, endless forests. I used to go off on walkabouts for days and days on my own, which was perfect.

Q3. Do you have any favourite music?

Mick/Sylvie: Don't have any favourite music; I just love music, anything that beautifies any part of the world. Anything to do with music and is done with the best intentions. Who we listen to at this moment is Keith Urban, Peter Gabriel, other diverse people like Muse, a group from Paignton in Devon, and they are huge at the moment with young people. Muse is all about saving the planet and is a bit gothic really. That's one thing I really like about mediums that use music, especially in physical mediumship, it's not all etheric music. They very often use loud rock music and I think it's great. We also like Michael Jackson, Seal, Queen, Celine Dion and George Michael, lots of people really, anyone that's really good. As a teenager Mick listened to Robert Fripp, Crimson, Yes, Supertramp, and Genesis, and all that sort of stuff.

Q4. What do you do in your spare time/time off?

Mick and Sylvie: We don't have any spare time really. I like being with horses too. I've learned a lot about the care of them and enjoy that side of it, as well as grooming and generally looking after them. We are curry freaks. We love to go for a nice curry when we can.

Q5. Is there anything in particular you think that helped to shape your character?

Mick: Music in the main.

Sylvie: As far as finding my way on the spirit path, I always thought that there was more to life. I never felt that I fitted into any mould and I never felt I wanted to follow anyone else down a religious path. I guess I was always trying to push the envelope in every sense I could. I reacted badly to negative treatment from my peers at school. Of course, now, understanding how positivity and negativity works and the law of attraction, it's not surprising. I wasn't a really naughty child, but I would get bored easily. Then, if I got left behind, I'd end up staring out the window thinking that there had to be more to life than this. And I would have been right!!

I discovered that I could sit with my spirit within. I guess I developed my own method of connection to my higher self. I can remember at a young age sitting in fields, watching horses munching grass, listening to the bees buzzing around the flowers. I would feel this very profound connection with the earth and 'something'. I didn't realise what it was at the time, but knew that I wanted to revisit that feeling again and again. Unfortunately, this isolated me even more from wanting to be a part of the herd, from fitting into the box that society expects. I knew I was searching for something but

didn't know what. I still give any institutions or organized establishments a wide berth. I don't get involved with anything that takes away free thinking and free will or even hints of power and control, or deities.

(F): Any organisation?

Mick: The point is that the structure of society has become such that everything is about power and control and denying the individual an educational right.

(F): But hasn't it always been? Well, Yes.

Sylvie: It's the same with religion. I hate it when people call me a spiritualist. I'm not, I'm a spiritual person hopefully, but I'm not a spiritualist.

Mick: Because that puts you in a box with a label. It's got man made rules and regulations, codes of conduct and the "committee", and we're not into that.

(F): The only difference between then and now is that it has gone from the church ruling the roost to the government doing exactly what the church did all those years ago?

Mick: Power and control.

Q6: What about Mother/Father/Grandparents etc, they must have some influence over your life?

Mick: My mother had influence over my life. My father tried to have influence, but that was more of a power and control thing so that was something that I just walked away from really. Actually, the funniest thing was, that it was only a few years ago that my mum actually confessed to being really, really, into spirit communication, and that she had actually gone to séance events as a girl, but she didn't talk about it as she was always told to keep it a secret.

(F): You didn't know about that? No, she never said anything about it until about six years ago and she's 91 now. My sister had the biggest influence on me as a child. I suppose because she was a person who suffered a lot as she was severely anorexic. That was something that, not only did I find it hard to understand, but also hard to see why people reacted the way they did towards her. This threw up so many questions even as a child of six, as to why people would want to behave that way towards her. They didn't understand in those days. That was a big chunk of where I was coming from as a child. And as if that wasn't bad enough, she got murdered, in the middle of Oxford in broad daylight in a high street shop that she was working in.

(F): That must have been a huge impact on you? Yes, although it had more of an impact on my parents, and my father never got over it, never recovered. It was the ultimate cause of his passing years later and in a way I vowed then to find out about life as it exists for real; not through someone's imagination or through religion, but life goes on.

