

## Medium Anthony Grzelka says he's been speaking to ghosts for decades

**F**ormer Perth insurance broker Anthony Grzelka, 38, has been billed as Australia's Ghost Whisperer—a home-grown take on the character played by Jennifer Love Hewitt in Seven's new TV series. The son of a Polish miner, Grzelka is the only Australian medium recommended by high-profile US medium James Van Praagh, who co-produces Ghost Whisperer and whose work inspired the show. Father-of-three Grzelka is the author of Soul Journey: A Diary of Your Personal Passage Through Life, and is booked months in advance for personal readings. A regular host of seminars and psychic development workshops, he took time out to speak to Melenie Ambrose.

### What is a ghost whisperer?

What a medium or ghost whisperer offers is evidence of life after death rather than exorcising spirits from houses and that sort of thing.

### How is that different from a psychic?

A medium talks to disincarnate spirits, which are energies that have moved on.

# 'I see dead people'

We can [also] talk to people in comas and disabled children who can't speak for themselves. A psychic looks at your energy, which has "psychic fingerprints" that can determine what you've been through, what you're going through and what your future path is likely to be.

**When did you realise you were a medium?**  
I was about 5, but I didn't recognise what it was until I was in my mid-teens.

"People consider it to be spooky and deep and dark," medium Anthony Grzelka (in Perth) says of his work. "It's not like that at all."



Jennifer Love Hewitt's portrayal of a medium on TV's *Ghost Whisperer* "is about 60 per cent right," says Grzelka. "The constant interaction with the spirit standing next to her that not the way it works."

It was thoughts and feelings—I'd see energy standing next to people.

### What do spirits look like?

They appear solid, but they're not. You can see through them. Sometimes they stand there and look over someone's shoulder. Other times it's a *feeling* that someone's standing there.

### How do they dress?

In the clothes they're memorable for or they die in. I'm not talking about a spirit person here. I'm talking about a ghost that hasn't made the transition. A spirit person will come through [in whatever] they feel comfortable.

### What's the difference between a ghost and a spirit person?

There's the physical realm which you and I are in. Then there's an in-between area. When you die, you transit through it to get to the spirit realm. That manifests itself in a ghost. The spirits I speak to most of the time are people who've made the transition. They're comfortable on the other side. Ghosts are different; they're the spooks that move things or you might see a headless person because that's how they see themselves.

### For the sceptics, can you predict something that will happen in April?

No. I'm not a predictive person.

### How much personal information do you ask for before a reading?

People only give us their first name.

### How was James Van Praagh able to rate you above other mediums?

He tested me with a number of readings with people from the US and Australia. Then he asked me to do a personal connection for him. I connected him with his own family.

### Have you ever been freaked out?

There have been times when a spirit has caught me unawares. I've rounded a corner and someone's just standing there.

### Do you believe in heaven and hell?

No. I think there is a place we all need to move to which is on a much higher frequency. I don't believe in the devil but I do believe in negative forces, negative energies but they are created by us.

### Had any embarrassing moments?

I did a seminar and this lady's mum started coming through. I said, "She's asking me about Ralph." The lady started laughing her head off—and so was her mum on the other side. Finally she said in front of 200 people, "Actually, Ralph is my vibrator."

### How do dead people communicate?

In four ways; firstly, clairaudiently, which is what they call "clear hearing." I'll get the thought process *behind* the world—I'm not actually physically hearing it. Then clairvoyantly, which is "clear seeing" ... flashes in my mind, feelings or emotions of things that I can understand. Then clairsentience; like if someone had a heart attack, I might feel heart pains in my own chest. The last way is through tastes and smells, particularly if someone is an alcoholic—I will taste and smell the alcohol.

### Can anyone learn to be psychic?

There are things you can do to enhance your psychic ability. Before you answer the phone, try to pick who's calling. Get a pack of cards and take the first three and try to guess the colour and suit. That's exercising your psychic muscle and the more you exercise it, the stronger it becomes. Meditation can also help.

### You are asking people to take a huge leap of faith in believing this stuff.

I understand how hard it is for people to believe this stuff because they are so physically bound. You can't see past what's in front of you in a room. ■