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## SOUL SEARCHING WITH

# Toyah

We are used to hearing about celebrities careers and lifestyles, but what about their spiritual beliefs? Dawn Mellowship chats to Toyah Wilcox about religion, the paranormal, our fear of death and the future of mankind.

**W**ith an eclectic career spanning over 30 years acclaimed singer, actress, presenter, writer and business-woman, Toyah Wilcox, has had numerous top 40 singles, created 17 solo albums, penned two books, made appearances in some 40 stage plays, made 10 feature films and presented a range of television programmes from *The Good Sex Guide* Late to *Songs of Praise*. If that wasn't enough over the last few years Toyah has, amongst other things, braved the Aussie jungle in the second series of 'I'm a Celebrity, Get me Out of Here!' discovered her past life in the ITV daytime programme, 'Have I Been Here Before,' and given motivational talks to adults about further-education and dealing with dyslexia. She is also often asked to give lectures at spiritual events and exhibitions. Here Toyah talks to High Spirit magazine about her spiritual side.

### I'm a Believer

The subject of spiritual beliefs often proves to be contentious. Toyah is awed by humanity's power to believe and chooses spirituality based on personal choice rather than the doctrinaire nature of religion.

*"I think that what makes the human race so incredible is that we have the power to believe and one could say that this is something that has been abused and manipulated*

*throughout the history of mankind. I believe that many hundreds of thousands of years ago belief was allowed to be that, just belief, but once religion became a political focal point, the power to believe was abused.*

*I am spiritual but not religious. I believe in the freedom of belief, but I also think that it should be nurtured not manipulated, so my beliefs are humanitarian."*

### Ordinarily Paranormal

When it comes to the world of the paranormal Toyah feels that the paranormal takes place continually, we are just oblivious to it most of the time.

*"What we are really good at ironically, is not noticing things. I think we are brought up not to notice. We are told what our reality is. I personally believe that the paranormal goes on all the time. It is little things like the computer switching itself off or when you pick up the phone as it rings and know who it is, things that are so subtle that we don't give them any credence."*

Why are many of us wallowing in this oblivious state and wouldn't it be better if we all snapped out of it?

*"If you are not interested or you are focused on something else, a great thing to distract you from anything unusual is materialism. We are not aware of how miraculous we are as a race therefore we live in a very strict border of what reality is, when really it is far more exceptional than we realise."*

*I think it is hard in this society to be aware because, firstly, everything is treated as quackery that crosses that borderline and secondly, people don't want to be perceived in a certain way. The whole reason we have this ridiculous normality is to keep the structure in our lives. It is a matter of choice whether people decide to broaden out and look for something other than what is in front of them on the TV screen or in the newspapers. That is choice. You cannot force people to go beyond that. Also, we are brought up in a culture of fear and the main control mechanism we all have is fear of death. I think if*

*you eradicate that fear of death we would actually be a slightly more wayward society. A prime example of that is Thailand where they are all Buddhist and have absolutely no fear whatsoever. If you are in Bangkok, trying to cross the road, you see people walk out in front of buses. I remember saying to someone I was working with out there, "Why do they do this?" and he said, "Because they have no fear of death. They'll be back. They have no doubt about that."*

### Death Becomes Her

Moving on to the subject of death, it is something that instils most people with abject terror. In society we have a tendency to neglect the elderly, or put old age out of minds, perhaps because we associate this with the cessation of our lives. Toyah does not perceive death as an end, but a transition into another state of being.

*"I don't believe that it is possible for anything to die. Death is a negative word and I think it needs to be re-interpreted to transformation. I feel that we transform and transcend. I think we are all one body, one soul and part of a very natural process. We should trust that process and have ▶"*



# Willcox

“ I believe that many hundreds of thousands of years ago belief was allowed to be that, just belief, but once religion became a political focal point, the power to believe was abused ”





“If you are in Bangkok, trying to cross the road, you see people walk out in front of buses. Because they have no fear of death. They’ll be back. They have no doubt about that.”

© Hervé Borinay

faith in the universe, because the universe is about moving forward.”

I asked Toyah if she feels that we need that fear of death to keep us in our allotted place.

“I don’t think we need it, it is part of our Western culture. In those times when Christians were fed to the Lions it was a form of entertainment, chastisement and dishonour. We have used death as a power mechanism politically from as far back as the history books began. If we suddenly saw death as something rather glorious, just question how that changes your life. It means that you don’t want to work a nine-to-five job anymore. All those control mechanisms go out the door.

Interestingly though, what is more amazing and better than the miracle of being alive now? Absolutely everything in this room has come from an explosion of a star. We are made from star dust. It is physically impossible for us to end. We are about perpetuation and continuation. Usually that is all you have to say to people to make them wake up and realise that we are so exceptional. It isn’t possible for energy to die. What will die is our personality and our ego.

If death is not the end, what does the afterlife hold?

“I think it is a transition process. I think it has absolutely nothing to do with what this life is and when we die we realise that and we can finally let go. I think it is sad when people have not asked the question “Why are we here?” It is an important question and I think our lives are structured to ask that from the moment we are conscious to

our last breath. I think some people who fight that are going to have a difficult death. For me, I am excited at the thought that there may be different things out there. I have no interest in returning to where I have trod before. I hope there are different adventures coming. I am not afraid of death.”