(F): Do you think that had any influence on you being involved in spirit? Not really. I have quite a detached thing about doing what I do. It wasn't anything I had consciously planned, although now of course we know that apparently I did plan it prior to this life but didn't actually have any memory of it. No, I used to see spirit as a child but when my home life got so fractious it all disappeared. After that I think that my earliest situation to do with spirit or having out of body experiences, was actually when I was in my late teens or early twenties. I used to practice purposeful astral traveling. The first time I had a controlled out of body experience, in a very controlled environment, was when I was on my own, In a sense was one of the most frightening experiences that I ever had but also one of the most revelatory experiences. That was at a time when I was looking at different religions as people sometimes do. I was trying to find out, "What the hell am I doing here?" I still never got the answer, but I got into Buddhism, Shoshu and all kinds of other paths and none of it clicked, ever. I just couldn't see the point, especially if they had a deity or an Icon or something like that. I just didn't want to know because I could see that it was an aspect of control, and that is a form of control that drives people mad basically. It stops them having an open mind. It didn't make any comprehension to me of anything to do with love, because love is always directed away towards some other single objective but not to love itself within the supreme harmony with the planet.

Sylvie: For me a pretty normal childhood.

Q7: So why the USA?

Sylvie: Because there are wonderful people in the USA and in the main they don't have the ability to come across people like Gregory or the teachings of Gregory like we do here in the UK. There are Spiritualist churches in America, but there are not that many, and in general, are not particularly well known. And once again, with it being a religion, it will isolate a large majority of people who are searching for spiritual knowledge. Many will have broken away from organized religion and steering clear of them. We hear it all the time.

One of the first things Gregory said to me was that the teachings needed to be heard as far and wide as possible. This isn't rocket science when you are trying to save the planet from humanities destruction. We don't only go to America; we go to Canada, Australia, New Zealand, and wherever spirit feel their teachings need to be heard. We do whatever we need to do to get to the masses. This is a fluid situation.

Here in the UK we are so lucky in that we have all of these Spiritualist churches and centres where you can go to see a mediumistic demonstration of some sort or another on any night of the week. This is something quite unique.

(F): This is really strange when you consider that the USA is the home of modern spiritualism, as we know it today. To be honest, there are some fantastic mediums over there, on equal par to England, but they don't revolve around the churches. They often call themselves psychics but it's just a play on words. I think that one of the things that our spirit team has been trying to explain to everyone is that there are opportunities for them to develop further. They seem to call everything channeling which gets a bit confusing at times. Outside of the spiritualist churches they don't know about development circles. They really don't know about deep trance either. Generally they don't really see the need to get rid of the mind completely when receiving communication. On the other hand, they may not realize it's possible, and of course, I am not saying that it is always necessary either.

(F): Aren't they pretty impatient people and want everything yesterday? But most sections of society are like that nowadays I think. Personally we try to encourage people to do as much development at home. People don't have to spend years and years sitting in their development circle just once a week. We have moved on from there. There is no time for that...way too much to do. You still need to attend your development circles but daily homework is crucial.

People everywhere still tend to get by on their certificates, of how many courses they have gone on and who they trained with, rather than on their abilities. This is the same with the spiritual churches. You can't do this – you have to do it like that!" You have to sit in this circle for so many years before you can possibly do that!" Energy is energy. People are individuals and spirit is always pushing boundaries. We try to teach people how to do that on a realistic physical level. Okay, get your pieces of paper, maybe you need it for legal reasons, but don't let that be the torch by which you shine. Let your connection to spirit be the thing you are recognized for so you can help others. Spiritual churches are such a valuable asset to us and particularly, initially they are great places for people to go to discover the world of spirit, to set them on their path. They have to move with the times though.

