

**Shrink Rap Radio #169, August 22, 2008, Way of the Scottish Ninja**  
**David Van Nuys, Ph.D., interviews Jock Brocas**  
(Transcribed from [www.ShrinkRapRadio](http://www.ShrinkRapRadio) by Susan Argyelan)

**Excerpt:** In order to test out my Tai-jitsu, if you like, or my unarmed combat, I started working as a night-club doorman, which did actually put it to the test very realistically on many occasions against various different weapons. But I used to get intuitive flashes even before I went to work and intuitive flashes when I was at work, and I was able to really, I was able to tune in a lot more. And I was able to identify who was carrying what, if somebody was carrying a knife. I was able to identify when trouble was going to happen, who... I was able to stop things happening before they actually happened. And I think a lot of very good security personnel do this, but they don't understand how they're doing it. And really, all they're using is their intuitive, their intuitive feelings.

**Introduction:** That was the voice of my guest, Jock Brocas. Jock Brocas is author of the book, Powers of the Sixth Sense: How to Remain Safe in a Hostile World. In addition to being an author, Jock is also an expert in security and martial arts, as well as a professional psychic medium. Go to our show notes at Shrink Rap Radio.com to learn more about Jock. Now, here's the interview.

**Dr. Dave:** Jock Brocas, welcome to Shrink Rap Radio.

**Jock Brocas:** Thank you very much.

**Dr. Dave:** You're a security expert, a martial artist, and a psychic – what an unusual combination of experience, skills, and talents.

**Brocas:** Yes, it is a bit of a mixed bag, if you like. Yeah.

**Dr. Dave:** Yeah.

**Brocas:** It's very unusual. I don't think there's anybody else in the world that can claim to have that many hats.

**Dr. Dave:** I know. When I got a copy of your book, I went, "Well, what in the world is going on here?"

**Brocas:** (laughs)

**Dr. Dave:** Now, which of these came first? Kind of take us through your evolution a bit, if you will.

**Brocas:** Well, I've always been a spiritual kind of a guy, ever since I was a young child. So I suppose that was always kind of with me. And even through my young

formative years, I kind of challenged what I was getting taught by the doctrines of the church – and later on in life, that the Catholic Church was dead against things that I would be speaking about or would understand. And so the gifts of psychic abilities or ESP, or intuitiveness was kind of knocked out of me. But from a very, very young age – from the age of about 10 years old – I started studying (inaudible) jitsu. And I'd been interested in other martial arts and had (inaudible) other martial arts when I was even younger than that. And I suppose that that still had kind of a spiritual connotation there, and that it was a mind, body, and spirit thing. Of course, being too young, I would never really expect, understand, or really experience (it) the way it should be. And of course, anything that happened to me of a spiritual nature, to me, was very normal, and I thought everybody was the same way. And then, of course, later on in life when I joined the military, I still had the experiences but I never talked about it, because it was not something in the military that you tend to talk about – sort of male-orientated, machismo-type of environment when I was in, and therefore, it was not something that you'd talk about. And in fact, even when I was in the army, I kept on doing my training in various different arts but never told anyone. And even 'til later on in life, until about three years ago, my mother only found out that I was actually a black belt in the art, so it had been a secret in my family for 21 years that I never actually spoke about at all. It was something that was very personal to me. But the psychic ability and the mediumship ability has always been in there. And I'm very lucky to work hand-in-hand with my wife on that side of things as well. She's also a psychic, a medium, and (inaudible). We kind of travel the world, doing what we do, and helping people and doing readings for people. It's always been there; it's always been within me. And when I was a younger person, I never really understood it so much. But I always understood the spiritual side of the martial arts, and I always understood those types of things but could never add two and two together and realize that they're one and the same thing.

**Dr. Dave:** Yes. I know what you mean because I studied sport judo. When I was in high school, I started studying judo...

**Brocas:** Oh, yeah?

**Dr. Dave:** And I remember I was very impressed by the ritualistic aspects of it, you know?

**Brocas:** Yes.

**Dr. Dave:** Of bowing to the teacher and honoring the teacher, and so on. And I think that may have, in fact, laid a little bit of an unconscious foundation for my later spirituality as well. So I definitely understand what you're saying there. By the way, we should mention that you're in Scotland. I don't know exactly where you're located.

