

Soul & Spirit

your spiritual life coach

13, February 2009 £3.25

7-PAGE HEART & SOUL SPECIAL

LOVE, SEX AND RELATIONSHIPS

Attract your soul mate
Make divine love last
Try Tantra tonight

FUTURE FORTUNES

Will 2009 be lucky for you?

Find out with your I Ching star

Start Afresh

15 Soul-cleansing rituals
to revitalise your life

Are you psychic?

Discover your spiritual skills and how to use them

Raise your spirits
Try mood-lifting meditations
on page 78

9 771754 018016



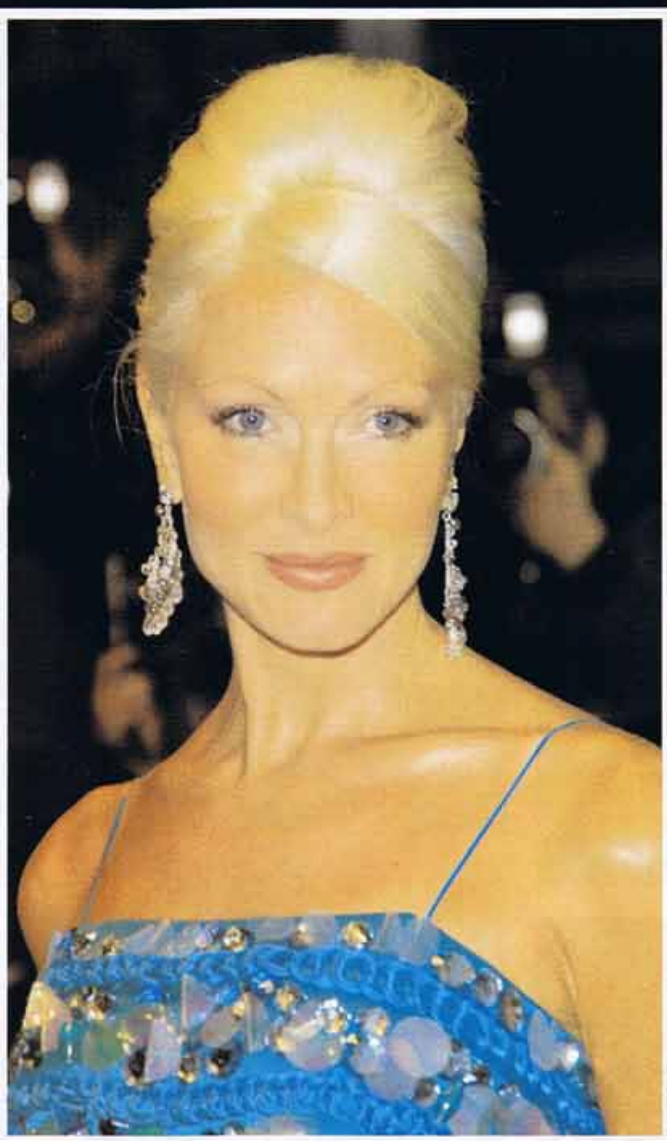
"I believe in reincarnation"

Caprice reveals her spiritual beliefs

SELF HELP

BOOST SPIRITUAL WELL-BEING ■
INCREASE KARMIC CONFIDENCE ■
UNLEASH YOUR INNER GODDESS ■

Life stories: "I sense my grandma's spirit around me everywhere"



"I believe in reincarnation"

The glamorous world of modelling may not be a place you'd expect to find spiritual seekers, yet former Wonderbra model Caprice is proving to have much more depth of character than mere surface beauty. By **Mark Anstead**

CAPRICE BOURRET, 36, from California, is making quite a name for herself as a business tycoon, designing and overseeing the manufacture of her lingerie brand, by Caprice (bycapricelingerie.com), which has a turnover of more than £8m. With swimwear and sleepwear lines also in the range, Caprice is certainly capitalising on her iconic image. But she also has a spiritual side she rarely talks about.

