

AJR - Karen Docherty Transcript

0:00:01 - Intro

Julie Ryan, noted psychic and medical intuitive, is ready to answer your personal questions, even those you never knew you could ask. For more than 25 years, as she developed and refined her intuitive skills, Julie used her knowledge as a successful inventor and businesswoman to help others. Now she wants to help you to grow, heal and get the answers you've been longing to hear. Do you have a question for someone who's transitioned? Do you have a medical issue? What about your pet's health or behavior? Perhaps you have a loved one who's close to death and you'd like to know what's happening? Are you on the path to fulfill your life's purpose, no matter where you are in the world? Take a journey to the other side and ask Julie Ryan.

0:00:44 - Julie

Hi everybody, Welcome to the Ask Julie Ryan show. It's where we blend spirituality and practicality to help you live a life of purpose and joy. We have Karen Docherty on the show with us today. Karen's a psychic medium who helps people from around the world communicate with the spirits of their deceased loved ones. It's always fun to compare notes with a colleague and see what helpful tips we can give you on your own spiritual journey. Please remember to subscribe, leave a comment and share this episode with your family and friends. Now let's go chat with Karen. Karen, I'm so thrilled that you could join us today, all the way from Scotland. Thanks for making the time.

0:01:28 - Karen

So happy to be here. I know it's so strange that we're so far apart and it's this easy to connect.

0:01:34 - Julie

I know it and you're real time in the future. Yes, so you're ahead of me here in American Central Time, so it's like we're in a sci-fi movie which just adds to the woo-woo Exactly.

0:01:46 - Karen

I think it's fun.

0:01:47 - Julie

You say that you offer a contemporary approach to psychic work and mediumship based on traditional principles. What's that mean? What do you mean by that?

0:02:01 - Karen

Well, it was important to me to kind of get the message out to people that although, like times have moved on, there's been progression within mediumship and obviously many different practices have kind of come out the woodwork, and I think that there's so many practices out there now in all things spiritual that sometimes I just feel like it can confuse people.

So for me and my mediumship, it was always important to me to stick to tradition, which was more about the development of my mediumship, the development of my psychic skills in a traditional way, which means kind of going back in the day to, you know, older mediums of older times and the way that they developed, because I felt it provided a better foundation for understanding. I think now what I feel is that everything is so expressed now, you know, we can get everything in the blink of an eye and I think that within mediumship itself there's a lot of development that's advertised out there and a lot of practices that are advertised out there and there is no foundation to them and people don't actually, you know, they might feel like I want to be a medium or I want to do X, y and Z, without actually understanding the spiritual practice that has to go hand in hand with that. So for me, sticking to the traditions of mediumship and

mediumship development was important to kind of then bring it into the more modern way of work which we all have to do.

0:03:27 - Julie

All right, I want to dive into that more in detail. But first, I love all the Druid stuff and the Celts and all of that. You're in the middle of all of that heritage, certainly in the UK and in that part of the world. Is that what you're referring to when you're saying the basics and the foundation and the structure of the mediumship and the spirituality and all of that? Is that to what you're referring?

0:03:57 - Karen

It's certainly part of it. I mean in Scotland, particularly where I am, and Ireland, the Celtic, you know, there's such a lot, you know, going back centuries, of mediumship and everything to do with the spiritual aspect of things. So it's an ancient practice really and I think it was really prevalent in Ireland and Scotland. So I definitely feel there's that traditional pull, not consciously, butly. I do feel that you know heritage and lineage of mediumship. But it's also that, paired with the mediums that I've watched mainly in the UK, I have to say of you know, maybe in the early 1900s, going forward 1920s, 1940s, what they practiced for me spoke to me because it was more about connecting with the higher source, whereas now, I think sometimes anyway, it's about, you know, needing to be someone, needing to be the medium, and it's more, not all the time, but a lot of the time, concentrated on the person that's doing it, rather than where does this come from, where is the source, where is the pool. So it's kind of the Celtic thing, the heritage thing, plus the development side of things.

0:05:14 - Julie

Yeah, there's an author that I met several years ago named Signe Pike who has done research on not only fairies certainly in Ireland and Scotland and in England and Wales and all those areas in your neck of the woods but also she's written a trilogy on Arthurian legend, like King Arthur and the Round Table and Merlin the Magician and all of that stuff and the Lady in the Lake and Avalon, and she in her research has found that I'm trying to get her to come on to the show but she has found that so many of those stories that became legends were based on facts, they were based on historical information and the whole Nottingham Forest and Sherwood Forest and all that was in Scotland. It wasn't in England, it was in Scotland, which is interesting that her research showed that. Have you heard that before I?

0:06:15 - Karen

have. I have heard that. I'm not well-versed in it, but I have heard that and I do think that you know. Going back to what you were saying about historic fact, these stories stories, if you want to call them that these legends usually did trace back any of them, you know, usually did trace back to some element of truth about where it came from. And I think, just you know, obviously over the years and with storytellers and passed down generations that add things into it and it becomes this you know this story if you like, but yeah, usually you know, things like that are based in fact and history.

0:06:53 - Julie

Do you think that those stories originated primarily because we as humans relate to stories and we have since the beginning of time and and that, in addition to most people were illiterate, they couldn't read and write, and so the stories were the keepers of the history along the generations that were passed on through families and friends and others? Do you have any thoughts about that?

0:07:22 - Karen

Yes, I think you know you're right and I also feel like thoughts about that.

Yes, I think you know you're right and I also feel like human beings by their nature are curious and we all kind of want something to believe in or have that faith. Or if we hear something you know, it's intriguing for us to kind of dive into it a little bit more. And I think that's the way our minds do work. And also, I do believe, regardless of you know what your faith might be, your belief might be in a religious way, or whether people believe in you know a higher being, there's some part of us, inherently, that spirit part of us. But even if we don't call it that, there's that part of us that needs to belong to something. You know, I feel like there's always a need, no matter, you know, if you call it religion or you don't, there's a part of our soul that needs to believe in something. So when these stories are told, I think it kind of brings people together. It gives them something to believe in that happened in the past, to continue them on their journey.