**Brocas:** Well, actually, if I mention to anyone who's listening, everybody's heard of Loch Ness.

**Dr. Dave:** (laughs)

**Brocas:** And I'm actually right at the very top of the mountain in Loch Ness. I have a house that's just right on top of the mountain., and I have no neighbors. I just have trees and wildlife and a very mountainous region, so my wife and I are very happy up here. The energy's great; it's very spiritual as well. And it's clean and it's beautiful.

**Dr. Dave:** Oh, it sounds delightful. I visited Scotland once briefly, and I'm eager to return. Now, I kind of want to go through the different stages here. So I think you said part of your motivation for getting involved in the martial arts was that you were picked on as a kid. Do I have that right? How come they were picking on you? Were you small for your age or what?

**Brocas:** No, I wasn't small. I just (laughs)... I sense a bit of a cliché, really, but I wasn't a normal kid. I wasn't... I spent most of my holidays most of my young years... my uncle was a monk in a monastery, and I spent most of my holidays in that monastery and learned about religion. And it was a very spiritual thing. And the thing is, in the monastery, they were – it seemed to be more spiritual than it was dogmatic there. So I kind of led a very spiritual existence, even from a child. And when I was young, I used to, instead of going out and playing football and all that kind of stuff, I used to study constantly. And I suppose that I was more advanced for my years, where, you know, if we were in a class at school and we were going to religious education, then I would be right there, arguing with the teacher and arguing points that they couldn't really understand, and couldn't understand how the heck I knew it.

**Dr. Dave:** Yes. (laughs)

**Brocas:** (inaudible) I understand it. And many things. I don't know how I understood it myself, but it's just some higher knowledge – wisdom – that I suppose I was picking up, possibly even channeling, you know?

**Dr. Dave:** Yeah. It's kind of a tragedy of childhood, I think, that children who are intellectually oriented, who are smart, who are bright or mature for their age, often are singled out for being different, and I suppose –

**Brocas:** Definitely.

**Dr. Dave:** Yeah. But Carl Jung says that these wounds really are the things that help us develop, and that we grow from. And then I was surprised to read that this pattern of being picked on continued when you were in the military, and you'd

already studied some martial arts. So why were they picking on you in the military?

**Brocas:** Well, when I went to the military, I was part of a combat-medical unit. I went to a unit where I really was the only Scottish person that was there. So if you like, it was almost... People can understand where there was apartheid in South Africa, and call it racism, if you like. Well, I suppose I suffered a little bit of racism through not being who they were. I was Scottish rather than English or Irish or Welsh, or something, and I got picked on for that reason. But also, I got picked on by a certain individual who was bullying me, and I gave him as good as I got, back. And then, of course, he arranged for all of his friends to come in and attack me in the middle of the night when I was sleeping. So I was woken up to eight (inaudible) men who were standing over me...

**Dr. Dave:** Wow.

**Brocas:** ...and beating the living daylights out of me.

**Dr. Dave:** Oh, that has to have been very traumatic.

**Brocas:** It was very traumatic, and I must admit that it's only within the past, say, maybe five years or so that I've managed to deal with that and to deal with that trauma, so much so that through that time through other things that have happened to me in my life, I actually ended up with post-traumatic stress disorder.

**Dr. Dave:** What helped you to work through that trauma, finally, after so many years?

**Brocas:** Understanding the bigger picture of life, meditation, and my wife.

**Dr. Dave:** Aha.

**Brocas:** My wife has been an amazing support system for me, and she helped me to see the bigger picture, and she helped me through all that trauma. She accepted me for who I was and not for who someone wanted me to be.

**Dr. Dave:** Yes, I really - That comes through in the book, really, how important she is in your life. Now, I was -

**Brocas:** Yeah, she's very important.

**Dr. Dave:** Yes. I was surprised to read that you were able to train as a ninja in Scotland. (laughs) Somehow, I had the impression created by the films I've seen, that we've all seen, you know - the Ninja Turtles (laughs)... Teenage Mutant Ninja Turtles, and these newer Chinese movies, and the older Chinese kung fu movies. I

was under the impression that it was a lost art, and that Ninjas were primarily assassins. But you paint a different picture. What's the ninja philosophy?

