

SARAH McNULTY

On Thursday, April 13, 1989, I interviewed Sarah McNulty of Owensboro, Kentucky, because she was suggested to me as one who had both an interest in and experience with parapsychological phenomena. In my interview with her, I found that indeed she did have much to say about astrology, dreams, channeling, acupuncture and acupressure, past life regression, trance, crystals, and she even had a story about a lady who believed in hoodo.

Sarah's interest in and exposure to the paranormal actually began when she was a young child. She told with excitement about visiting a farm that her family owned in Louisiana when she was four or five years old. She said that she can remember visiting the farm and while sitting in the lap of a wonderful black woman who lived on the farm and who believed in hoodo, a thunderstorm came up and the woman said, "Oh my goodness; we've got to go out and split the clouds." Then she took her ax and ran outside, put the ax in the ground a certain way, and split up the clouds. As soon as this was done she was no longer afraid, and she went on back in the house. "I remember that real well," Sarah said, and her eyes and smile showed such fondness for this memory, I felt as if I, too, had been on the old woman's lap when the thunderstorm came up.

I asked if she could tell me of other people she had known who were involved in the supernatural and the first person she spoke of was her mother. She said that her mother was very psychic, and a lot of things came to her in dreams. Her mother dreamed once that a man that she knew (and who worked in a coal mine next to her own) got his head chopped off a certain way by the elevator in the coal mine. She told her parents about this terrible dream and three weeks later the man was killed just as Sarah's mother had dreamed he would be. Sarah, too, has had psychic dreams and says she often knows which dreams are going to come true.

Sarah was also exposed to the death of a number of immediate family members at an early age and can remember a lot of unexplainable things happening around their house when she was a child that the cook said were ghosts. No one ever said the stories of ghosts were or

were not true, and she believes that growing up in an environment where she was exposed to death and the talk of ghosts led to her accept those things today. She is not afraid of either.

More excitement came into Sarah's expression as I asked her to tell me of her experience with astrology. Without hesitation, she told me of being introduced to Marshall Leaver and said that he has been a great influence in her life. She was introduced to Marshall in 1982 by Katherine Quinn, a masseuse at French Lick. She had asked Katherine if she knew anyone who could do a really good psychic reading, and upon getting Marshall's name, Sarah sent him a photograph (made by an instamatic camera--no artificial light could be used) and her birthdate. He in turn sent her a reading that she says was very true about her mental state at the time. She said he told her things about herself that he had no (normal) way of knowing. Even Katherine didn't know those things about her. After becoming impressed with his accuracy and learning he was not into money (he would do readings for whatever amount a person could afford; he would even do a reading if you couldn't afford to pay), Sarah stayed in contact and had other readings, both health and past life regression. She also had Marshall do a health reading on her daughter, Sarah Jewel, when she was two or three years old. Sarah Jewel had become ill and nothing seemed to be helping her. Marshall's reading advised that Sarah Jewel be given certain vitamins and be taken off certain food. The advice was followed and her daughter recovered. Sarah feels that Marshall always has been 100% accurate for both herself and her daughter.

Another astrologer that Sarah has confidence in is Chris Derimiah, whom she met at a psychic fair in Evansville, Indiana. She says that both Chris and Marshall are good interpreters and that is what one needs. A good astrologer, she says, will give you only the positive aspects of a reading and even though they may tell you something that is unpleasant, that unpleasantness will help you in a positive way.

Sarah describes herself as being scattered. She gives an example of her liking to take on five thousand things when four thousand would be enough. She says she has no concept of settling down, and she is not home oriented. She says that her thoughts are always out and

that she has to really focus to get herself into an everyday routine. Readings from both Chris and Marshall confirmed this description of her.

Another interesting experience that Sarah tells about is her acquaintance with Anne and Arthur Cataldo of Florida. Ann and Arthur are channelers and Arthur (whom she describes as a big Teddy Bear--very comforting, extremely intelligent, and well-read) has done past life regressions for Sarah. He does this by first guiding her into a light trance. He takes her through a series of visual images that help her to relax and to focus on positive feelings. She says it is like being in a dream--you just let yourself go and you start having a series of dreamlike pictures and it feels so real, she says, that it is just as if you were there. If you feel happy, you will laugh; you will cry if you are sad. She says there is no time dimension to it and that you should have somebody with you so you don't fall apart if you meet with some emotional or traumatic experience in the trance.

She says that she has learned to put herself into a light trance and she takes about ten or fifteen minutes every day in a trance state to quiet herself down (as she calls it). She also uses a light trance state to pinpoint whatever may be bothering her and then she can better deal with the problem.

Another person who has been a great influence in Sarah McNulty's life is an Acupuncturist from Korea, Dr. Chen. Sarah and Dr. Chen met socially in Owensboro and became friends. He had studied acupuncture for twenty years and held the highest degree possible in karate. Sarah was impressed with his credentials and his knowledge. He not only cured her of terrible headaches (using the long needles which she says aren't painful at all), but he also taught her some of the five-element body theory and a breathing exercise that help one to stay in better balance. He told her of sacred Korean sages who had practiced this breathing technique to the point that they could turn light switches off with their minds. She says that the technique requires a lot of concentration and takes a lot of time and long practice to learn. She has chosen not to take the time to master the breathing technique at this point in her life. But the knowledge of how to do it is there whenever she decides to take time to do it. She also talks of

how Dr. Chen used pulse readings (about twelve different pulses) to find what organs are not up to par. The pulse readings tell him where to use the needles to change the energy flow to get things back into balance. If you do not want the needles, he can also use a method that requires putting a little incense container on your hand; he then lights it and asks that you let it burn no matter how intense it gets. Sarah says that sometimes just as you think you can't stand it any longer, the burning just stops. This is another way to bring the energy into that particular acupuncture point, to get your body flowing better. He has now moved to Florida, but she says that a lot of her way of thinking and understanding came from Dr. Chen and that she likes the Eastern way of thought.

She also explained the theory of crystals to me. The theory, she says, is that crystals magnify whatever feelings you are having and they bring thoughts back to you. For instance, if you are real negative, crying, pouting, or about to lose your temper, you don't need any crystals in sight because these feelings will be magnified. However, if you are happy, the crystals will make you happier. From experimenting with her crystals, she believes intensity of moods may be determined by the number of crystals in sight. She keeps some of hers covered at times. She also carries one in her pocket at times. She says that a lot of people use crystals like a good luck charm, but she uses hers for balance. If she feels out of balance, she works with her crystals to bring herself back into balance. She doesn't know whether it is the energy of the crystals helping to balance her, or whether the difference comes from her slowing down and just focusing. But something takes place, and she does enjoy her crystals.

I very much enjoyed interviewing Sarah, but I felt somewhat exhausted at the end of our conversing. After the interview, she said good-bye and raced off to class, and I dropped into a quiet corner to relax and regroup. Just hearing about all the things she is interested in and experiences she has had was mind boggling. I sat for a moment wondering how I could bottle some of her energy for my own use.

She is a very interesting and energetic young woman and credits Dr. Lynwood Montell as being the one person that has had the most influence on her life other than family members. It

was Lynwood and folklore, she says, that changed her perspective on life and helped her to find her place in today's society.

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Spring '89