0:08:19 - Julie

And it resonates with most people, regardless of their background, with most people, regardless of their background religious or political or cultural or whatever I think when we hear stories or we hear something, and it's just, it resonates with us and we think, yeah, that sounds legit to me, yeah, I think we all do that as well, that our intuition comes into play in that.

0:08:50 - Karen

Say more about the mediums in the 30s and 40s to which you referred earlier. Yes, so one medium that stands out for me? I mean there are a few, of course, pioneers of spiritualism. That was more on the religious side, about the religion of spiritualism, but even within that, you know, there was mediums there, progressive mediums back in the day. But there's one that stands out to me, which is Helen Duncan.

And Helen was a Scottish medium not not from near me, you know, in my neck of the woods so I always found that interesting, um, but she was a physical mediumization and what that means is she could go into a trance-like state and spirit would actually materialize in the room in front of the sitters that were there.

And Helen's story is quite phenomenal, you know, like they tried to kind of say she was fraudulent, she was actually in jail for nine months through fraudulent, fraudulent work, yeah, and you know, and she was very genuine, you know, um, and her story is quite intriguing and that story kind of pulled me in right from the start, so much so that I wanted to retrace her steps.

I went to where she lived. I wanted to, you know, soak up everything about her because I felt that she was such a pioneer for mediumship, not necessarily the religion side of it, but just for mediumship and the power of mediumship, and she was really. I mean, she sacrificed her life in a way for it, because she actually died young due to doing a seance and it kind of went wrong when it was raided and she died as a result of that. So for someone like Helen, who was just an ordinary housewife at the time and put herself out there to prove to people that spirit do exist, and she did dedicate her life to it, Okay, so you can't just give us that tease of she had a single answer that went wrong.

0:10:43 - Julie

What happened?

0:10:44 - Karen

So what happened was, I mean, she'd held many seances tell us her name again, helen Duncan, tell us her name again, helen Duncan and she'd held many seances and she didn't know that she could do this and in the early days it just used to happen and then obviously discovered that she could do this. So people started to hear about it. But back in those times it was a very private affair, like you weren't able to go out now, like we can go out and just do a

mediumship, so it was by invite only and things like that. So she'd held quite a few seances and at one of them a sailor materialized and spoke to his mother and told her that the ship that he was on had gone down and two years previous and that they had all died. And so after the seance, this mother went to the authorities at the time it was Winston Churchill here went to the authorities and the government and said you've been lying to me. You know I've got this information. And they had said where did you hear this? And they had said where did you hear this? And she told them.

And then Helen was arrested and taken to prison because she was told that she was a spy and she could not possibly have this information because it was true. Then she was tried. She was held in prison for nine months, I think, in total, and she was charged with witchcraft and when she came out she vowed she would never do another seance, because obviously that was a horrendous experience for her. But she was begged by the kind of elites, the people that knew what she could do. She was begged to do one and she did.

She went down to England and she held a seance and it was a setup. And so when the materialization medium works, the ectoplasm, which is the, the matter that the medium makes to materialize, the spirit, um, when the, the seance was raided by police, uh, the, the ectoplasm, went back into her body and it gave her internal burns and she died from those internal burns in hospital and it was all, because when you're working in that kind of environment with physical mediumship, it's very dangerous to have any sort of you know, trauma or anything happen. But the people at the seance did know it was a setup, because they wanted to charge her again and, you know, put her back in prison and unfortunately she died as a result of that you think they'd have better things to do, wouldn't you?

you certainly would. But I suppose back back then I suppose you know it was it was really behind closed doors and it wasn't something you were supposed to do, it was. You know, it was all hush, hush, um, and I just think because they had made such an example of her, they wanted to continue that. And I'm actually in touch a lot with her granddaughter, who I kind of met accidentally if you want to call it that um at a seminar that I was asked to work at and um it was for it was the Helen Duncan convention and actually her grandchildren were there and actually became very good friends with her granddaughter. So she's kind of filled me in on all the you know the home stories of what happened and she's actually still fighting for a free pardon for Helen Duncan's name.

0:14:00 - Julie

Oh, my god. Well, back to the ectoplasm and all that. I'm hearing you talk about that and I certainly don't have any experience with that. I talk to spirit all the time. You know in a nanosecond, like you, but it makes me think of Ghostbusters, the movie with the slime. Is that what ectoplasm is? What is ectoplasm? I mean?

0:14:24 - Karen

of course Ghostbusters talk to ectoplasm in the slime, so it kind of gives you a visualization in your mind. But it's actually it is matter that's kind of made up from matter from the medium and matter that's in the air, and particles and things like that, and it kind of looks like a white material that's the only way I can describe it but it moves of its like a log or like yeah, kind of, but more solid than that.

For at one point they did actually accuse materialization mediums of swallowing cheesecloth, what we call like linen or cheesecloth. So it looks kind of like that, but it does. It does have a life of its own. So it moves, it materializes, it shapes. You'll see faces through it, that kind of thing. So it is external of the medium, even though it comes from the medium to make that happen.

0:15:14 - Julie

Interesting because we had Sonia Rinaldi on the show and she uses steam and then the faces materialize in the steam and it's like we get at Disney. They use water and the fog from the water and they project onto that background in some of their shows in the park. It's fantastic what they do. But I remember when I saw that I thought, eh, I think this is what the mediums can use as well, and that was what Sonia Rinaldi, I know is one of the more well-known ones yeah, I think the power of spirit is quite amazing.