Sylvie: We went to Canada last year and had an interview on breakfast television. It was on Halloween. They also asked us to demonstrate how Mick goes into trance and brings Gregory through. It was great. Gregory came through in no time at all while I described what was happening, and the two presenters interviewed him 'with very wide eyes'. We had an amazing response from this and lots of requests for Akashic readings.

Mick: They took the plunge. It was an absolutely straight TV station. You are not going to get to do that in England. It's just not going to happen.

Sylvie: To get to the masses we have to be prepared to travel. I understand not everybody can but while we can we will. The whole theory of what we do, and what the spirit team wants to do, is a global issue. There is no point in us just trudging up and down the platforms of the spiritualist churches in this country.

(F): And you are only preaching to the converted anyway!

Both: Exactly. There are plenty doing it anyway.

Sylvie: You are not going to change the world by doing only that. The spiritualist churches are only a segment. Very limited, but necessary. What the spirit world has to say and all of the possibilities is for us not to be so confined to these buildings.

Mick: Our radio shows are very important in getting to the masses. We have to start somewhere and the people we operate with in the radio stations in America are very forward thinking. It's an up and coming situation really. They are very positive and give us a lot of support in what we are doing.

So that's why you are in the US a lot?

Both: Yes, but who knows where we are going to be in the future. We sold our house in 2003 to fund what we are doing, so we haven't actually got a home. It's where ever the spirit team thinks the need is really.

Mick: We really need to develop our film capability because we live in a physical image age and that is what we have to put across. One of the main concerns of our spirit team the White Cloud Group, is global warming. We haven't really got that much time, and we constantly need to think of new ways to make an impact, to continue to push the envelope. We have a spirit team of scientists and scholars from all walks of life helping us to get the information out.

Sylvie: But however we do it, it's got to be maximum coverage; TV, radio and film. It's why we have to be prepared to be international.

(F): I think that what Colin Fry and John Edwards are doing is great; it's bringing it to the general public. Absolutely! It is clairvoyance that has the biggest capacity and scope for getting to the most people; in opening people's eyes. Yet everyone seems to want to be a physical or trance medium. It is a much harder route to take doing physical or trance as you are so very limited to where and to whom you can demonstrate for. Its opening peoples eyes in bite size pieces I guess. But I think that clairvoyant (clairaudient, whatever,) mediums need to step outside of the

box and not just do private readings and the spiritualist churches, but organize venues that ordinary people may like to go to, who maybe wouldn't go to a church.

Spiritual Side Now:

Q1. Have you always been aware of spirit, or did it come through your development and what fired your interest?

Sylvie: I have always been aware of my spirit. As far as the spirit world, it wasn't so much a case of seeing them or hearing them, but of becoming more and more in tune with my spirit and developing my sensitivities. My spirit friends also used to give me fairly regular out of body experiences but I didn't know what they were and I didn't practice it purposefully. It was from about the age of 18 that I just seemed to come across psychics and mediums of varying descriptions, just going through my normal day to day life. They would notice things about me, saying that I was going to develop this and that gift. I never actually had a reading, but spirit and the path of synchronicity had gradually directed me along the right paths. My elder sister was a healer and she suggested that I went along to some spiritualist church services. Then one day spirit just came to me in the night and told me I had to start developing my gifts, so I started going to awareness groups. That's when I really started getting into it.

(F): You never saw spirit as a child? No, it was more a case of sensing spirit, and having what I could only describe as "experiences". I had many physical interactions with my guides but nothing that seemed to be pertinent in being able to help anybody else with messages. I had only ever heard and witnessed clairvoyance at that stage.

Mick: I used to have a lot of 'friends' in the garden who I would go and talk to.

(F): That nobody else could see? Yes. And I had a lot of experiences up until I was about eleven. Some were very loving and some were quite weird and dark I have to say; some were pretty frightening to me. And then everything just stopped after I got involved with music. I got into music so heavily everything went out the window anyway. That was true all the way up until I was about forty. I used to take Sylvie to a spiritualist church service where a couple of times I sat outside because I was curious, being the curious soul that I am. I noticed that when everyone came out nobody had two heads, and from what Sylvie said, it was quite different to orthodox churches, so I decided that I would go in and watch. Shortly afterwards I started going to awareness classes.