### Exploring Past Lives

Toyah appeared in the first series on an ITV daytime programme, called, ‘Have I Been Here Before?’ presented by Phillip Schofield, where celebrity guests had the opportunity to experience a past life regression. A qualified historian and archaeologist, Jules Hudson, investigated whether the regressions were historically accurate. I wondered why Toyah had chosen to take part in this show and what she got out of it.



“The experience was quite interesting because I have always had a very difficult relationship with my mother, it is a respectful relationship and I look after her, but it is also a testing relationship. This came out in my past lives, where it appeared that I was an anchoress with a female community in Holland, many centuries ago. An anchoress is a female who used to give up her life to absorb the sins of man. This story emerged and it was researched. I found that interesting because considering I have always had a very testing relationship with my mother psychologically, that is quite an expected thing to come up.

There is the argument that if you don’t deal with the debts of your last lives you are going to keep repeating those debts, so psychologically if I still have a problem with my mother and need to address that, past life regression is not only telling me that I need to address it in this life, but perhaps that I am carrying the debt forward into every life until I do address it.”

Was it a life transforming experience?

“The first time I regressed it changed my life because I didn’t believe in re-incarnation. The first time I was regressed the lives that came through were crystal clear. I thought “Wow that is quite stunning,” but since then things have happened where you kind of add two and two together and think “My God, I did know that person before.”

I am working to address a karmic debt with someone that I work with. All through my life for the last twenty-two years I have walked in parallel with this person. When I met them three years ago I knew that this person was my child in my last life. This is

the only time I have ever experienced this, so I thought "OK there is a karmic debt here. I need to heal something so that we can be free of each other in the next life." I found out that my security pin code on all of my credit cards and everything I need a security pin code from for the last 25 years were the numbers of his birthday. I discovered that we have been in the same country, in the same building, doing the same work at least once a year for 22 years and never met.

Suddenly when we did meet the relationship was so intensely uncomfortable to him and me that we actually sat down and talked about addressing a karmic debt. I went to see a psychic and she said that I had left him when he was eleven and he couldn't forgive me for it. We are working together now creatively and hopefully repairing the karmic debt so it won't happen again. That is the only time I have ever addressed it. I have never done it before and I am not looking to do it again, but it is a very powerful thing to experience."

### Visions of the Future

The rapid advances in technology are churning out all sorts of possibilities. Some of which may have benefits and others which conjure the terrifying prospect that the stories of classic texts such as George Orwell's '1984' and Aldous Huxley's 'Brave New World,' will become a grim reality. Are we all going to end up living for hundreds of years and modifying our genes to create a superhuman race? Isn't this just another aspect of materialism, the fact that people long to extend their time on earth. Toyah believes that it is essential to extend our health and quality of life but at the same time we have to move on from this world beyond a certain age.

"For the last 70 years the food industry has done things it shouldn't be doing, so we must address that if we have longevity it should be a healthy longevity. Four hundred years ago women were only having about four periods a year which made their periods miraculous and magical and that was because of diet, and they didn't live as long. We are now fertile probably for twice as long and now have periods every month, so we are evolving, we are becoming superhuman anyway and that is diet, hormones, drugs, everything that is part of the modern life is making us almost superhuman. Personally what I don't believe in is that we need to live longer than 120 years, and the reason I use that ballpart figure is that in Tibet, people can live to 120 naturally.

I think we have got to move on. We cannot remain the same person. I don't see the point of too much longevity. Firstly as a society in a Western World we don't value our elders anyway so why would people who live longer. What will happen technologically wise, I think, is that there will become a huge divide and it has happened in science fiction stories for a long time, where people live literally in their ivory towers and create their own world while in reality the people living



on the ground will suffer the way they have always suffered. It will divide the rich from the poor, which has been going on anyway."

For those keen to explore their spirituality and even those who are not, Toyah offers some words of wisdom,

"I try to tell people, even atheists, you cannot escape the miracle of who we are, so go beyond your boundaries. This is such an opportunity. This life is sensational. We all have a choice in what we believe, so

grab the opportunity. We have to change. We are programmed from children to fight change but once you have made that first change, making changes is so easy. The first step you take in having a spiritual awakening is probably going to be the most uncomfortable experience of your life, but don't have that moment on your death bed. You have to leave the earth at some point. There is no choice there, so learn why you feel so strongly about your possessions."

### Toyah Willcox – A Snapshot



**Date of Birth:** 18/05/1958

**Star Sign:** Taurus

**Favourite Things:** Colours mean a lot to me. I have to be close to either cerise, yellow or orange. If you are surrounded by good colours, you can keep a good state of mind.

**Pet Hates:** Elitism. I hate elitism in religion, spirituality and everywhere else. It makes people outsiders. I believe in inclusion and honesty. People are judgmental. I refer to people as either asleep or awake and sometimes the awake people curse the sleeping people, when all you have to do is feed the sleeping people little tit-bits and slowly they wake up. I think that is the job of spiritual people.

**Inspiration:** I admire people who genuinely work hard in their community for nothing.

**Favourite Complementary Therapy:** I believe that they all function well together from chiropractory to acupuncturists. I also see a spiritual advisor twice a year and I really value my consultations with her. I try to tell non-believers that it is really good to have someone mentor you. **The Meaning of Life:** Life is simply a journey from the moment you are born to the moment you die.