**Brocas:** Well, in actual (inaudible), this is what too many people believe. They believe that the ninjas were assassins, and I think that's the picture that we have to see has been tainted by Hollywood – when in actual fact, if you study any of the historical facts about ninja, and you study any historical facts, you know, things that happened in Japan – especially in the Ido period – the ninjas were very, very spiritual people. And in fact, the basis of the whole aspect of combat, or of (inaudible), I want to say, rather than martial arts, it comes from universal knowledge. And it comes from intuitive senses and nature. Everything based around ninjitsu, which I want to state now, actually, is not, it is not just a martial art; it's a way of life. And I find that a lot of my students that come and train with me, they change their lives so dramatically that it's amazing to see the change in them. So the ninja were very spiritual people. They understood nature; they understood the subtle entities of nature, and also universal knowledge, and of universal energy. And the combatant side of the ninja was very miniscule indeed. It was very, very small. And they were there to protect the families, the country, and the earth as a whole, really, if you like. So the sinister side of them was very small. I mean, there was obviously factions. There was (inaudible) that were involved in intelligence gathering for the emperors. And again, the intelligence-gathering side of it, again, just comes back to the way things were at that time. But they weren't sinister. They were known as “shadow warriors,” David, and the reason they were known as shadow warriors, people used to give them this whole kind of persona that they were evil and things like that, you know? And from the shadow warriors. And this is how we understood nature. The reason they got the name “shadow warriors” is because two ninjas would (inaudible) the sun and the moon and nature. And they would cloak themselves, and they would stand on each other's shoulders and stand in front of where the moon was casting its light. So, of course, what happened then is that the shadow that was cast by these two Japanese people standing on one on top of one other's shoulders cast a massive shadow of this sinister, 12-foot character that frightened the living daylight out of...

**Dr. Dave:** (laughs)

**Brocas:** ...people that weren't so spiritually advanced. So they were able to use nature, and they were able to use psychology more to the benefit than even just an intuition, than using combative techniques. The combatant side of it is very small indeed.

**Dr. Dave:** That's really fascinating. It's wonderful to have your book kind of open up that dimension of it. In your book, you talk about your intuition, how your intuition... You already indicated that you had a kind of spiritual sensibility from early on. But you also talk about how your intuition or “sixth sense,” as you refer to it, developed as a result of the ninja training. Say a little bit about that.

**Dr. Dave:** Was there a moment of breakthrough for you, or was it more of a gradual process of being able to reach this higher intuitive dimension?

**Brocas:** I think a breakthrough is a very hard thing to probably pinpoint. I think for me, it was my natural intuitive psychic and mediumship side has always been there. And it wasn't until later on in life – I'm going to say within the last five years, in particular – that I've managed to blend all of the aspects together. Now, another interesting thing is, when I was talking to Papa-san and was on the telephone just recently, I said to him that a few years ago, I had a terrible car accident. And that car accident, I had an out-of-body experience, a near-death experience. But I understood what was going on, because I was already a medium, anyway. But when I came back from that car accident, I suffered such a bad, traumatic head injury that my memory was so badly lost, I couldn't remember anything about ninjitsu. I couldn't remember the names of anything, how to move, the basic kamaï (ph) – it had all gone from me. Then, what I had to do was to go (inaudible) myself and find an internal spirit – the spirit of the warrior, if you like – and bring that out and start to move intuitively.

**Dr. Dave:** That's fascinating. Can you talk about that near-death experience at all?

**Brocas:** Yeah. What happened was, it was very unfortunate. Before my wife and I got married, we were actually, we were working together. We were doing demonstrations and mediumship. I was teaching martial arts; I was teaching the way of the warrior. And what I did – what we did – is we decided we wanted, there was a person that we knew who was going to make our cake for us. And we decided that... It was pretty bad weather in Scotland. The snow was gone, but we didn't have a lot of time, and we went to go and get this cake arranged. But unfortunately, we broke down. We pulled over to the side of the road, and to cut a long story short, we put our hazard lights on, we did everything right. But a man who was traveling in a lorry, a (inaudible) lorry behind us was on the mobile phone and wasn't paying attention, so he crashed into the car at high speed and crushed the car. And what happened was that it crushed us as well.

