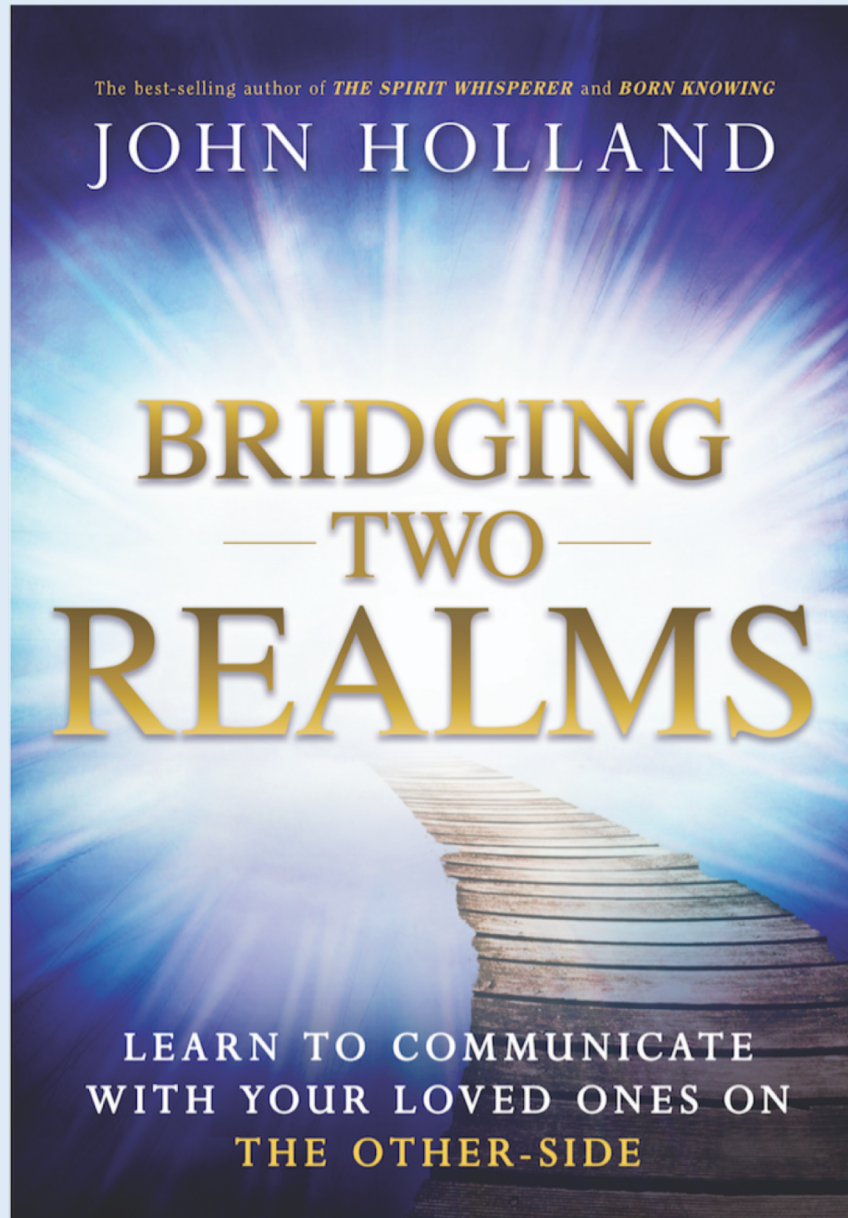


JOHN HOLLAND

Best Selling Author & Spiritual Teacher



BRIDGING TWO REALMS

*LEARN TO COMMUNICATE WITH YOUR
LOVED ONES ON THE OTHER-SIDE*

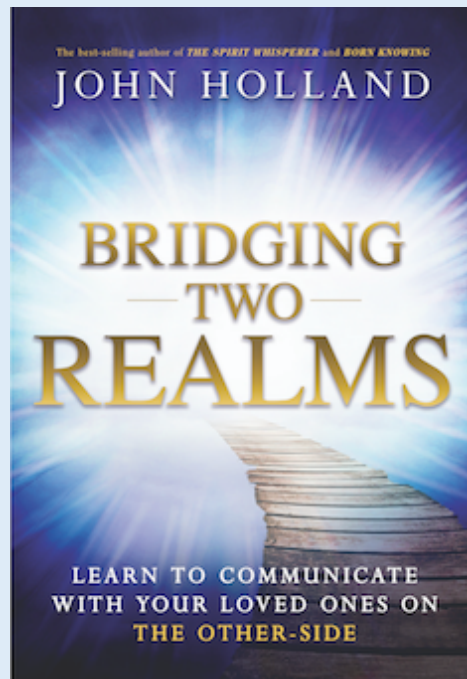
What to know to sound like you've read the book

From the outside, John's life may have seemed perfectly normal, but from a young age he started to experience phenomena that made him the "different one" in the family.

He was a sensitive child, born with psychic abilities that showed up early in his life. Often, he'd lie in bed seeing "Spirit People" walking through his bedroom.

He'd describe them as shadowy, yet illuminated figures with the kindest faces and a glow around them.

As he grew up, he became fascinated by the existence of what lay beyond the physical world than what was right in front of him.



In *Bridging Two Realms*, John shares his knowledge, drawing on decades of personal experiences including many inspirational stories and real-life case studies. The book is filled with philosophical and spiritual beliefs that resonate with him.

Combining everything he's heard and learned from Spirit People with all he's been taught, this book offers one of the clearest pictures anyone could have of the Spirit World.

John's hope is that this book delivers what you're seeking at this time, whether it's a new way of seeing, a new way of approaching life, or just the beginning of your own personal spiritual awakening.

This is one of the most comprehensive books on mediumship to date. It's written in a highly open and plausible manner, that makes it easy to follow and practical to use. It will not only help bring healing to the bereaved, but it will also help those who are seeking to awaken, develop, and enhance their own spiritual gifts.