0:15:56 - Karen

You know, like it's not. It's a very rare thing to see materialization mediums now working. You know it was kind of back in those days. I have seen a couple, but it's a rare thing now.

0:16:08 - Julie

Well, the London Psychic Society or the London I think that's what it's called the London Psychic Society in the 1700s and 1800s would have seances and that was some of the most and that was some of the most affluent men. Of course it was all men, affluent men in town and I believe it's still in existence today and they would have seances. And if somebody died they would, especially if it was through some precarious, in a precarious manner they would have a seance with that person's spirit and try and figure out what was going on and the police would be involved in that at the time. But it's interesting that that one with Helen Duncan and that Churchill was involved with that, when all of those spy agencies you know MI6 and MI, whatever, and the CIA and all of the intelligence entities throughout the world, they all use psychics and mediums they do, and the police also.

0:17:16 - Karen

you know the mediums do a lot of psychic work for police and governments and obviously you know it doesn't get talked about in the public eye because and I understand that, because you know there's people that don't believe in it, there's people that don't want, maybe for their own religious purposes, won't come near it. So I can understand they can't quite make that public knowledge and I think any medium or psychic that works with those authorities would understand that too. You know I don't think that that kind of offends mediums or psychics, but it's a shame that it's not better known that there is good, good work that gets done, you know, by amazing psychics and medium.

0:17:55 - Julie

Well, and I think from a safety standpoint for the psychic and the medium too, to you know, maybe have somebody require them to do something nefarious, if you will, and so there's that part of the equation as well For people who are listening that don't know what, in your opinion, is a psychic medium, and is there a difference between a psychic and a medium?

0:18:22 - Karen

Yes, there is. There is a difference. Psychic work is where the psychic will link with the person in front of them. They will link with their soul. So if I was reading you on a psychic level, I would link with your soul, your spirit, and be able to pick up things from your past, your present and the potential for things to come, and it would all be connected to you and your earthly life.

Mediumship is about connecting with spirits that have departed, so it's about people that have crossed over and it's about bringing evidence of them. So you're really talking to them and communicating with them and they're telling you what they can see and you know and you're picking up things about their life. So there is a clear difference and every medium is psychic, every medium is psychic, but not every psychic is mediumistic. So there's some people that are out there, psychics, and they're amazing psychics and they can give you guidance and they can pick up things for your potential and everything else, but they don't connect to those in the spirit side. But every medium can work psychically and mediumistically.

0:19:27 - Julie

I always say, when I'm getting information about something that's a future event, I always give a caveat, which is now, this is what I'm getting at this moment in time. There are a bazillion variables that can affect an outcome, but at this moment in time, this is what I'm getting. Is there a probability that this will play out this way? Yes, is it a guarantee? Ever? No, never. Do you have an opinion about that?

0:19:56 - Karen

Yeah, I would agree with that, because we do have free will. So even if you're picking something up that's of a future event for someone, in some way they can change that outcome. You know. Whatever it might be, they can actually make a decision not to go down that route or not to do that. If it's things like maybe somebody coming into someone's life or you know something that I think is a bit predestined, then that will happen. But that doesn't mean that it'll happen in the time scale.

But a medium picks it up and you know, sometimes I remember reading for a woman a long time ago and I kept saying to her this event will happen in August. Well, the August came and went. Nothing happened. The following year she came back to see me and I said I'm I'm still getting it's August. I didn't get August 2022 or August 2023. I just kept seeing it's August. It's the August month and for sure. That year that happened in the August. So I had told her that, like a whole year and a bit before that, and she had expected it to happen that August and it didn't. But it did happen in the August. So sometimes I think, as psychics and mediums, we can only download the information that comes to us and you know, act on that. But that doesn't mean that we have the absolute timescale on it. Or maybe, like you say, something else happens in life, takes someone off their path a little bit, then they come back onto it you know Well, and the free will of all the other people involved as well.

0:21:22 - Julie

So you get all those variables contributing to an outcome and and it's. I think there's as much of a probability that it will be different than what we're getting at that moment is there will that it will happen in the way and and. Things just, even in our regular lives, don't unfold in the way that we expect them to. We may get to the same outcome, but oftentimes it's through a more circuitous path and we still get there, but it's not in the way that we'd envisioned. Yeah, do you come from a spiritual family?

0:21:57 - Karen

My paternal grandmother was very spiritual. She was mediumistic herself. I do remember when I was younger, um, she did tea leave, readings and things like that. She didn't go out and work as a medium and she wouldn't have called herself that, but she definitely had that gift and that ability. And then she just was the one that used to understand me, like I would go to her house and say, oh, there's a lady through there, you know, and she would say, oh, you don't worry about the dead, they don't harm you. And she was very nonchalant about it, which made it better for me. That was normal for me then, like no reaction about it. But later in life I did learn that her sister was a medium and she did go out and work as a medium full-time and she was actually a trans medium as well. So it is in that side of the family, but they're the only two that I know of that kind of had that ability.

What's a trans medium? Trans is where the medium well, so anytime a medium works, we go into a trans-like state. So we become entranced because we want to connect with a higher level, a higher frequency. So you become kind of entranced, much like going into a daydream or a meditation. You know you're kind of listening for something else, you're not, you're not really aware of what's going on in the room. You're kind of trying to connect somewhere else

and that's like a trance-like state. So that's the first kind of level of going into some form of trance to connect with spirit.

But a trance medium works in a way that they go into a deeper trance-like state and they can connect on a more powerful level and maybe sometimes their guides can talk through them, other spirits can talk through them, other spirits can talk through them. It's still mental mediumship, what we call mental mediumship, because it's still using your mind as the tool. So it's not physical mediumship, but it becomes to the person watching it. It becomes like a physical experience because maybe the guide talks through the medium and it's a different voice or a different way of talking. So that's what a trans medium does. Is that the same thing as channeling? Yes, yeah, absolutely.