**Dr. Dave:** Mmm.

**Brocas:** And we were inside the vehicle. But the thing was, was that my father passed a good few years ago. And my wife and I were waiting on the recovery truck coming out to get us, to take us to the garage, and we were just sitting, both in the front seat of our car. And I heard the voice from spirit shout my name, and I recognized that as my father. And it scared me a little bit. And as I turned there and looked, I saw the lorry coming towards us; actually not coming towards us, it was coming from behind. But it felt like it was coming towards us because I was looking in the mirror. And then I moved over to stop my wife going through the windscreen and

everything just went blank. And I was floating outside the vehicle, and I was watching everything happen in slow motion from outside of the car. I was, my body was out. It had thrown itself from my human form, if you like, and it was my spirit body that was outside of the vehicle. And I witnessed everything – absolutely everything. And then I kind of... I felt this heavy vibration, and everything was really bright, and all of a sudden, I came back in my... I came back in my body in the car. And then from then on, it was just blood and things that were running down my face. I actually never felt anything of the impact because my spirit was taken, I was taken out of my body.

**Dr. Dave:** And interesting that you had that warning, with your father's voice.

**Brocas:** I did. And you know, it's amazing, because I would not have moved if I hadn't have heard that voice, really clear. And I'm talking about objectively, now – not subjectively in my mind. Objectively, outside, physically hearing in my ear this voice screaming my name.

**Dr. Dave:** Yes. Yes. Now, among your...moving along (laughs), among your many interesting experiences, you were detailed to help protect the Queen of England for a period. What was that like? And what sort of training did they give you for that?

**Brocas:** Well, it wasn't really the Queen of England. I mean, what happened was, I was very lucky because – it was the Queen mother. It was actually Queen Elizabeth's mum.

**Dr. Dave:** Oh, okay.

**Brocas:** And she was coming to our area, where we were. And they needed medical backup, but the medical backup that had to be there had also to have security experience and training. So we did a lot of training just in the military, as we normally do, and then there was three of us that were chosen to work with the detail – to work with the close protection detail when the Queen Mum came to visit. And we worked very closely with the special branch officers, and the police officers...and we worked very closely with them for a period of time. It was a very short period of time, but at that time, it was a great time for me, and it was very honorable. We got mentioned in the (inaudible) magazine, and it gave me the interest in close protection. That's what the catalyst was for me, to go into the close protection industry.

**Dr. Dave:** Yes, and so after you left the army, you became a personal bodyguard...

**Brocas:** Yeah.

**Dr. Dave:** ...doing what you call "close protection" – protecting wealthy business executives.

**Brocas:** Yeah.

**Dr. Dave:** What was that like? Did you ever have any incidents or close calls that you can tell us about?

**Brocas:** I did, to be honest. Ninety-five percent of the time, it was very boring...

**Dr. Dave:** Yeah. (laughs)

**Brocas:** Because you would be in a Mercedes, or you were on a private jet, or you'd be traveling in another country, staying in hotels and big, fancy houses, and nothing really happens. And then you get a little bit, I suppose, complacent. And coming back to London with a particular client, he had been a little bit indiscreet with his business dealings, and he was targeted by a criminal organization. So myself and my colleague found ourselves under attack on a couple of occasions in the center of London, in actual fact, and also in France. And I was also very lucky from that time. I came over to Los Angeles and did some training, and helped to train some guys out there, and worked kind of closely with a law-enforcement agency out there at the time as well.

**Dr. Dave:** Well, did you... You say you were attacked on a couple of occasions. Were people coming at you with guns or knives or...?

**Brocas:** We were... My client was attacked with a knife just as he was moving outside of his hotel room.

**Dr. Dave:** Oh, my goodness. And were you able to make any intervention?

**Brocas:** (laughs) I was, because I didn't feel too good at the time that day, anyway. I knew something was wrong, but I couldn't quite pinpoint it. And luckily, I was the first person that was going out the door to make sure everything was clear. And he (?) just went straight forward, so I was able to kind of use the door and trap the door on the person's hand. But we managed to, we actually managed to make an arrest that day. And one of my other colleagues removed the client and took the client away, put him in the back of – he was driving a Jaguar at the time. Put him in the back of the Jaguar and took him away, whilst we waited in the (inaudible).

**Dr. Dave:** And you've also done undercover work, where your sixth sense was of help. There's a story you tell in the book about penetrating an international criminal organization.