A few things you'll learn from this book

- What happens when a loved one passes into the Spirit World
- The signs and symbols your loved ones use to get your attention
- How mental telepathy acts as a bridge between this world and the next
- How meditation can be used to enhance your connection with Spirit
- Exercises and techniques to develop your own mediumistic skills
- How to use your specific psychic strengths to become a more sensitive receptor for spirit messages



Recommended Interview Topics

Interview question – What was your inspiration for writing this book?

John can explain the extraordinary thirst for information about mediumship, the Spirit World, what happens when you die and much more ... as well as his journey to becoming one of the worlds' leading authorities on mediumship.

Interview question – In your new book you have personal stories of people who have had evidence of their loved ones helping them from the Other-Side. Do you find these stories help other people who read the book?

John can expand on some of these stories, including some touching ADCs (After Death Communications) as well as stories that have enabled loved-ones to move on and live again.

Interview question – Can people have their own connections with the people in their lives who have passed? In other words: can anyone be a medium?

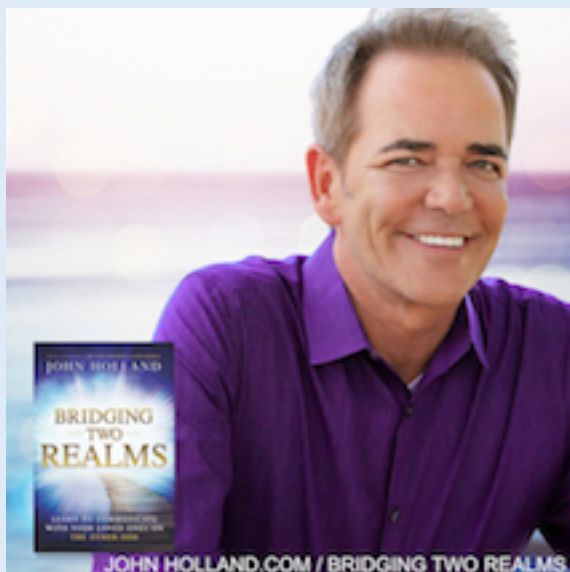
John will explain who each and every one of us is born with psychic awareness, what happens to that natural innate ability, and how it can be re-kindled through training and practice.