The same thing yeah.

0:24:10 - Julie

Yeah, yeah, that's what I thought too. So you were doing this as a small child, it sounds like, and your grandmother was giving you validation for the things you were able to perceive. Tell us more about that. And what did the rest of your family think?

0:24:26 - Karen

Well, it's so funny because I get asked that question a lot about. You know how old were you, what did you see? And for me, when I first started to be asked that question, I really had to sit and think when did I start to see this? You know, and I do remember, like one of my my oldest memories of it, if you like, or from when I was young, I should say I was about three years old and I remember being on a bus with my mother going somewhere to visit someone, and we went past a graveyard, a cemetery, and I remember saying to my mum why are all these people there? And she looked and she looked at me and she said there's no one there. And I could see lots of people walking about in this place. And then I remember the question in my mind at three years old. I remember saying I wonder if I'm buried in there. And that was a clear, clear memory for me. So that was one of my very first experiences.

But after that, maybe at the age of five, seven, nine, ten, as I was growing up, I did used to see a lot of spirit people, but I knew I was never frightened of them. I just kind of always used to say they're not from here, they're from the other place. I just kind of had that knowledge that they're not going to do anything. But they're not from here, they're not physical and, like I said, I used to maybe speak to my grandmother about it and she made it okay, this is normal, that's fine. I didn't really talk much to my parents about it or my sisters about it. I think they kind of guessed oh well, I don't know what's going on with Karen, but you know, we don't know sort of thing.

And my mum was very open to psychic, you work. You know she used to read books about psychics and things like that and actually later in life, when I did develop my mediumship, she didn't want me to do it. She said, oh, I'm not sure you should get mixed up in that. You know, it's like she became quite frightened of maybe what it would mean and I was saying to her it's fine, like, like I'm totally fine with this. For me this is the most natural thing in the world.

You know, I used to see people's grandmothers or aunties or whoever they had in the spirit world. I used to just be able to say, oh, your mother's standing next to you and for me it was just a normal thing. But I didn't know I was a medium. So although that was happening to me, I didn't ever consider myself a medium. I just thought, oh that's, you know, that's normal, that's fine If anybody must see this. And it wasn't until you know late teens that I kind of discovered no, they don't. Not everybody sees what you see. And then I went forward from there.

0:26:56 - Julie

Do you think everybody has the ability? Does everybody come in with intuition and the ability to communicate with spirit?

0:27:03 - Karen

we are definitely all psychic beings. So psychic is the sixth sense. You know, that's your intuition, your sixth sense, that is your spirit talking to you. That is the part of you that's still very much connected to the spirit world. And when we are there, because we come from the spirit realms and we are born here, live the life here and go back home. And when we are there, because we come from the spirit realms and we are born here, live the life here and go back home. And when we are in the spirit realms, before we come here, we communicate mind to mind, because it's a world of thought. There is nothing physical there. So when we come here we still have that connection to that kind of communication. So we can all do that.

But I don't believe that everyone is born to be a medium. I think that some people are born to be mediums. Some people are born to be singers, some people are born to be nurses or doctors or policemen or whatever it might be. I think we each have something that we can pull on. That's natural to us. But I do believe that mediumship is something that you're born with and it's a natural part of you.

0:28:02 - Julie

Do you think one can develop mediumship?

0:28:08 - Karen

I think everyone can develop a connection to spirit. I believe that everyone can use their psychic powers to enhance their own connection to the higher realms. I don't believe that everyone can develop mediumship from nowhere, can develop mediumship from nowhere, like I don't believe that everyone can develop it to a point of fluid communication and you know feeling them. But I do believe that everyone can communicate with spirit for themselves and with their own connection.

0:28:33 - Julie

So was there a catalyst? What did you do before you were a medium? Or have you done this professionally your whole life? Do before you were a medium?

0:28:41 - Karen

or have you done this professionally your whole life? No, I've done lots of different kinds of work. I've worked in care. I was a singer, you know, in a band. I've worked in hospitals. I've worked in golf clubs, offices.

I've done a bit of everything and I think that was me in my early twenties, kind of trying to find something that spoke to me, you know, and doing a lot of it was caring work, which always spoke to me to help people, and so I done varied, varied work.

And then what happened was I started to develop my mediumship and I started to people, started to hear about my work and they were asking for readings and doing sessions. So I started to do that aside of my work. And then one day I went into work and my boss said we're closing the doors and it was a shock like nobody seen that that could happen in that business. And I went home that day worried about how am I going to feed my kids? You know what's going to happen. And within one week my phone never stopped about people needing readings and booking in and booking in and from that moment on I just I worked full time and I know now in hindsight I knew, you know that was meant to happen, because I needed to go and do my spirit work.

0:29:55 - Julie

You were being led. I live in the southern part of the US and they would say now, darling, you were being led to do that. Yes, From spirit. So tell us about how you developed all of that, when you've told us that as a child you were able to perceive spirit. And then how did you get to the place where you could communicate with spirit? And then, after that, I'd love to hear how do you do it now? Is there a certain technique that you use to raise your vibrational level to be able to connect with spirit?

0:30:32 - Karen

Fill us in on what your methods are, Well when I first started to develop, when I was made aware by spirit that I had to develop, and the way that that happened was I used to hear lots of voices, particularly in the evenings, and it was like when you tune in a radio and you hear lots of different muffled voices speaking over one another. It became really intense. So when I would go to bed at night, it was just sometimes I didn't want to close my eyes because I knew what was going to happen, and it got to such a point that I thought I have to go and speak to someone about this now. By that point, obviously I knew about spirit. I knew what you know about spirit communication and I'd followed many mediums of the past and read lots of books. I was always drawn to watching mediums work and I had.