**Brocas:** Yeah.

**Dr. Dave:** Can you share that story with us?



**Brocas:** I can't say who (laughs) I can't say who it is, because it's very classified.

**Dr. Dave:** Sure.

**Brocas:** I worked very closely with certain police agencies in the U.K., and I think... I don't want to say that I was very lucky. I'd rather say that I was very unlucky to have come across what I actually came across, which then meant that I had to go undercover into an organization that was involved in not only criminal activities, but terrorist activities. So I had to get involved there. So I was... Some people might think that it's a good thing and it's very exciting, but no, it wasn't. And it was very dangerous, and I was very unlucky to get involved in it. On a few occasions, it could've went all wrong for me if it had not been for my intuition.

**Dr. Dave:** Yes. In the book, you tell stories about how actually, your intuition pulled you through.

**Brocas:** Yeah. Well, I had... There was a number, there was a couple times that I was involved. There was an organization that was operating from outside Turkey. And they were involved in bringing in large amounts of heroin. And one of the operations we were on was gaining intelligence from the people we were dealing with. But unfortunately, it came (inaudible) I was supposed to go to a meeting with a target, to gain some further information. But his colleagues had all this set up to take me out and shoot me.

**Dr. Dave:** And you got, sort of intuitively, you were led to not go to that meet-up, right?

**Brocas:** Yes. I... Nothing was going right that day, just nothing at all was going right. I felt quite ill. I didn't feel right; I kept on having images in my mind. I was quite fearful of what could possibly happen, to the extent that it was really playing on me somewhat too much – that I started to realize that there must be something more in this. And I took a little bit of time out just to meditate and just take five minutes to myself. And I, you know, it didn't go away, and the images were getting stronger. I decided not to, I decided to call it off. I was really lucky then, because the intelligence that came back to me was that that's exactly what was going to happen.

**Dr. Dave:** And that's really one of the main messages of your book, is you're encouraging readers to pay more attention to those intuitive feelings that come up that often we would tend to dismiss – of not feeling well, or feeling uneasy about some situation that they're about to go into.

**Brocas:** Some of the stories that I talk about sound very grand, you know – from working undercover, from doing bodyguarding.

**Dr. Dave:** Yes.

**Brocas:** But I want to take it right down to the nitty-gritty (?) for people on the street. I worked after, I was previously married before I met Joanne, and that marriage ended. And I went to live in (inaudible). And I worked as a... I had nothing else to do, so in order to test out my tai-jitsu, if you like, or my unarmed combat, I started working as a nightclub doorman, which did actually put it to the test very realistically on many occasions, against various different weapons. But I used to get intuitive flashes even before I went to work, and intuitive flashes when I was at work. And I was able to really, I was able to (inaudible), I was able to identify who was carrying what, if somebody was carrying a knife. I was able to identify when trouble was going to happen, who... I was able to stop things happening before they actually happened. And I think a lot of very good security personnel do this, but they don't understand how they're doing it. And really, all they're using is their intuitive, their intuitive feelings. And even to a simple situation of my wife and I going and meeting with someone, and having an intuitive flash that something was wrong, and nearly, actually taking evasive action and not going where we should've went, which actually stopped a massive car accident again.

**Dr. Dave:** Mm-hmm...

**Brocas:** Because we listened to an intuition.

**Dr. Dave:** Yes.

**Brocas:** And I think so many people miss out these little intuitive signs. They miss out this feeling, this gut instinct. Everybody's got it. You don't have to be an amazing psychic or a medium to be able to do this. And I teach people that you can use your natural... You know, a cop, a cop. Let's take a New York cop or a Los Angeles cop – they go on hunches all the time. And they use the word, they use this term “hunch,” which actually, is an intuitive flash.

**Dr. Dave:** Yes.

**Brocas:** And we all do it. So if we're able to become more intuitive with our mind, body, and spirit, then perhaps we're able to identify many other things that happen in life and make this world a safer place. You know, reduce terrorism, or reduce the risk of terrorism. There was many people before 9/11 had flashes of 9/11. And there was people that saved their own lives because they had intuitive flashes. And there are a lot of people and a lot of skeptics who'll come on and say to me, “Yeah, so if someone already picked up that there was going to be a bomb in the Twin Towers, how come they couldn't phone up and tell the CIA, tell the FBI, or tell anybody like that?” Well, it's not the type of thing that you do, and we've got to face facts that some things are written in stone. Some things happen for various reasons, whether it's for life lessons, or whether it's to wake us up and take note.