Interview question – What are some of the signs that our loved ones send us to let us know that they are ok?

John will explain how those in Spirit use a special language consisting of dreams, signs, and symbols to communicate through him, and how others can learn to interpret and recognize these all too often subtle signs for themselves.

Interview question – Can our passed loves ones influence our lives here?

John will explain that in some instances, our physical lives can be influenced, especially at key times when major decisions need to be made that can potentially impact the future.



About John

John Holland is an internationally renowned psychic medium, spiritual teacher, author, and radio host. His public demonstrations provide audiences with a rare glimpse into the fascinating subject of mediumship, which he delivers in his own unique style, explaining the delicate process of raising his own vibrational energy to link with the Other-Side and deliver messages, which he does with clarity, passion, and the utmost integrity as well as a touch of humor.

Having spent two intensive years studying in the U.K., he's subsequently devoted his life to Spirit. He's been working as a psychic medium for over two decades and has become one of the most sought-after professional mediums on the world stage today!

John's website
John's Facebook
John's Twitter
John's YouTube

www.johnholland.com
www.facebook.com/pg/JHollandMedium
<https://twitter.com/jhollandmedium>
www.youtube.com/johnhollandpsychic

Talking Points

You are a soul that comes with the body, not a body that comes with a soul.

- You are a soul first.
- The soul is eternal and can never die or cease to exist.
- The soul is the real you, composed of pure consciousness.
- You were a soul long before you came into this plane of existence, and you'll be a soul long after you leave this body to return home ... to the Spirit World.

Time works differently in the Spirit World.

- Because we have analytical minds, living by set time measurements of 24 hours a day and 60-minutes in each hour, we're governed by time itself.
- It's humans who developed the concept of linear time.
- Everything is made up of energy and vibrates at its own unique frequency, and the Spirit World is no different.
- The Spirit World vibrates at a much higher frequency than our own slower frequency, the one in which we exist in this third-dimensional plan of existence here on earth.

Spiritual Planes of Existence

- The Spirit World is composed of many planes of consciousness and rates of vibration. It cannot be found in a physical geographical location because it's all around us, with different states of consciousness interweaving and blending with our world.
 - *The Physical Plane*
 - The bottom floor, here on earth where we all exist now.
 - It is the densest of all planes, where the molecular vibration is the slowest and where matter is about as solid as it is going to be.
 - Events ordered by time.
 - *The Etheric Plane*
 - Time and space begin to loosen and become less consistent, which also makes this the start of the non-physical world and the universe.
 - Because of its close proximity to the Physical Plane, objects are still viewed as solid objects, and energy is limited to the speed of light.
 - *The Astral Plane*
 - It's where we gravitate toward after death; ultimately, we will all go there.
 - It is where we deal with any past hurts and other disappointments that were left unresolved whole on earth.
 - *The Mental Plane*
 - A place where energy moves beyond the concept of speed, and objects and things do not stay in any one form.
 - *The Celestial Plane*
 - Where energy has no pattern at all and is boundless in what it can do.
 - People, objects, and things do not exist in what we know as form.
 - Time and space are irrelevant.

Many of us often visit the Spirit World when we sleep.

- Dreams are a beautiful way through which we can bridge this world and the next.

What inspires us or motivates us here on earth also motivates us in spirit.

- Whatever we loved doing while on the Physical Plane can be done, if we choose, in the Spirit World.

In the same way that there are different planes of existence, we also have different spiritual bodies, as humans.