Q2. Has there ever been anything that made you think twice about you spiritual work?

Mick: No. Sometimes we get exasperated, particularly if we feel that the mountain is too big - the mountain that humanity creates on the world. It's such a big thing to try a steer peoples minds from what they are doing and the disaster they are creating. (F): It just seems that it doesn't matter how many steps forward you take, you feel that you're not making any ground? Yes, that's about it.

Q3. Have you ever considered becoming a physical medium?

Mick: Well at the beginning all I wanted to do was find out who I was. That was the sum total of it. Then towards the end of my sitting in an awareness circle for 18 months, a situation developed where the 'powers that be' wouldn't move me to a closed circle, and spirit were getting frustrated. We used to go to lots of workshops and at one workshop spirit engineered some weird physical things happening around me and to other people around me. It frightened a lot of people and the workshop medium wasn't too sure either. Anyway this medium was a very prominent medium in the SNU, and that evening we were invited back to a house for a private get together. We were invited to take part in a Table Dancing (Table Tilting/Tipping) session and we had never witnessed or taken part in that before. Sylvie and I were down at one end of the room while all of the mediums and such were around the table. It was in red light conditions and there was a permanently set up cabinet at the end of the room which the medium sat in front of around the table. Well the table was dancing around and hopping and skipping on different legs and they eventually got it that it was Gordon Higginson. The table tapped out his secret name, which the visiting medium had known, and the table jumped onto his lap and tried to push him into the cabinet. They pulled the table away, and it did it again, so they took it as a message for the medium to sit in the cabinet, which he did. The medium went into trance and Gordon Higginson came through and said that all these people had been assembled to develop me and pointed at me. Then he told me all about my life as a child, all my thoughts and situations that had gone on during my development. He trotted out with all of this stuff that was totally accurate. I was shocked, and said you have got the wrong person; you can not be serious about me doing this! He said yes, and told the people there they were all to set up a home circle for my physical development. It was at this time that we made the ultimate pact and commitment to work with spirit. The actual circle only lasted about 6/8 months (I can't remember how long really) and then Sylvie and I started sitting at home. We sat every day and Gregory made his presence known after about the third sitting.

Sylvie: The thing to remember here is that Mick never knew anything about trance or physical. He hadn't read a book about it or any teachings or philosophy from others. So when Gregory started doing the trance you

knew it wasn't coming from Mick's mind because he never knew anything about philosophy or spirit or anything really.

Mick: No, and that is how it should be. I have since learnt that if anyone wants to be a trance medium it is best not to read anything, otherwise it can be misconstrued as coming from your mind, and it probably is sometimes.

Just for Sylvie:

(Q1): I know that you are a non practicing Physical Medium, other than you are Mick's power house.

Sylvie: That's right - I'm not in development at the moment but we have already got a voice box and other situations in place that have been developed over the years. The thing is we never know where we are going to be, but when we are settled we can get a room together and start development properly. I still sit periodically, and when we do phenomenon happens; voices etc.

Mick: We have had materialised form at times, in varying degrees. At one point spirit used to do experiments using chlorophyll which means that you can do things in red light. They coat the ectoplasm in chlorophyll so that it's not light sensitive; it goes green and the spirit person's face or whatever looks green.

(F): Looking like they have been slimed.

Yes, absolutely. Some things are so funny. At one point of Sylvie's development she was told she had to lie down all the time. She would lie on a bed and I would be in a chair next to the bed and we had amazing results with loads of banging and footsteps across the room, and that was with just the two of us. Then she was cloned one night. She was lying on the bed and they produced another Sylvie standing up at the bottom of the bed in different clothes, and I was talking to her. It was amazing.

Sylvie: We were trying to do it in so many different ways; some of the time in total darkness and the rest of it in red light. We were also trying to do it in daylight conditions as well at one point, which is why they were doing the Chlorophyll development.