There was a local medium in one of the centres here and I went and spoke to her and she said you, it's because you're meant to develop it. And at that point I said develop what? And she said well, you're a medium. And I said I'm not a medium. I can, I'm just picking up on them, but I'm not a medium. And she said no, you are. So she put me in touch with someone who ran what we call a home circle, a home development circle. So we go to this lady's house on a Wednesday night at seven o'clock every week and we would sit within a circle environment and kind of try to see what we could pick up. And the first week that I went I was so nervous and I remember feeling like we all had to close our eyes to do a meditation first and I just kept opening one eye just to check what was going on, because I was so nervous about I don't, I don't know these people. This is strange. But once I relaxed the information just started to flow, the connection started to flow. So then I just started to go every week and kind of get to know my mediumship. But it did feel like home. It felt to me like, oh, my goodness, this is what it is, you know, the penny dropped. It felt amazing, and then I couldn't get enough of the development. So I started to. I went to the Arthur Finlay College in London, which is, you know, quite famous for the workings there, and I won a scholarship there with my work in the name of Gordon Higginson. He was the president of the college for a long time and I won a scholarship in his name, which I was so pleased about because I just held him on a pedestal for his mediumship. He was amazing. And so I studied there for three years and just kept developing my mediumship, so went from that to also working outside of that as well with my mediumship, serving a lot of churches, centers, doing demonstrations of mediumship and doing private readings for people, and then that kind of just continued.

And as a medium, what you do is you develop your mediumship as you go along, so you never arrive at your mediumship.

This is something that continually needs developed and I still develop it to this day. You know, it doesn't matter how many years, I still have nights where I'm like, right, that was different, you know, what did I do with that or where did that come from? And it's a continual development. So now when I connect to spirit, it's a very natural kind of thing. Now it's not like I have to sit and say, right, how am I going to do this? It just kind of happens. But it's more about knowing yourself and knowing your mediumship, like I trust my guides, my team, I know when they're coming in, I know when I have a connection, you know and and it's more about just having that trust and knowing that you can open your awareness at any time to spirit and feel them, because you're a medium and you don't. You don't do it all day long, you know you get on with your own life as well, but when you're ready to work, it's about opening up, reaching that vibrational energy and then just embracing and trusting the process.

0:34:12 - Julie

I find and this is what I teach, so I'd love to hear your take on this that we raise our vibrational level to a really high frequency, which is where spirit vibrates, and when we're afraid, when we're sad, when we're whatever, it's harder to connect. As I always say, spirit doesn't communicate on the I feel crappy channels, because the vibration's too low, and so it's a matter of raising the vibrational level and holding it so spirit can tune in on that same channel. It's kind of like a radio channel to which you referred earlier and then it opens a two-way communication, or more than two-way, depending on how many spirits are connecting, and then you go from there. Would you agree with that?

0:35:04 - Karen

absolutely. Yeah, you know it is. You do have to raise your vibrations and you know you have to remember also that spirit operate on such a fast level compared to us, like high speed, and my take on it is that they slow theirs down slightly so that we can, as mediums, we raise ours and in the middle we make the blending with spirit and that's where the communication takes place. But you're right in saying that you have to learn and develop how to hold that power. You know you have to hold that power there and it's not the easiest thing to do. And I think when things are emotional in your own life or things have happened and, like you say, maybe your mood's low or your energy's low, for whatever reason, it is so much harder to connect with spirit and it does take work.

And I think that the public sometimes don't understand that aspect to it, because I think if you're a medium, they think that it's like picking the telephone up and just speaking to people on the other side, and there's so much more of the mechanical side of it that goes on, um, which is important to tell people about so that they understand this is not an easy thing to do, um, but once you're in that power and the flow of that power and that energy is is really quite amazing.

But it is about keeping it there and holding it there and I think you know when you, when you low yourself, let's say something happens in life and it has been emotional for you or your energy is not good, it's best not to do that, you know. I think sometimes, as mediums, we'll have to recognize that it's okay to take time out. Spirit aren't going anywhere, they're not going to desert you because you got you need a month off. You know they going to come back. But you have to be strong within yourself and if you're being affected by things in your own life because we are human and have to live and go through all the normal things it's better to start recognizing your own energy and where your own energy sits.

0:36:57 - Julie

Yeah, back to the Arthur Finlay school. I've heard people describe it as a modern day Hogwarts and I know people that have gone there to learn and to train and they and I say, well, so are their spirits? Walking through the hallways. Do they have pictures that talk like in the Harry Potter movies? What was your experience there?

0:37:17 - Karen

for me, the energy of that building is phenomenal, like it's just so healing, so spiritual.

It's not really, I mean, the teachers that go there, the tutors that are there are amazing too, but for me it's about the history of it.

Like when I go there I can feel the history of this amazing building and all of the pioneers that have been in that building and what their teachings have been, and you can just feel it the minute you walk in. And I remember going down one time and I was going through quite a traumatic thing in my own life, in my own personal life, and I was due to go there and I didn't

want to cancel so I went. But the first day that I was there, normally I'm writing the lectures and listening and taking part, but that day I just didn't have any energy to do it. And I remember just thinking I'll just walk in the grounds, just you know, for a couple of hours. And I walked in the grounds of the college and two hours later the peace that I had was unbelievable. I'll actually never forget that healing experience. So there is a lot of healing that comes from the college as well.

0:38:23 - Julie

Interesting. I love that. So how do spirits communicate with you? Do they show up, do you see them, do you hear them, do you feel them? Do you have direct knowing? Are you doing all of it? Give us kind of an inside view of what happens when Miss Karen connects to, let's say, a deceased loved one of a client with whom you're working loved one of a client with whom you're working.