And some things we cannot stop, even though we might pick up the information. But what we can do, is we can reduce the risks of it. We can perhaps change the outcome, or save many more lives than we originally thought we could.

**Dr. Dave:** Yes. Now, the bulk of your book is devoted to tips to help readers increase their safety in all aspects of their lives.

**Brocas:** Yes.

**Dr. Dave:** And you cover everything from ways to protect your home to dealing with kidnapping, letter bombs, terrorist attacks, verbal and physical abuse, rape, and more. So in general, what's your overall approach? I guess it's rooted in what you were just talking about.

**Brocas:** Yes, it is. I mean, what I wanted to do was that I wanted to give people a handbook for life. And something that shows individuals that they're spirits in human form, and not humans in spirit form – that they have a unique ability to be able to manifest their own destiny, to be able to remain safe. This world, we've got to face it. I don't care what anybody says about that. I know there's a lot of "airy-fairy" people out there that think the world's a lovely place and there's no evil in it. This world is full of evil; that this world is a very hostile place, but the good Lord gave us a gift. He gave us the gift of intuition. He gave us psychic abilities that are spoken about all the way through the Bible, from the time of Jesus to the time of... all prophets in all religions. We all have intuitive abilities, so why can't we use these intuitive abilities to make ourself safer in this hostile world? To make ourself more aware of what's going on, and to perhaps save a life – whether it's a child's life, an adult's life, or even an animal's life. We can use this for so much more than just being able to tell the future.

**Dr. Dave:** Yes. Well, speaking of telling the future, I understand that you now offer yourself out as a psychic medium, which seems like a strange thing for a martial artist, bodyguard, security consultant kind of guy.

**Brocas:** (laughs)

**Dr. Dave:** (laughs) How did that evolve?

**Brocas:** Well, you know, at the end of the day, you have a gift. And one of the important things is, is that you use it to help people, whether... I look at the ninjitsu training and everything that I do, it helps people change their life. It helps people to understand their intuition. It helps people to remain safe. But also, it helps people to tune into the environment, to tune into vibrational energy that surrounds us. Now, that's only one step up to talking to spirit. And if we look at the history of ninjitsu, there was a great deal of discussing with spirit and communicating with spirit, and being able to get information from the gods, if you like, or from Buddha.

Now, that is a form of mediumship. So it's not really that different. And at the end of the day, I have a gift that's able to help people. And one of the things I want to state is that my wife and I, we don't do readings for people that want it for entertainment purposes. People come to us for various different reasons. I recently had a woman that came to me because her son, who used to be in the forces, was lost, due to a horrific accident. So I'm able to use my gift, I'm able to prove that life continues, I'm able to prove that death is not the end, that we do carry on – and give evidence that the spirit lives on, that people are safe and are not suffering. And I, perhaps, give people that little bit more comfort that allows them to go through the healing and the grieving process a little bit more comfortably than other people will. And also using my psychic abilities, my... We've worked with law enforcement on missing person cases, on murder cases – and that's to help people. So we don't really do it just for entertainment purposes and for people that are just interested. People that come to me for readings are coming because they want help; they want closure. They want to know that their loved ones are still around them, and they want evidence of that. And I'm a very scientific person. In fact, I'm so scientific that I'm involved with the University of California with a certain scientist that's investigating this type of stuff, this phenomena. And because I don't want to mislead anyone...and I would rather see someone who was coming and sitting in front of me. If I couldn't get anything, say, "I'm sorry; I'm not able to help you today. But perhaps maybe another day, or someone else will be able to help you." And at the end of the day, when people come to me, they're not coming to me through advertisements or anything else. Spirit brings the people to you that need the help if you're of the right mind and frame of mind. I know there's a lot of charlatans out there, and I know there's a lot of psychics and mediums out there that are just interested in money and just interested in fame. But at the end of the day, when someone comes and they're devastated from losing a loved one, and you're able... And I must make this clear: It is not me that does it. I am just the telephone that you're able, you know, someone is able to talk through, or able to communicate through. I'm an empty vessel, or a telephone or a radio, and all I do is, I relay messages of what I hear, feel, and see that gives the person comfort.

