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Cindy Grogan

A Look Beyond the Curtain

Down-to-earth, funny and practical, this “sensible psychic” demystifies the afterlife.



Cindy Grogan sees and talks to dead people. She doesn't consider this “eerie” or “spooky” or even all that unusual. For this self-styled “sensible psychic” being in tune with the Spirit world is as commonplace as picking up the phone to chat with a friend. It's just a normal part of life.

“Most people assume that every psychic or medium is born a little different, that they have a special ability that the rest of us don't have,” Grogan notes. “I don't agree; intuition is inborn in *every* human. To me, it's part of our spiritual DNA. Some are especially gifted right out of the gate; others need to work at it. We can all learn to play the piano, but not everyone will play like Elton John.”

Grogan began fine-tuning her own skills at a young age. She recalls as a kid being fascinated by Ouija boards, holding seances at slumber parties, and listening to her Irish grandmother's stories of seeing “wee ghosties.” However, things didn't progress to the next level until after she graduated from college and had taken a psychic development class. “From the first night, I was getting accurate psychic information for the people in my class, and realized something had ‘woken up’ in me. From that moment on, I actively worked to further hone my innate intuitive skills through classes, practice on willing friends and the voracious reading of books,” she explains.

Initially, Grogan concentrated on straight psychic work. That changed when her mother died. Grief-stricken, Grogan visited a medium who told her that she also possessed the ability to connect with the departed and should pursue her spiritual development. Even as Grogan, a North Carolina native who moved to Bergen County in the late '80s, sought to establish herself in the “real” world by working in radio and freelance writing, a series of “coincidences” seemed to be leading her towards a

Where do the dead hang out? Who are they with? Do they still eat pizza? In this lively guide, a professional psychic-medium answers some of the most-asked questions about death and what happens next. Learn about reincarnation, karma, spirit guides, guardian angels and pets on the Other Side. Discover different ways to connect with deceased loved ones -- and the ways they're talking to you every day.



Cindy Grogan,
The Sensible Psychic



Cindy Grogan is a psychic-medium and writer who specializes in bringing "out there" spiritual topics down to Earth. Her website is www.thesensiblepsychic.com.

OK, So You're Dead....

A Sassy Guide to the Afterlife

Cindy Grogan on Death, Dying and Lots of Other Otherworldly Stuff

“Over the years, I’ve been asked the same 25 or so questions about death, dying and the Other Side. Last summer, I decided to put it all down on paper,” explains psychic/medium Cindy Grogan, the author of the self-published *OK, So You’re Dead: A Sassy Guide to the Afterlife*. “Unlike many books on the subject, mine is pretty lighthearted. I cover everything from what it feels like to die to reincarnation, guardian angels and even what happens to pets on the Other Side.”

In the excerpt below, Grogan offers her no-nonsense and often humorous take on the afterlife.

more metaphysical path. These days, she is finding that more and more her true calling lies in helping others get their spiritual house in order.

“I approach my work in the spirit of wanting to help and be of service,” notes Grogan, who conducts in-person, phone and email sessions with clients from her home in Woodcliff Lake. “I encourage my clients to use what I share to empower themselves, not become dependent on me. In fact, I’ve cut some of them off when I felt they were too reliant on readings and not putting in the necessary effort on their end. And if there’s an issue that’s above my pay grade to address, I’m the first one to suggest a qualified psychotherapist.”

Grogan’s not shy about employing “tough love,” either. “With one client who had been obsessing for months over a completely unavailable and toxic man, I made her delete his number and all their texts from her phone before she left my house,” Grogan relates. “I don’t play around!”

In fact, when it comes to her work, Grogan is dead serious. She knows some people may think she’s a flake, or worse, a fake. But she’s OK with that. “There will always be haters, doubters and skeptics. Some are in my own family,” says the happily single mother of three cats. “I know, deep in my bones, that it is possible to tune into other sources to retrieve information that can improve our life. I do it all day long. Frequently, a reading gives the client a completely different way to approach an issue, and that’s the point: the psychic channel is meant to take us out of our heads.

“I’m *all* about the practical,” Grogan continues. “In a reading, I’ll incorporate information from tarot, spirits on the Other Side, angels and just about anything else in my toolkit to give my clients something they can really use in their lives. I don’t consider this party entertainment. Psychic info has real value and that’s what I want to deliver.”

“Her rate of accuracy from a scale of 1 to 10 is

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Remember that awesomely cheesy show, *Star Trek*? Remember how the characters would look when they “beamed” somewhere via the Transporter? The death process is kinda like that. Essentially, when we die, we just transition to finer bits of energy.

Random Physics Lesson #1: everything is energy. From the chair you sit in, to the plants in your yard, your hamster, you. Some big brain—I think it was Einstein—said that energy can neither be created nor destroyed. So do you *really* think that the energy which makes a loved one who they are, in all their unique Sunday-dinner-making, pet-loving, karaoke-belted splendor just vanishes? Not according to Einstein. And I’m not about to get into a scientific throwdown with *that* guy.

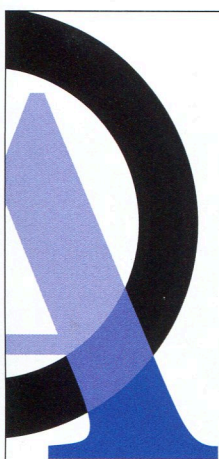
As humans, our energy “vibrates” at a very slow, dense rate (and let’s just say it: some people are denser than others). Think of a box fan: when the fan is off, you can clearly see the blades. When you turn it on, they move so fast that they appear to meld into one. It’s still a box fan, the blades are still there—but it appears very differently. This is the essential difference between human and spirit form.