0:38:49 - Karen

You know, it's funny, you mentioned all of the above and it works like that. For me it's all of the above, it's it's you know, feeling and knowing and hearing and seeing. And I think that again, the perception of mediumship is maybe you have one, one way of working or two ways of working, but actually those in the spirit side communicate the quickest way they know that you can get their information. So if I have a lady in the spirit side communicate the quickest way they know that you can get their information. So if I have a lady in the spirit side connecting with me and communicating, if she knows that she can get through to me quicker and get more information to me by showing me things, that's what she will do. She might think, oh, she will be able to hear me, that's what I'll do, because they want to get that message and that communication through.

In that moment a medium opens up to all of these things. We use all of our senses. Now that doesn't mean that there could be one or two senses that are much stronger for the medium, because I know within myself that I'm clear, sentient, which is feeling. I feel everything is such a high level. I also see, I also hear you know and the clear knowing as well. So for me it kind of all works, dependent on what that person in the spirit world can also do, because they have their ways of communicating too. So it's always it's like a you know, it's a two-way communication between you and them, but then the client's sitting in front of you as well, so it becomes a three-way communication. Um, so I work all different ways, but it can vary on who's communicating with me.

0:40:12 - Julie

I do too, same thing. It's all coming in through all of the different areas. And why do you think? Some spirits communicate in words, sentences, paragraphs, others use symbols or scenes, or or I had a. I was working with a client recently and his I think it was either his mother or his grandmother was singing a song. Here we go around, the mulberry bush, the mulberry bush, the mulberry bush, and so you know. I said, hey, spirits are even singing too. Why do you think different matter or a different way than you know like to send a picture of something maybe takes less energy than to speak in sentences. What do you think's going on there? I think exactly that.

0:41:22 - Karen

You know. I think that it depends on the energy and how we can hold that energy together for them to get the information to us. So the lady that was singing to you might have found that quite easy from the spirit side, but another lady in the spirit world might not find that very easy and she might be able to give you symbolism or pictures or in you know other ways, or make you feel things. I just think it depends on the exact connection at the exact time of that communication and what they can do and how they can, because mediumships is mental mediumship, so they do have to work through our own mind and sometimes you have to

remember too that your mind then has to interpret that information and bring it out. You know, and you have to get that information and bring it out. You know, and you have to get that information correct as well. So they will try to communicate it in the clearest way that they can, that they know it will make the impact that it needs to make so that their loved one knows that it's them.

I remember working with a lady and she'd been giving me feelings and symbols and, you know, giving me all the communication that way and then, all of a sudden, I heard her speaking Italian. Now, I don't know Italian, but I knew it was Italian. And I said to the lady oh, I said your mum must have been Italian. And she said, absolutely, she didn't speak one word of English, but we had sat for most of that session just receiving the information in any other way that I would you know with anything. So you get people asking well, if they didn't speak English, will they be able to communicate? Absolutely, because they will use symbols and pictures and feelings and other ways.

0:42:57 - Julie

So spirit are really clever, the way that they do things. I find that the information comes into me in English so that I can understand it and convey it to my client as well. And the other thing that I always say and I'd love to hear your take on this is be open to the interpretation. It may not mean anything to you at this moment. It may mean something to you later, when you think about it. It may have multiple meanings. It may pertain to something that hasn't happened yet, something that's going to happen in the future, and I think we all are going to perceive things in a certain way. And then sometimes we'll go back and we'll rethink and we'll say, well, yeah, but that does make sense there in that manner as well, do you find the same thing? Yes, absolutely.

0:43:45 - Karen

I don't think I always say to people no medium and my experience anyway can be 100% correct all of the time.

Our minds will jump in sometimes. Other times it is things like you say, where the person doesn't understand it quite in that moment. Or it's something where you can say to someone you know whatever, and they're like no, can't place that. And you say, say, well, go home and ask your family, because it feels right to me, go home and ask someone and they might ask a sister. And then she's like, yeah, that makes sense to me and that's maybe the way it's supposed to be, so that the sister gets the verification as well. So I think as mediums we can trust the spirit you know, trust what's coming, and I always say, look, 95% of it should be correct that you would understand, but there may be that 5% that we can't quite place. Or you know, if you feel that it's wrong information, that's okay. If I feel right with it, then I will leave you with it, but if I feel wrong with it, like I've misinterpreted the information, I will keep it, because there's always a chance that the medium can pick it up wrongly.

0:44:45 - Julie

I had a gal call into one of my lives one time and I believe it was her grandmother, and her grandmother was showing me this pet spider monkey and they were playing with it. She and a bunch of kids and her daughter said I don't know anything about that. And so during the live, which was a couple of hours, she called her aunt, her mother's sister, and the aunt said yes, there was a neighbor next to my grandmother's house who had a pet monkey and all the kids in the neighborhood would go play with the monkey, and the monkey's name was whatever, mickey or something. And so she was able to come back on and tell all of us yeah, that didn't make sense to me, but I checked it out and, sure enough, that's what was going on. Let's change directions for a second. Do we all have spirit guides, and if so, what are their purpose?

0:45:41 - Karen

Yeah, every single person has spirit guides and I think this is another misconception where people seem to think only mediums have spirit guides. But all have guides, and I like to call it my team because your guides and helpers, or your team, will be interchangeable. You, in my view, you always have one main guide that's with you from like through everything. But if you think about it like this, at school you will receive different teachers at different times for your development of whatever it is you're learning, and for me it's the same with your spirit team. You know you'll have different guides that will come in and out dependent on the stage of your development you're at. So I know maybe seven or maybe eight of my guides and helpers that have been with me from time to time and other ones have been more constant. Um, but that's something I think that comes with your own development.

I never really I get asked a lot. Can you tell me who my guide is? And I don't do that because I think, well, I could just be, that could be my mind play. You know that I can't give you that information because that places that seat within your mind and then that's what you build it around. I think it's important for you to meet your own guides and develop a relationship with your own guides, but every single person has them. Even if they're not a medium like I say that, you still have guides to guide you through your life, to help you in certain situations within your own life. And getting to know those guides or even if you don't want to know them personally or you don't go down that route, just trusting that they are there and that you're not on your own will help within your own life.

