

The Gold Coast **Letin**

...catch up!

Gold Coast Body and Beauty Makeover

WEIGHING UP **the issue**

While it's fashionable to talk about the 'emotional blocks' that keep us from following our dreams, intuitive counsellor Tricia Brennan does more than just talk. She helps you to change.

Sharon Kells reports.



Tricia Brennan, helping people deal with self-doubt

TRICIA Brennan is definitely what you would call a petite woman.

At only 163cm, or 5ft 4, and weighing 50kg, she slips easily into a minuscule size six dress.

So, it's almost natural to scoff quietly to yourself and roll your eyes inward when she starts talking about weight loss and body image.

But be warned, Tricia will have your number in a second and be addressing your cynicism before it has time to take hold.

"I know people look at me and think that I've never had a weight problem," Tricia says.

"They probably think that I wouldn't know what it was like, or how hard it is, or any of the reasons that go with weight issues. But in fact, the truth is quite the opposite.

"I know full well what being overweight is like.

"I was an obsessive eater and used to binge constantly, so much that I ended up a size 14, which for my height, was very chubby."

But she says by focusing on the reasons behind her habit and developing a healthier level of respect for her body, she turned the picture around.

Now, Tricia says she eats well and has been involved in resistance training almost daily for the past nine years, to the point where her body is at peak fitness.

For years Tricia lived in Los Angeles, counselling the rich, the beautiful and the famous on issues such as weight, self-esteem and problems of relationships.

She is a clairvoyant, clairaudient and clairaudient, which means she has the ability

to sense what is going on behind the obvious. However, she prefers to simply be called an intuitive counsellor and uses her skills in a very down-to-earth way, working with people to find their real selves, and with it, their purpose in life.

"A lot of people are lost," says Tricia. "They will come to see me over some problem that might be weight, but it will source back to something entirely different, to a pattern where weight is being used as a buffer."

Tricia believes everyone has clairvoyant skills, which are particularly active in children.

In her case, she says she became conscious of this other dimension of awareness when she was four and 'drowned' at a beach in Sydney.

"I was very young so just took off and rushed into the water without anyone seeing me. I was pulled under almost immediately and at first I panicked, but then became very peaceful and felt myself separating from my body. I could see myself above the water, watching my elder brother being frightened and diving under the water looking for me. He eventually found me and pulled me out, unconscious."

Tricia says the experience pushed into a knowing of other dimensions and she became sensitive to feelings and emotions displayed by others.

Tricia grew up to become a highly successful art director, working in advertising and film for years before she decided to follow her passion and take up counselling full time.

She headed to Los Angeles and listed some of Hollywood's most famous celebrities among

her clients, who despite having enormous wealth, power and beauty, were, according to Tricia, plagued by self-doubt and insecurities.

Tricia has never disclosed any names, but their stories comprise many of the examples listed in her recently published book, *Looking Beyond The Mirror, Twelve Steps to Overcoming Self*

Doubt.

She says one high profile Hollywood star she visited, who has graced the covers of top fashion magazines and has been acclaimed for her beauty, was still terribly insecure about the way she looked.

"In a way, we can learn a lot from the Hollywood stars," says

Tricia. "Many actors seem confident on the surface, but in their emotional lives, they are challenged like the rest of us.

"Like a lot of actors, in our own lives we sacrifice the realness or authenticity of life for a specific role, which we believe to be safe and where we are careful not to overstep the boundaries."

Tricia says the best piece of advice she can give to anyone wanting to change their lives and expand their potential, is to stop listening to the 'inner critic.'

"That's the voice inside which tells you that you can't succeed, can't achieve, so don't bother even trying.

"Put an end to it. Just don't give it an inch and you will begin to live a better way."

Tricia, who held consultations with our three Gold Coast Body and Beauty Makeover contestants, Karen Murray, Donna Dillon and Julie de las Heras, believes a lot of weight problems are emotional issue, and once they are sourced, the problems shift.

"Often they are protecting the person from feeling something distressing or uncomfortable.

"But once that is faced and understood, then great change can take place."

"Tricia Brennan will be running a course called Body Transformations at the Sofitel, Gold Coast on Surfers, on July 16.

The program will begin with a day's introduction with Tricia, followed by a six-week break to allow participants to put changes and goals into action, with a second follow-up day with Tricia on August 20.

Course details available on www.triciabrennan.com.