

Near-death experience changed me for ever

Dr Lisa Turner is 41 and lives in Hampshire with her husband, daughter and three stepchildren

EARLY one summer evening in 1997 I was preparing dinner as usual when I began to get seriously spooked. Although I was alone I could hear footsteps, eerie whisperings and the lights were turning themselves on and off.

I was so scared I called a friend to ask a medium to come over. Within minutes of arriving she said: "Your house is full of entities. Have you been mucking about?"

I knew exactly what she was referring to. I'd been using tarot cards and doing psychic readings for friends for fun and as a result my house had become profoundly haunted. I was relieved I wasn't going mad but also rather embarrassed.

After all what was I, a university science lecturer and senior researcher in engineering, doing dabbling in the spirit world?

All my life I had been drawn to the sciences and never given psychic phenomena a second thought. After leaving school with straight As in maths, physics and chemistry I went to Middlesex Poly to do a B.Eng Hons in mechanical engineering. I then got an engineering job, landed a research post with Southampton University

Dr LISA TURNER trained as a scientist but after a road accident she discovered her extraordinary psychic abilities



HELPING HANDS: Lisa realised that she had to take her psychic experiences seriously

'I was looking down on my twisted body from a great height'

and began a PhD in aeroacoustics. Despite it being a male-dominated world I loved my job and was a highly respected engineer. My husband and friends were all scientists and my career was going from strength to strength.

Then one day in November 1994 something happened that altered my life. I was cycling to work when I was hit by a car on the A414 near the Clock Tower roundabout in Harlow, Essex. Following the impact I found I was looking down on my twisted body from a great height above the clock tower, thinking: "Ouch, that must have hurt." Then I floated down into my body again and woke up. I'd had a near-death experience and suddenly knew there was more to life than the physical realm. There had to be a spirit world, too.

The revelation was hard to process in my mathematical brain so I shoved it to the back of my mind as I needed to get better and cope with the demands of a new job. Long working hours and the internal politics were making me stressed. I had no energy and was getting ill. I needed a holiday and booked in to a local retreat where I learned meditation to help me relax and cope with work pressures.

Within a month strange things began to happen to me. I started to know things about people without them telling me such as visualising

their homes in perfect detail or feel things that were personal to them.

One day I was with a colleague at work when I noticed he seemed uncomfortable. When I asked him if he was OK he admitted his back was painful. I held my hands a few inches away from his back until I got to an area that felt very hot. My colleague was surprised by what he could feel, the "electricity, heat and tingling energy" from my hands.

His symptoms eased and he passed a kidney stone later that

day almost painlessly. His doctor was astonished as it had broken up on its own where it would normally have needed treatment.

It was at this point I realised that my experiences could be used to help people.

The scientist in me thought I was going bonkers but these experiences were happening so regularly I realised I had to take them seriously. In the summer of 1998 I decided to enrol in a year-long course in shamanism which teaches energy healing

and how to perceive beyond the physical realm. As my psychic side developed I started to be keenly aware of "presences" and found that when I met people I regularly received messages from their dead relatives. I became adept at the tarot and started doing psychic readings for people.

The following year I lived a double life. By day I was a senior lecturer in mechanical engineering at Oxford Brookes University. By night I was carrying out readings using tarot cards and psychometry,

DEVELOP YOUR PSYCHIC SKILLS

- **Meditate.** Learning to silence the mind is vital if you are to tune in to subtle messages from the spirit world.
- Start observing. Once you stop labelling and judging everything the left side of your brain takes over which is the psychic/intuitive side.
- **Release your negative emotions.** How can you trust your intuition if you are anxious, angry or fearful? You have to be calm to be psychic.
- Learn to breathe. If you breathe slowly through a slightly constricted throat (like yogic breathing) it vibrates the soft pallet and this has been proven to enhance intuition.
- **Trust your instincts.** Each day practise going with your hunches to build up confidence in your instincts. Notice the feeling you get when it's right.
- Now discover how psychic you are by taking Lisa's online quiz at psycademy.co.uk

where you hold an object belonging to someone and can tell things about them.

I discovered I knew things I had no way of previously knowing. I was spot on time and time again. My clients went away overwhelmed with the messages and insights I had given them but the person who was most amazed was me.

By 2003 I began to work full-time as a psychic but soon the scientist in me was back. Although I loved working one-on-one with clients the more psychics I met the more uneasy and frustrated I became. When someone comes for a reading they are often experiencing deep feelings and fears. Psychics can unintentionally scare clients and can be wrong in what they predict.

I felt there should be a basic level of psychology that psychics should learn before they practise and so in 2004 I set up my Psycademy and designed a course to teach psychics counselling skills and psychology to help them deal with clients. This way psychics can help people explore their options rather than simply predict their futures.

It may seem as if science and the psychic world shouldn't mix. After all science is rational and the psychic world is intuitive but actually they are not that different.

I like to think I've bought a little bit of science to the psychic world and vice versa.

Maybe one day we will be able to explain the paranormal with a scientific formula but until then I'm happy to trust my instincts and let the spirit world speak to me as it does.

Interview by KATE BAILY