Not only would the development be time consuming, spirit use my physical energy qualities for Mick's trance work and I have to conserve my energy for this.

(F): You say that it would be too time consuming, but if you are getting results like that with just two of you, imagine what you would get with few dedicated sitters. Your development would be rather rapid.

Mick: Quite possibly, but at the moment it's the time factor. We have been geared these past few years in trying to turn people's minds around, just generally, about their attitudes and being more constructive about the planet.

(Q2): Do you know who your guides are, and if so, what do you know about them?

Sylvie: My doorkeeper is David Black Elk. He was of the Oglala Sioux nation. He is the younger brother of the infamous Black Elk who went to Europe. David Black Elk stayed behind and looked after his family. He was never so gregarious as his elder brother. He was a protector and more of a medicinal person. He has this still and peaceful energy about him. At times he rides the white horse that walks with me. He makes himself known quite often especially when I sit for physical. A memorable image for Mick was when he depicted a holographic image of himself on this horse on the side of a mountain on the wall of our cottage. He married another Oglala called Sholandha Shotu. They had two children. One was called Ethan Black Elk and the other Nomancy Shotu. His wife Sholandha is often quite close to me too. They lived in South Dakota. Sholandha came from an off-shoot of the tribe in Saskatchewan. She didn't come from the same group. She was not a slight girl. She could carry a full one quarter of a Bison. He passed around the early 1900's. It was from some kind of chest infection he had caught from mixing with Europeans.

Moon Cloud has been with me for 6years. He was a desert person, a Moab. He was quite old when he passed and is quite an ancient being in that he had gathered a lot understanding of tribes, being of such nomadic people. He helps me with my thoughts.

I have several guides and helpers who work with me with my mental mediumship, but they change constantly. I also have those that come and go with my healing. Li Teow Sonicha uses me also.

Jack Webber is quite a constant energy when I am doing my Physical, along with others.

Q3): Do you work in any other way, other than with Mick and Gregory?
No....only spirit work, but in many different formats.

Our deep trance Akashic readings by Gregory are really, really popular, and by the feedback we get, seem to be quite unique. When someone schedules a reading, they have to give us their date of birth and their name at birth. Gregory then goes to the person's soul group and looks at their Akashic Book. It is only with your permission that any spirit can do this. In an Akashic reading, you will find out the name of your soul group, who your doorkeeper is, information to do with your gifts of spirit and your

guides, and much more. It is a spiritual reading all about you. It can be one-to-one conversation with Gregory live, or on the phone, or a recorded audio CD. People tend to come back for an assessment of their development at intervals. I sure wish I had had access to something like this when I first started. It can save so much time and effort in knowing which gifts you have the possibility of developing and advice on how to achieve them. It also helps knowing about your soul group so you can understand the person/spirit that you are and make sense of why it is you are the kind of person that you are. Fascinating!

Our internet radio shows are unique too because spirit Gregory is the main guest every week. I discuss a different topic of conversation every week with Gregory and he takes calls or emails and answers questions live on air. We do three a week and have listeners from all over the planet and from all walks of life. Because the spirit team consists of so many experts and scholars, we can talk about virtually anything via Gregory, via Mick.

We offer a few diagnostic services done by the spirit team: Geophysical stress surveys to see if your property is affected by a geophysical lay line; unwanted paranormal activity can be investigated by the team, and animal health or behavioural problems observed and assessed.

Just for Mick

(F): Back in the archives of your shows you say that there were lots of others before Gregory made an appearance. Oh yes, loads. In the situation of the development, bearing in mind that I didn't have a clue what was supposed to be going on anyway. During my early development classes, I had started having strange out of body experiences. I met my doorkeeper and other guides, which at the time was pretty strange but wonderful, and from that, as we began the development stage, different people started coming in. In the beginning I was kind of aware of it, thinking what on earth is going on here? But as time went on my consciousness became more and more subdued. At the end of each session I would report what experiences I had, and it got more and more that I was having these out of body experiences. What I was hearing became less and less. The sitters were seeing more and more happening to me and around me; transfiguration and all sorts of stuff really. There was about 65 different people came through ranging from young children to old men and women.