Getting back to *Star Trek*, there’s an episode where a race of aliens have evolved to where they move super-fast. In fact, they’re *so* fast, they can’t be seen, just heard, like a buzzing fly (if you want to watch it on YouTube, it’s called *In the Wink of An Eye*. And yes, Captain Kirk gets this girl, too. Such a player.)

The alien state depicted is not too removed from what happens when we cross over (minus the tacky silver suits). We just evolve into a faster-moving energy—still keeping much of our personality and a spirit body that’s familiar to us. I understand from Spirit that this “body” is really just a reference point, a way to give us some context to this new state of being. Eventually, we grow accustomed to the notion of just being “energy” and don’t need to cart it around. We meld in and out of the universal source.

We may occasionally show that “body” to those still here in order that they might recognize our presence, but outside of that, we’re free of physical limitations.

The book is available in paperback for \$8.95 from Amazon; Kindle and Nook versions are also available for \$3.95. For more on Grogan and her book, visit thesensiblepsychic.com



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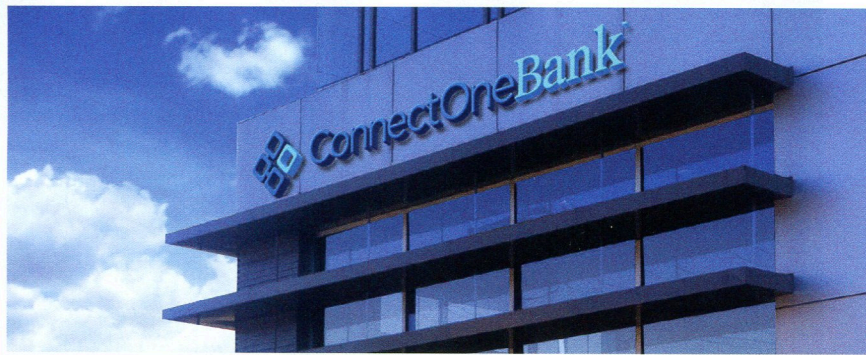


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20,” says Kim Carrafiello, a real estate associate who first sought out Grogan’s services in 2012 after the loss of a beloved pet. During that initial phone session, Grogan—without any help from the then leery Carrafiello—provided convincing proof, offering reassuring solace for Carrafiello, who since then has had numerous examples of Grogan’s skills, including accurate predictions about several successful real estate deals and her marriage.

Carrafiello is one of many individuals sold on Grogan and her abilities. Grogan’s client list includes people from various walks of life, stages of spiritual development, geographic locations and ways to avail themselves of Grogan’s services. For instance, she recently read a client from Finland. “How she found me, I don’t know, but she asked if she could have a session via email, as her English wasn’t so great,” Grogan explains. “I agreed, and she sent me a photo of her son Paavo who died 10 years ago at the age of six. He was an absolutely gorgeous little boy, and the first thing I ‘got’ as I tuned in to his spirit was infectious laughter. I couldn’t stop smiling! He also ‘showed’ me a rock with his name written on it that he was very proud of. When I wrote back to the client and shared these and other messages, she confirmed them: his laughter was very distinctive, she said, and made everyone smile. And she had brought a rock from a nearby forest and attached a handmade metal plaque with his name on it, placing it in their garden. The mother was so relieved that he had come through to give her evidence of being OK. I was incredibly moved to be able to be the link, all these miles away.”

“It is so personal with Cindy. She is gentle, kind and caring. She is honest and I love that,” says Chris T, a mom from Ramsey, who has had sessions with Grogan both in person and by phone. “If she ‘sees’ a place where I am struggling, she calls it as she sees it. I do not always understand at that moment, but she is spot-on more than she misses.”

“I have had several readings with Cindy. I am always blown away with the outcome,” says Debbie Rooney, a paralegal who lives in New Milford. Initially, Rooney consulted Grogan for readings on her future; over the years, though, Grogan began giving Rooney messages from departed family members. “She would tell me things about them that there was no way she would have known about,” Rooney insists. “I am truly amazed

that when she channels a person it is like they are actually having a conversation with you."

Rooney credits Grogan with numerous spot-on readings not only for herself, but also for her family and friends. She says Grogan has not only offered guidance and reassurance on her life, but comfort from knowing that loved ones—both humans and pets—are still watching over her and her family.

"What impressed me with Cindy is sometimes in order for her to connect accurately with a loved one, it's preferable to have a picture of them beforehand so she can concentrate on their persona," says Carrafiello.

"I love that (Grogan) can see my angels around me," notes Chris T. "One time when I was there, her cat was going bananas. Running across the table, chatting into the air, looking at something I could not see. She explained that animals, like children, are more open to seeing spirit, and that her cat was just reacting to those in the room that I couldn't see. It gave me quite a chuckle.

"One specific incident that was amazing was she connected with a dear friend of mine," Chris T. adds. "He was like a brother to me, who passed away years ago in a car accident. Cindy knew that my son had struggled with bullying and spoke of specific things that she could not have known. She told me that my friend was watching over my son because he too had been bullied. That was amazing and gave me great comfort. She also was able to connect with my grandmother, personality and all! Those things blow my mind!"

According to Grogan, making such personal connections and helping others is what it's all about. "Ever since I was a kid, I've had a strong desire to help people. Even in grammar school, I was dishing out advice to the other kids on the bus. It's a completely natural impulse for me. When I discovered my intuitive/mediumistic abilities, it was a perfect match: I'm able to receive information from a higher source and deliver it in a way that, hopefully, helps people move forward. I'm told—frequently—that I've lifted a weight, given hope or a clear path out of their situation. To me, none of this stuff means anything unless we can put it to work in our own lives. Being the practical girl that I am, that's the goal of every reading."

Nayda Rondon *writes frequently about lifestyle subjects, personalities, and health and beauty.*