- *The Physical Body*: The anchor for your soul to experience things here in the physical realm.
- *The Etheric Body*: Provides the link between the physical body and the astral body.
- *The Astral Body*: Part of the Astral Plane, just as our physical body is part of the Physical Plane.
- *The Mental and Celestial Bodies*: Are all connected to the higher and more evolved planes of existence.
 - It's through the spiritual body of a medium that spirits communicate.

The Purpose of Reincarnation

- Throughout your lifetime, your soul absorbs all memories, feelings, and emotions, and your own unique personality gets firmly imprinted on it.
- It's only the physical body (your vessel), which is just an overcoat that actually dies.
- Once it's no longer needed, it's discarded like an old coat, and your soul (the real you) truly does go on.

“Love is the foundation of our existence. Love is not just a feeling; it's also energy

ADCs (After Death Communications)

- *Through Dreams*
 - When you're asleep, your mind is not working overtime.
 - As it's calm and relaxed, your left brain (the analytical side) is able to take a much-needed break.
 - It is the easiest time for spirits to sneak into your consciousness and psyche.
- *Common signs of ADCs*
 - A few of the most popular:
 - Feeling a loved one's presence
 - Electrical items switching on and off
 - Nature signs, such as the appearance of rainbows
 - Sudden appearances of specific animals, birds, and insects—butterflies are a big sign!
 - And many more!

The Difference Between Psychics and Mediums

- All mediums are psychic, but not all psychics are mediums.
- A Psychic reads your aura to see your past, present, and potentially future,
- Whereas a medium gets their information directly from those on the Other-Side.
- A Psychic *perceives* whereas a medium *receives*.

Different Facets of Mediumship

- *Mental Mediumship*
 - The most common form, the one you are most likely to have experienced in a private reading or seen onstage or on television. It's a mind-to-mind between a spirit and a medium.
- *Inspirational Mediumship*
 - It's rare that a day goes by without some sort of random thought, idea, notion, or even a hunch that suddenly pops into your head.
 - There is no rhyme or reason.
- *Healing Mediumship*
 - The highest form of Mediumship.
- *Psychic Art*
 - There are many different ways that Spirit works through those who have the ability.
 - Some psychic artists let Spirit control those hands as they draw.
- *Trance Mediumship*
 - When a medium has the ability to enter an altered state of consciousness to allow a spirit communicator to use their body.
- *Physical Mediumship*
 - Transfiguration, direct voice, levitation, apports, spirit lights, knocking and rappings, as well as materialization and dematerialization.

There are three types of psychics

- Uncontrolled Ability
- Partially Developed
- The Masters

Intuitive, psychic, mediumship potential

- We are all sentient beings with our own specific intuitive/psychic strength, namely:
 - Clairsentient
 - Clairvoyant
 - Clairaudient
- How to use your special ability to help you not only connect with loved-ones on the Other-Side, but also can be used to benefit all areas of your life (personal, business, relationships).

Additional Interview Questions

1. What was your inspiration for writing your new book: ***Bridging Two Realms - Learn To Communicate With Your Loved Ones On The Other-Side?***
2. Why do you think more and more people are becoming more psychically sensitive and what would you recommend they do about it?
3. In your Chapter (*The Ultimate Transition*) you explain what happens to us at the time when our physical body dies and our spirit enters the Spiritual Realm. Why did you write that chapter, and can you tell us a little more about what really happens?
4. Can people create their own connections with loved ones who have passed without necessarily going to see a medium?
5. What are some of the signs that our loved ones send us to let us know that they are okay? According to your book, these specific signs are called ADC's (After Death Communications), so can you give some examples?
6. What are DBV's (Death Bed Visions) and how do people know if their loved ones who are about to pass maybe experiencing these? What are the signs?
7. You also write about SDV's (Shared Death Bed Visions), so can you tell us a bit more?
8. Do you have a view on Heaven and Hell? Do they actually exist?
9. Can our passed loves ones influence our lives here?
10. In the Part 2 of the book, it's clearly dedicated to those who want to develop their own psychic & mediumship potential. I noticed you are quite adamant about people who want to explore their psychic or mediumistic potential to get proper education. Why do you feel so strongly about this?
11. You offer a lot of information for people who have never been to a medium for a sitting or in a public forum. In your opinion, what are some of the essential tips people should be aware of *before* they seek out a medium?
12. In your new book, you've written some beautiful personal stories of people who've had evidence of their loved ones helping them from the Other-Side. Do you find these stories help other people when they read the book?
13. And finally, what do you hope people walk away with from reading: *Bridging Two Realms?*