Sylvie: Then towards the end of our time in this circle one of the spirit communicators told us that they were preparing the way for Gregory. Of course, the reaction was... 'Whose Gregory?' But nobody said who Gregory was.

Q2: Were you comfortable with all these people coming through, just popping in and out, and using you in this manner?

Mick: No, that didn't bother me. What I found difficult was the attitude of some of the sitters. That was difficult...but we won't go there. I will only say that the negative emotions that were unleashed on me, caused difficulties physically within me. That was quite difficult for me to understand and deal with. People need to realize this and the importance of harmony.

As we have said, it was at this point that we started sitting at home on our own. I would sit and watch for Sylvie for thirty minutes, and then Sylvie would watch for me. And we did that every morning without fail, seven days a week, and carried on like that for over 18 months. Of course because this was a completely loving environment, every thing just went from strength to strength very quickly. My development just shot off and Gregory came through with ease and we wrote our first book within a few weeks.

We also started a home circle with some dear friends John & Ann. it wasn't long before we would invite people round to talk to Gregory, to throw really difficult questions at him and grill him about who he was. Gregory encouraged us to do that so we would ask people not to tell us what questions they had beforehand.

(Q3): Do you have any other guides, other than Gregory?

Mick: My trance healing guide is Li Teow Sonicha. He lived a solitary life near to the coast of the north China Sea over 400 yrs ago. It was called then the Exenang Province. He was a healer even then. People used to come far and wide to see him and they would bring their animals too. It was the central theme of his life and the reason for having his life. He was 89yrs old when he passed back to spirit. He had 6 brothers and 4 sisters. He was next to youngest. He never ate anything that had crawled or walked or swam. He is form the soul group of Lapsitshook, which is a group of healing.

He met Gregory because he was interested in who he was. Li Teow was asked to be present at the time of Gregory's passing, as it was brought to his attention that there was work to be done.

My doorkeeper, is called Broken Wing, and has actually spoken through me a few times. When he did people used to see him and he has a withered right arm. He is a North American Indian, a tracker from the Upper Ohio Valley from the Shawano Tribe, which is a part of the Shoshone people who again were a branch of the Ute-Aztecan family.

Then there is Silver Fox who is a Water Wolf Crow. He used to speak a lot and we have a book narrated by him called Journeys of the Inner Songbird. We have another from him waiting to be edited. These are stories about his life whilst on the Earth plane and his thoughts on our lives now. Silver Fox told us all about his family and where he came from in "Three Forks, in Montana. Sylvie and I went to visit it and it is exactly the same as he described it to us.

Then there is Tall Trees, who is also a Crow, but he is a Mountain Crow. He used to talk through me a lot too. It is interesting fact that Tall Trees and Silver Fox used to know each other when they were on the earth plane over 300 years ago.

There are many others; some come and go, as well as those to do with mental mediumship..

(Q4): Other than demonstrations with Gregory, do you ever do church or platform work?

Mick: No.

Both Again:

Q4. Is healing an important part of the White Cloud Groups agenda, or are they more interested in the Teaching and philosophical side of things?

Mick: Absolutely, healing is important. They are interested in healing the earth, as well as people and animals. We do a lot of distance diagnostic work for all kinds of situations too. We also use our radio shows to bring knowledge and education about the nature of healing, and showing people how it's within the remit of everyone to be a healer to some degree or another. Healing is a huge part of our work. Our radio programs are like one big workshop of life.

For Mick Again

Moving in and Out of the Trance State:

Q1. Can you describe for us, the sensations or feeling that you have during your transition into and out of the trance state?

