

SOUL *Revival*

with Tricia Brennan
Tricia draws on her clairvoyant ability and extraordinary intuition to get right to the heart of your problems.

Got issues? Life not working out the way you want?
Let Tricia tune in and turn on your true potential.

LOOK AFTER NUMBER ONE

My relationship ended recently and I feel confused and hurt. I feel we still have a lot to be resolved. We're still in contact with each other. Do you see us reconciling or is it over for good? Will I start to feel stronger and heal soon? Can you please help me?

HURT AND HANGING

DEAR HURT AND HANGING,

Good communication is crucial in any relationship but it takes two to tango. If your ex is interested in resolution and strengthening your union you have a chance. If not – walk. If you need to talk someone into loving and appreciating you, you are only hurting yourself. To recover, you have to start being gentle with you and stop thinking about him.

YOU'RE CHEATING YOURSELF

I'm having an affair with my best friend's boyfriend. At first we felt bad and promised we'd end it, but now it's a habit. We care for each other. Should we tell her, or do you think we can keep it up because she travels quite often?

IN THE DARK

DEAR IN THE DARK

You must both live by the motto, "a friend in need is a lover indeed". Do you really want to continue seeing a man who cheats? The only way you can break the news gently is with a heartfelt, sincere apology for your betrayal. The longer you leave it, the worse it will be for her.

TIME TO MOVE ON

The people at my office are two-faced. I really like my job and when I first started it was fantastic but now my co-workers (mostly girls) are treating me really badly. I would love to say I could go to my boss but I know he wouldn't listen as he contributes to the problem too. What can I do?

TIRED AND TORN

DEAR TIRED AND TORN

Be honest with yourself first – are you pushing their buttons? Take a healthy interest in your health and sanity. Ask them face to face if they have a problem with you. Then make a firm request they stop treating you badly. Choose to speak up or move on. Life is too short for misery.

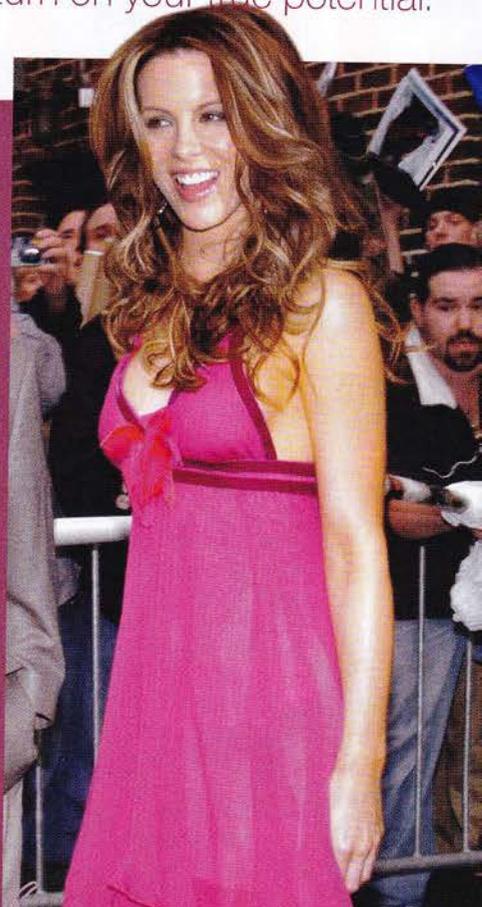
DREAM HOME

How can you tap into your intuition to figure out where you should establish roots and raise your family? Is there any good way to make a decision besides just trying everything?

GYPSY

DEAR GYPSY

To interpret the voice of your heart you have to be still and receptive. If you imagine living somewhere and your energy expands, you're heading in the right direction. If it contracts, it's your gut telling you you're off track. Let your feelings be your compass.



With every project you do, you bring out a part of yourself, and it seems to be quite a good way of expanding as a person.
Kate Beckinsale on self-development.

FAMOUS

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