Excerpt from the book

AFTER-DEATH COMMUNICATIONS – CALLING CARDS FROM HEAVEN

There's a special language that transcends time and space — a language that's not constrained by the limitations of just words, but instead consists of signs, symbols, energy, and thoughts. This language can be heard and seen only when you truly pay attention . . . It's the language of Spirit.

Once a loved one passes and has settled again, they often do everything in their power to get your attention. When they send a sign, they're trying to tell us that they've survived death, that they love us, that they want us to live our lives to the fullest. Be watchful and pay attention, as it could be they who sent you that rainbow; that familiar song you heard on the radio; that special dream in which they appeared happy, healthy, and strong. Equally, it may be one of nature's beautiful creatures they so loved that suddenly appears, or the wonderful aroma of their favorite flower, or even a gentle touch on your face that you thought was just a breeze. They want you to know, "I love you, I am not gone, I am here right beside you. You may not see me, but I am here."

Many of us have experienced synchronistic events or received signs and symbols from those on the Other-Side. It's easy, however, to miss them or conveniently explain them away as "coincidences." In fact, I recently received a sign that I came close to explaining away — even though I've been doing this work for many years!

I was walking past my kitchen counter one night, thinking of my mom who had passed a few years before. Suddenly I heard a *clink*. I noticed that the pens and pencils I had in a cup on the counter somehow all shifted to the other side of the cup. Earlier the pens and pencils were on the right of the cup, and now all of them lay to the left. I remember thinking to myself, *Mmm, it must have created a breeze when I was walking by*. Yeah, right! How fast would I have had to been walking to create that type of wind current? I thought about it and realized there is no way those pens could have moved on their own. With a big smile on my face, I said, "Thanks, Mom! I get the message!"

It's important to stress here that ADCs are *not* facilitated through a psychic or a medium. You don't need some sort of tool to receive or interpret them. These are spiritual experiences that happen spontaneously. They come in many forms and are usually quite personal. Some people have special signs that are unique to them. Here's one touching story of undying love that I heard recently that reinforces this point.

Sand Dollars: Tokens of Love

They say that the sea speaks to the soul, and many times its sandy beaches hold very special treasures. Jeri and David had this beautifully romantic ritual that they always did together. They would head off to the local beach, not to watch the sunsets but to stroll, holding hands as they watched the beautiful ocean waves roll in. One thing they would usually do whenever they were on this specific beach was to look for sand dollars that had washed ashore. It was their special time together, and it would be rare for them not to bring a few sand dollars home. Every token became a special memory of their romantic walks together. Little did they know that one of these cherished treasures would someday mean more than they could ever have imagined.

They married and had a daughter, Riley, and two boys, Tegan and Logan. Everything seemed almost perfect. It came as a terrible shock when David developed an aggressive cancer and passed away far too quickly. Jeri lost the love of her life and her best friend; their children lost a doting father.

One day, some months after David passed, Jeri was hanging out in the living room with her youngest son, Logan, who was 14 years old at the time. They'd both been thinking about David a lot recently. Logan was starting a new school year, his first year in high school, and she knew that he wished his dad could be there for support on this big day. Sensing Logan's mood, Jeri reached out and whispered, "Do you want to join me for a walk down on Sand Dollar Beach?" Before she'd even finished asking, Logan had hopped off the couch with a smile and run to the door. That was his answer!