Mike: I close my eyes, and things begin to recede. It's almost like somebody turning down a volume control on a radio. Then I start having these sensations of movement, of moving backwards. This then accelerates; just like getting on a train that slams into top speed from standstill out of the station, and it just pulls me out basically. Gregory can be in control very quickly, he only needs a little window of opportunity and he's in, sometimes in seconds. At other times, depending on the occasion he will take a while longer. There is no point in usurping Sylvie's energy so much

if it's not that necessary to come through quickly. Having said that, I do, even now, have times where I find it hard to relax and let go. After all I have the same worries and stresses as everyone else.

Sylvie: Sometimes I can be preparing to talk to Gregory and before I know it he's there and speaking. I often think, 'blimey, did he have one foot in already?' Mick and the spirit team had to develop a very quick entry for the radio shows. Mick has to be able to go off while I am speaking to our audience which is also coming through the headset he has on.

Q2. You have said that during the trance state, you are completely unaware of what is being said by Gregory and that you are "somewhere else". Do you know where this place is and can you describe it for us?

Mick: It depends whether or not they take me to the same place, because they don't always take me to the same place. I never really know where they are going to take me. To be honest I don't really care, because it's not my business and when I made my commitment to work like this, I said that I was going to place all my trust in this situation and that they could do whatever they wanted. I don't have a trust issue. Sometimes they might just take me to a specific room, a small empty room about 18' x 12' that has plaster falling off the walls and ceiling. It has just one old clear light bulb that is suspended from the ceiling without a shade and I'm sitting in an old straight upright chair. Sometimes I am at the bottom of the ocean. Sometimes they make me tiny like an insect sitting on a leaf, and I'm just aware of that. But the thing is, I am only aware of it for what seems a few seconds and then I am brought back to my body. That's what it feels like. That I am only away for about five seconds,

(F): Even though you have been out for an hour or two? Yes, exactly, so time is not an issue. That's really weird isn't it?

Q3. Can you describe how you feel after a Trance session, e.g. Tired, worn out, lethargic etc?

Mick: For a few seconds I feel a bit woozy and then I feel full of energy. After about a minute or so I feel exhilarated and tend to talk a lot. I couldn't go and sleep without winding down. I tend to get hyperactive for a while.

Q4. Do you think that it has ever affected your physical health?

Mick: It could do. (F): I think it was Gordon Higginson who said that Physical and Trance Mediumship can damage you physically. Yes.

(F): Does it bother either of you? No. I think that we were aware from the beginning that the type of mediumship we do would shorten our lives in some way, but so would smoking and drinking....and walking in front of buses!

Q5. So you would never give it all up?

Mick: No, never.

Q6. Do you consider that there are any pitfalls to working in trance, especially as often as you do?

Mick: You can only do so many hours in a day. I try not to do much more than 4 hours in any one day, and that's not every day. I don't often have a whole day where I don't do any trance at all though.

It's a bit scary for some people. The thing is that people are in fear because they have been taught to be in fear of the mind and of course death. A lot of the issues we deal with in healing etc; is to do with the subject of the mind and how to overcome personal problems and issues that are very much to do with that. The whole trance thing doesn't frighten me, life doesn't frighten me anymore.

Sylvie: The only thing that frightens us with what we are doing is that we won't get it all done before we pass, to get all of the work out because we have so much work to get out.

Mick: Yes, and that's a worry. We have maybe twenty five books, even if we stopped now, we would still have twenty five books to print. Each of our 300 radio shows would make up a couple of chapters in a book, as well as all the other material from presentations etc, and narrations that spirit has brought especially.

Sylvie: We have a children's meditation book that's virtually ready to go and that's been illustrated by a very good artist from Bristol. We also are trying to find the time to write an encyclopedic volume on faeries - from their perspective (F): From the faeries perspective? Yes, narrated to me by Gregory directly from them. Sometimes, the faery would sit on my knees or on my hands whilst this was taking place as physical evidence of them. I sometimes see their little lights at times too. We will have 3 illustrated books on Faery.

Both Again

Q7. You know the old saying, that many are called but few are chosen. Do you think that the same rules apply to mediums who want to work in the trance state?