Tell us more about your meditation

I'm obsessed with meditation because it works. When I'm

going through a particularly stressful phase I'll do 50 minutes a day, but otherwise I'm happy with just 30 minutes. I watched my mum go through a stage in her life when she was under a lot of stress and all of a sudden she came down with various illnesses. Stress is really dangerous – seeing that happen to her is what convinced me to start meditating.

What alternative treatments do you use?

Acupuncture; it's fantastic for cramps. I was having regular stomach cramps with my menstrual cycle and I didn't know when it would hit me, but it was always severe. I had to take very strong pain relief pills and I don't like taking pills. I had two sessions of acupuncture and after those, my cramps were gone. I carried on with it for a while and now my menstrual cycles are more regular and I don't get pain. It's been nine months since my last treatment and I'm still going strong.

When were you healthiest?

It's got to be right now because I'm very conscientious at the moment. I was my worst just over two years ago around the time when I was

pulled over for drinking and driving. I was in the middle of expanding my business at the time and there was a lot of stress – everything just got on top of me. I drank too much and was banned from driving for a year.

This issue we have a special section on love and sex as part of a spiritual life. How important do you think sex is to a healthy lifestyle?

I think it's imperative. My gynaecologist told my mum that even if she had to go out and get a younger man she should make sure she is doing her thing! It's absolutely imperative for your body to function in a healthy way, no matter how old.

Have you ever had a psychic reading?

Hasn't everyone? I saw a psychic before Christmas because the economy was affecting me really badly and I was finding I was having to work really hard just to stand still. I'd been feeling lifeless and depressed and she said that my mood would lift by the end of January. I was also having problems renting out my home in Surrey and she said I would find tenants in February. Well, after months standing empty I have now found tenants; their contract starts in February. She was really good...

So what is your spiritual philosophy?

I believe I am guided, and I think if you can trust in a force outside yourself it helps. I read books by Deepak Chopra and I think it's really important not to get too obsessed about anything in life. We need to be able to detach. So I have an intention to succeed, but I try to hold it as lightly and flexibly as I can, so I can respond to anything unexpected. Aside from that, I'm always looking for ways to improve myself and I sometimes go to personal development courses at a centre called Alchemy in Camden.

How do you stay healthy?

I eat mostly vegetarian food (although this does include fish), and I meditate regularly. I exercise and am really fortunate because I sleep like a baby. Running my own business means there's masses of things to think about and do, so usually I'm knackered by around 10.30pm and I go straight to bed. It's not like when I was in the entertainment business and I used to go out and party; with the responsibility of a business you just can't do that. I also have a massage once or twice a week and that really knocks me out – I'm almost asleep before the masseuse leaves the house.



Do you believe in life after death?

Definitely. I believe we are reincarnated again and again. I have believed this ever since I read Brian Weiss's book *Many Lives, Many Masters* some years ago. And every time I experience *deja vu* in my life I think, 'there could be some connection here with a past life coming through'.

Are you typical of your starsign?

Yes. I'm a Scorpio and I am ambitious, loyal and passionate about everything I do, just like Scorpios are supposed to be.

Have you ever had a ghostly experience?

When I first moved into my home in Surrey in 2002 I had to have a lot done to it - knocking down walls and things like that. At night I found that doors would slam, the toilet would flush and things would move by themselves. It was pretty scary. It would only happen at night to annoy me, not during the day. Sometimes parts of the house would be freezing, but I would walk into other parts and be boiling hot. I hired a psychic to do some ghost-busting and she came and meditated and chanted for a few hours. Then she said the spirits had gone and she left. I don't care if people say it was psychological and I was duped - it worked for me so I believe it!

What is your most treasured possession?

A porcelain angel my great grandma Angela gave me before she passed away. I put it at the end of my bed so it looks over me. It's beautiful and I have her picture right next to it.

What do you know now that you wish you had realised years ago?

When things first started going well for me I started to believe my own hype and I became a bit of a prima donna. My mum pointed it out to me and I'm glad I saw that it was really no way to live. Money and success and media attention shouldn't change who you are underneath.