**Dr. Dave:** Okay. Did this direction in your life open up as a result of meeting your wife?

**Brocas:** No, I'd always been like that. Even when I was in the monastery as a young kid, I used to see spirits of monks and priests that had gone on. And there was a few instances in my life as a young child that I had these experiences...

**Dr. Dave:** Hmm...

**Brocas:** ...as well as some experiences in the Army. And before I even met my wife, I was doing readings and stuff like that. But I didn't quite understand it. And what it does, is it needs someone to put you on the right path and say, "This is what this is. And this is what this means. And this square goes into this square hole, and this

round thing goes in this round hole.” And she gave me the understanding of the gifts that I had and how to use them.

**Dr. Dave:** That’s great. How did the two of you meet?

**Brocas:** Well, that was fascinating, because I was working as a medium and a psychic, and I was doing readings for people. But after my father passed, a lot of things happened to me that I couldn’t explain, and I was looking for more direction, and I was looking for further training, to develop stronger. And I was a member of actually a spiritualist church, but I found that they were very ego-orientated and very egotistical. So I went and I was working with crystals, actually, at the time. And I was collecting crystals and I had a friend of mine that wanted to (inaudible) a crystal. And I went into the shop, and I saw this card for this woman who was a psychic medium, who was doing training courses every now and again. And I picked it up, and I thought, “Ah, maybe I’ll contact her.” And just one day, out of the blue, I decided to give her a call. And then we talked for ages on the phone, and I went and met her. And then, she was running a development course, which I went on, and I went on as a medium. And she told me beforehand (laughs), she warned me, “Don’t be giving any messages out when you’re sitting in this course,” which I totally ignored. I (inaudible)...

**Dr. Dave:** (laughs) Yeah...

**Brocas:** ...because I didn’t have any control at all. I didn’t know... It was so natural to me that I didn’t know what was the difference between psychic work and mediumship. So while I was on the course, I gave this message, and she was a bit annoyed with me. (laughs) And then she gave me a row, and we fell in love, and we got married a year later.

**Dr. Dave:** (laughs) Wow, that’s a good story. Well, is there anything else that you’d like to say that you haven’t had a chance to get in here?

**Brocas:** No, I mean, just anyone who reads the book will find that it’s a book that they can go to time and time again. I get e-mails from many people and even young teenagers, 15-year-old kids in America that are getting in touch with me and say, “Your book story has changed my life. It’s made me less angry; it’s made me understand things a bit better.” And I’ve had women who get in touch with me saying, “I know understand the cycle (?) of abuse that I’ve been in, and I’m able to look at life a bit, you know, stronger.” The book is there to help people and to change lives. What it is, it’s a key that allows you to go up to the door and unlock the door, and to change your life the way you want to change it. And I would say to anyone to go out and give it a try and have a look at it yourself. And you read it yourself. You know what it is.

**Dr. Dave:** Sure, sure. Well, if I get back to Scotland, I will see maybe if I can get to meet you. I'd love to do that. So...

**Brocas:** Well, we're coming out to America because the book is coming in a TV documentary.

**Dr. Dave:** Oh, excellent.

**Brocas:** And we're in productions, and Los Angeles has taken the book on, and they're going to (inaudible) a documentary. And my second book is done at the moment and is in the process... It should be published in America as well, and actually, my wife and I are looking at, we're trying to move over there, to live over there.

**Dr. Dave:** Oh, really? Do you know where you want to settle?

**Brocas:** Well, I've got so many favorite places in the States...

**Dr. Dave:** (laughs)

**Brocas:** I love Arizona.

**Dr. Dave:** Yes.

**Brocas:** And I love certain areas of California, but I really love Arizona. I know the big, you know, Florida, where all the Brits and the holiday-makers go. I love Long Island and New York. I love Virginia. But my real love is, I really like Arizona.

**Dr. Dave:** Well, you sound like you're an American already. Hey, Jock Brocas...

**Brocas:** I love it. I just, I'm... I mean, the book is in an American market, so yeah, I do love it.

**Dr. Dave:** Jock Brocas, thanks so much for being my guest on Shrink Rap Radio.

**Brocas:** It's been a pleasure, David.