0:47:15 - Julie

Do you find that sometimes those guides are deceased loved ones?

0:47:19 - Karen

Your deceased loved ones, I say, become your guardians. So I don't believe that they become your guides. I feel that your guides are assigned to you before you even come here and those are the higher beings, maybe in the higher realms. That's not to say they haven't walked the earth, but they've obviously evolved in the spirit side and they are your higher guides. With your loved ones, I always say they become your guardians. Like my grandmother that we talked about, I fully consider her one of my guardians. My mum is in the spirit side too and I know that she'll be one of my guardians. But I feel that guardians are the people that are associated with you closely in life too, or have a soul to soul connection with you, your soul family. But your guides for me are of a higher realm because they're the ones guiding you through your life.

0:48:07 - Julie

That's been my experience too, exactly what you said, that the spirit guides are different from the deceased loved ones, who I call advocates. They're like your advocates. They're watching over you, helping you, sending you love and suggestions and things like that, but it's a different role. What about angels, and guardian angels in particular? Have you run into many of those and what's your take on that Personally?

0:48:35 - Karen

I haven't in a way that I would say you know, it's something that I've seen many times, but I have to say that I have felt guardian angels. So it happened to me. Actually, I was in a bad car crash a few years ago and when it happened, on my way to the place I was going, I just kept getting this feeling that something's going to happen and I couldn't quite place it. But I kept having thoughts like if I got trapped in a car, what would I do? How would I get out? And all these thoughts were coming and I kept throwing them away, like why are you thinking like that? And it went on for about 50 minutes and I got to the place I was going, but on the way home I didn't think a thing about it.

And that's when I crashed the car, in that moment where the I went into like a full skid on the road and I couldn't get control of the car, and in that moment I felt so serene, peaceful, and I remember feeling like I was in a bubble that's the only way I could describe it like I was protected, so protected, and I knew I was heading straight for a tree and I knew that the car was going to go there and I just remember being told to put my head down, which I did, did, and the car rolled and rolled and rolled and then it came to a standstill and I remember being so calm and knowing oh no, I was being.

It felt like somebody was hovering above me, with putting me in this bubble, and I knew I've had an angel here today. There's been an angel here with me today, so I've had the feeling of it and I do believe in angels. I don't believe that we can talk to angels the way that we would talk to our loved ones. I believe that they're of a higher level, where they are overseeing events that they know might be happening in the world, all over the world. I don't believe I can sit and have a chat to an angel. I believe that they are for other work.

0:50:28 - Julie

Interesting. When you were telling the story about being wrapped in a bubble, my whole body was vibrating. It was like, yeah, which? You know? Angel bumps people call them that, or goosebumps or whatever.

It's been my experience, Karen, and I've been told this many, many, many times that we have the same guardian angel through all of our lifetimes. And the guardian angel stays with us in between lifetimes too, when we're, you know, back in heaven dreaming up our next adventure. And I work with a lot of people on a health standpoint, you know, doing medical scans and energy healing and that kind of thing, and I countless times scan somebody when they're in surgery and every time the patient's guardian angel is over the head of anesthesia, over the anesthesiologist or the nurse anesthetist every time. And, like I told you, I've lost count of him many times. So they're definitely there and I love the stories about you know the guy shows up but he pulls you back on the curb so you don't walk in front of the truck and get killed, and then you go to thank him and he's nowhere to be seen and nobody's seen anybody. I believe that too.

0:51:44 - Karen

So many stories about that. You know these like, call them earth angels, but you know, I do believe that they can manifest in that moment and then they're no longer there. So many times you hear even people taking pictures of maybe a crash site or something's happened and there's somebody mysterious in the photograph and nobody knows who it is and then they're no longer there. I do believe, the same as you, that you know we do have angels that work with us.

0:52:08 - Julie

Are there a couple of simple steps that you can recommend for people who haven't had any training or experience with intuition and or communicating with spirit? Are there a couple of steps, maybe two or three, that you can suggest that are simple, that anybody can do, that will help them on their spiritual journey?

0:52:31 - Karen

Yeah, I think the biggest one for me to suggest would be meditation learn how to meditate. Now when I say that, some people would think, oh, I'm terrible at meditation. You know my mind's too busy, I can't close it down and I think it puts people off trying. But meditation doesn't need to be where you sit in a quiet room for an hour at a time. Meditation can just be taking a walk in the park or in nature or going somewhere that you can find peace for 10 minutes and just really centering yourself and learning to connect to your center being.

Because if you can learn to do that and learn to develop that and be completely in that, then that's where you will connect with spirit.

You know, learning that your own power has to be connected first is the first steps to learning how to connect with those in the other world, and I think too many people try to do it with their mind it. Well, it doesn't work like that. You have to firstly understand your higher self. You have to understand where that connection is, how does that feel, and then develop it from there. But it's a really important step because it gives you that grounding, it gives you that understanding of what is taking place and we are all spirit first and foremost, so we have to learn to connect our spirit, our higher self, and then go on and make the connection to the guides, the teens you know, or your own loved ones, and that's the way to do it and then once, once somebody masters the meditation, then is there something else that you would recommend that they try to do to communicate with their deceased loved ones?

0:54:04 - Julie

yeah, I mean, I think that when you speak to your loved ones, they do hear you, they know that you're trying to communicate with their deceased loved ones.

0:54:07 - Karen

Yeah, I mean, I think that when you speak to your loved ones, they do hear you. They know that you're trying to communicate with them. It's not that they're withholding. There's no one in the spirit side that just decides I'm not going to go today, I'm not going to communicate with this loved one today. They do desperately want to communicate. So it's more about practice. After that, it's more about recognition of signs, recognition where maybe your energy changes, or the energy in the room changes, recognizing the small changes first, to know that spirit are in contact with you.