Mick: Very careful about the word chosen, because I think that we are all chosen, and we all choose. (F): It's a bit of a cliché really! Yes, for sure. (F): But don't you think that this is aimed at people who for whatever reason get onto their spiritual pathway, and this is where that cliché comes in because they have been chosen to come onto the pathway and haven't had the stamina to stick with it and have fallen off after a short time? (M): That's very true. I suppose that is what I was asking about, would you think that would apply, because obviously it's harder work and you will get those who will go along their chosen pathway to a point where they think that they should try to develop trance, and because things don't happen quite as quickly as they want it to happen, they again fall off the pathway.

Mick: Yes, but like I said before hand, automatically people get drawn to trance and the worst thing you can do is to read lots and lots of books about trance. This makes it so much harder, and you will never ever achieve trance by reading books. What you have to do is the opposite, and not read anything. Learn the safe methods of development, and then forget about 'trying' to do anything. Then you might interact with the spirit world in such a way it would be like the click of a light switch with nothing in the way.

Sylvie: I am always amazed at the amount of people who say that they want to be a physical or trance medium. I know that's easy for me to say, but it is a very difficult, limited pathway. I actually didn't want to be a physical medium, it's just that chemically and genetically I am. Of course I am very grateful for all of my gifts, but clairvoyance is the thing that will be the most easily accessible and accepted method of communication to the wider world. I think what can happen is when once people sit in the trance and physical energy they want to keep doing it again and again, and other gifts can take a back burner. We say, develop them all.

Q8.Has any medium ever really impressed you?

Mick/Sylvie: Yes, when we first saw clairvoyant John Edwards on TV many years ago, he blew our socks off. This is exactly what we mean about the scope that clairvoyance has. There was one really amazing incident where the message he had was for someone who was sitting in their car in the car park outside of the film studio. John started with a person in the front row and went up a row, then another, eventually, he said, no, this isn't right, it's outside the building. He sent one of the stage hands out to the car park with a camera and got to this guy who was sitting in his car eating sandwiches. They brought him back into the studio and John gave him all sorts of heartfelt evidence, it was just amazing. It was extremely emotional.

The point is he inspired us. He left us with the impression of his sense of purpose. He was not afraid to step outside of the box and have a go. That you can do this and the only person who stops you doing it - is you.

More recently, and in this country, Physical medium Warren Caylor greatly impressed us. He is also somebody pushing the envelope and extending the possibilities of many more people being able to experience physical phenomena in controlled situations. Never, say never!

Q9.Is there anything or direction in your mediumship that you would like to do or experience before you have to pack it all in?

Mick: I personally have no pre-conceived ideas as to what direction we might be headed in, I'm just happy to be of service really, and to try and help people improve their lives. Hopefully, they will gain education and knowledge through the communication we bring about.

Sylvie: I would like to be able to continue to develop my clairvoyance/audience/sentience alongside what I do. It's good not to have all your eggs in one basket.

Q10. Do you run development classes?

Sylvie: Only in the workshop situation.

Q11. In conclusion is there anything that you would like to say to our readers, perhaps a message or some advice?

Mick: Remember to keep your mind open.

My thoughts:

This interview was held at the home of Sylvie's lovely Mum, her childhood home in fact. It was like old friends getting together after a long break with much fun and laughter had by all, and although I had had communication with Mick or Sylvie over the phone and through e-mails during the past few months, I had never met them face to face before this interview.

I found them both, Mick and Sylvie, apart from welcoming, to be very warming, sincere, caring and deeply dedicated people in what they do. Their main goal in life seems to be, the bringing about the transformation of the mind of mankind, and to re-awaken that loving and caring nature which is within all of us, but seems to have been lost in the way in which society is today. It would be true to say that they are singularly or one track minded in their attitude and beliefs, and feel very deeply about what they do.

They are concerned that they might run out of time before they achieve their personal goals in this field, but I believe that with the help of Gregory, and his spirit teams' teachings, they will go a very long way to achieving those goals.

I thank them for their valuable time, and in volunteering that time to take part in this interview. I wish them every success and good luck in this mammoth task.