It was the first week in September, and the beach was practically deserted. Without a word, they both started looking for sand dollars, just as Jeri and David had done together so many times before. They walked up and down the beach, pushing mounds of sand aside, scouring the shore for their treasure. Yet no matter how hard they looked, they couldn't find a single sand dollar. Logan's face couldn't hide his frustration and disappointment. Jeri looked up to the sky and said in her mind, *David, please send us a sign. Logan is starting school tomorrow, and he really could use a hello from Heaven from you right now.*

Jeri turned away for a moment, so Logan wouldn't see the tear trickling down her face. It was then that she noticed a small boat approaching the shore. She could have sworn it wasn't there before, and she didn't know where it had come from. The man in the boat stood up waving and yelling, "Hi! Are you looking for sand dollars?"

"Yes!" the two yelled back in unison, a resounding roar of excitement.

The man smiled and pointed, "Give that sand bar over there a try!"

Jeri and Logan thanked the man and ran across the beach. She glanced back for a second, but he'd already turned the boat around and left. She thought how strange it was that this man hadn't asked them if they were looking for shells, sea glass, or even heart rocks. Instead, he'd specially mentioned sand dollars!

Logan ran ahead excitedly, hoping to find just one memento. He soon saw, to his amazement and delight, a crisp sand dollar sticking out of the sand! Then another and then another lay before him. The more they looked, the more they found.

Jeri smiled as she heard her son shouting in joy, "Mom, Mom, here's another one!" They found so many, they filled every pocket they had. As they walked back up the shore, they counted a total of 43 sand dollars. Logan looked up at her, smiling, his eyes full of tears. "Mom, this is better than winning the lottery!"

In her heart, Jeri knew it had been David who'd helped them. She closed her eyes as she felt a gentle breeze caress her face like a kiss. Her skin tingled with his presence.

Logan kept asking, "Mom, how did the guy in the boat know what we were looking for? I bet it was Dad saying hi!"

I'm sure there will be many more sand dollars (and other ADCs) waiting for Jeri and her family. They will always bring back happy memories of the sun, the laughs, the carefree walks, the gentle embraces, and the loving kisses that will be treasured always. Simple signs can be profound. A special symbol, unique to you, has a way of filling your heart. Now, whenever Jeri walks along that special beach, whether alone or with her children, she knows that David is right beside her.

Reviews from fellow authors

"I highly recommend this book, not only to those who are grieving the loss of loved ones, but also those looking for a deeper understanding to what comes after we leave our physical bodies."

Anita Moorjani ~Author of New York Times Best Seller: 'Dying To Be Me'



"This book will gracefully open the door and lead you across the veil with ease."

Sonia Choquette – Author of 'Ask Your Guides'

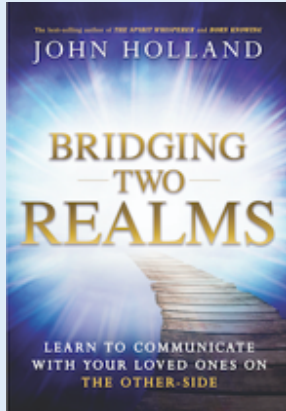


"The wonderfully gifted and renowned psychic medium John Holland has written a comprehensive guidebook to help you understand and develop your own intuitive abilities and mediumistic skills. Bridging Two Realms is a very practical manual filled with beautiful stories, techniques, and exercises. I highly recommend this book."

Brian L. Weiss, M.D., ~ author of Many Lives, Many Masters

BRIDGING TWO REALMS

LEARN TO COMMUNICATE WITH YOUR
LOVED ONES ON THE OTHER-SIDE



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*“We’re all spiritual beings with unlimited potential and we are and always will be connected to each other.
Neither death nor time can ever separate you from those you’ve loved.”*

*“I believe I am servicing two worlds: Those that have been lost – and those that are left behind.
I’m simply the bridge between the two worlds.”*
JOHN HOLLAND – Psychic Medium & Spiritual Teacher

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