And one good exercise I feel that works for my students is to I call it a room, room with a view, where you will go into a room in your mind that you're comfortable in.

So it might be, close your eyes, you go into kind of meditation and you see a room. It could be a library, it could be your front room, it could be the beach, it doesn't need to be enclosed, but wherever you feel comfortable and make that your go-to place. So every time you meditate, go to that same place every single time within your mind and ask your loved ones to meet you there, and what will start to happen is the more you can connect with that place, taking in all the detail you know what's in the room, where is the room, all of that the more you can make that a reality within yourself and ask your loved ones to meet you there. They will meet you there. It's the same with guides and helpers. They will meet you there at some point. So I think it's more like a practice situation to then feel the energy coming in.

0:55:33 - Julie

I love that. I've never heard that suggestion before, but that makes tons of sense to me because I always tell people, especially if they're in really deep grief. I always say ask your loved one to meet you in your dreams, because our frequency, our vibrational level resets. Let's get back to the factory preset level of spirit when we're sleeping, and so that's why it's easier for a spirit to communicate in dreams oftentimes. You know.

0:55:57 - Karen

I had a tutor one of my tutors, mavis Patilla. She was a really well-known medium over here in the UK and she worked worldwide. It was her that told me to do that, so I can't take the full credit for that, but I do pass that on to other people because it worked for me instantly and it's a practice that I use all the time now. I go to the same place. If I need to connect with them for myself not for my mediumship then that's where I go every single time. And you and your loved they've got a relationship with you spiritually, so they know what you need and they will try to

deliver what you need. But the circumstances have to be right. The energy has to be right, your energy has to be right, so there's a lot that goes into it. So if anyone is doing it and they feel like they're not receiving or they feel like they're not connecting, don't be disheartened by that, because it just takes practice.

0:56:50 - Julie

Yeah. Would you be willing to share us just some details about the room that you go to, or is that too private?

0:56:57 - Karen

No, no, not at all Mine's. Funnily enough, when I went into it and started to do it the first time, I was like I'm going to the beach, I love the beach, the beach is my place. I didn't go anywhere near the beach when I went into it. It was like an office come library. There was lots of books on around the walls and a big mahogany old desk and it just felt like I'd gone back in time and I was in most peaceful feeling and I sat on a couch and I took in everything. You know, the telephone was there and the books were there and there was a ladder going up to the higher up books and I could smell the smell. You know, I could tell that I was actually in the room and that is my room. That's where I go all the time.

Now I did not think about a library. It wouldn't be my first thought to go to a library or an office. But that's what happened, and that is the power of your spirit. Your spirit knows where you need to go, so you might go in with preconceived ideas of where you would like to go, and usually it won't work like that.

0:58:01 - Julie

Interesting. I'm glad you mentioned that Well, and when you're talking about being in a library, I'm thinking well, you know you have access to universal intelligence, so what do you want to know? You can find out anything you want in a place like that, so it makes tons of sense to me that you'd be in a library. A couple of last questions before I let you go. Why do we incarnate?

0:58:24 - Karen

To learn lessons. I know it's cliché and people talk about it, you know, but it is about evolving your soul and it is about you know. You don't. None of us really truly will know until we go back home. You know, and even a medium won't know. A medium can't say why someone was here and why they went back home.

That is, in my view, a very personal thing, is a, in my view, a very personal thing, but I do believe it is to keep evolving that part of the spirit. So that part of your spirit that came here, so the part of the greater spirit that is Karen came here for a reason, whether it was to play a part in someone else's life, have children, you know, and do it that way, but learn my own lessons. It might be, but I don't believe that we truly know until we go back home, where we can do our life review and see, you know what was supposed to happen. But the biggest thing that I tell people is that you know, when we go to bed at night time and go to sleep, our body sleeps, you know, our brain goes to sleep and updates like a computer, but our spirit never sleeps, which is why we see loved ones in dreams, in the dream state, because we're on that frequency.

But when we go home to the spirit side, it's like a dream. So if we go to bed, you know, at nighttime, and we have a dream, and we might wake up in the morning and think that was crazy, that was all fragmented or that didn't make sense, or maybe I've seen that person, but you can't quite make sense of it, when we go home to the spirit side and we know that we are home in the spirit side, this life feels like that dream. This life feels like, wow, that was crazy experience, what was going on there? And then we have to kind of put the pieces together and

then we realize that this isn't the true reality. The spirit world is, but obviously we don't know that while we live here.

1:00:08 - Julie

Yeah, how many times have we heard that Our human lives are all an illusion and it's what we're dreaming up in the illusion of our human lives that really we use to experience and explore things Great, great way to put it. What a delight to get to talk with you today. Thank you for sharing your wisdom and your suggestions and your experiences with all of us. How can somebody find out more about you and your work? What's the best way to learn more about you? The best?

1:00:45 - Karen

way is to go to the website, which is karendockerty.com and everything's on there. I've got many podcasts on there with information. I've got my mentorship details on there, you know sessions, everything's on there. My history of my own work is on there as well. So, karendockerty.com, okay, and spell Docherty for us. It's D-O-C-H-E-R-T-Y Okay, great.

1:01:10 - Julie

All righty, everybody. That's it for today, Sending you lots of love from Sweet Home Alabama, and from Scotland too, where Karen is. We'll see you next time.

1:01:20 - Intro

Thanks for joining us. Be sure to follow Julie on Instagram and YouTube at AskJulieRyan, and like her on Facebook at AskJulieRyan. To schedule an appointment or submit a question, please visit AskJulieRyan.com.

1:01:35 - Disclaimer

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