



I GENUINELY BELIEVE THAT OUR SOULS THRIVE ON CHALLENGE

ANOTHER WORLD

TRICIA BRENNAN IS AN INTUITIVE COUNSELLOR, AUTHOR AND SPIRITUAL TEACHER, WHOSE STORY IS TESTAMENT TO HER MESSAGE: WHEN WE LISTEN TO OUR SOUL'S WHISPERS, WE ALIGN WITH OUR ULTIMATE DESTINY.

INTERVIEW ANNA WARWICK

"I love what I do and I'm passionate about it. I look back and see that the guidance I had towards where I am now was intense. There's grace behind aligning with your soul's purpose. If you have to push too hard, you're moving against the grain, it's not right for you. The heart is the strongest compass we have and unfortunately we are governed by our heads too often. One of the most important things is to eliminate self-doubt.

I had a primary school teacher when I was seven who absolutely took a stand for me, and it was a blessing. Whenever I was tempted to stand in the shadow she would signal me out and make me stand in the spotlight. I believe we've all got those angels who show up in our lives to move us beyond adversity and recognise our potential.

As a child I had a paintbrush in my hand all the time and I would sit for hours and hours and paint, but it seemed only like five minutes had passed. It was the same when I became an art director in film – time and space didn't exist for me when I was working sometimes 14 hours a day. I was completely engaged and never got tired because I was so inspired by the work I did.

My biggest passion was metaphysics and understanding human beings, but that was a private journey for me until I met a couple of clairvoyants, who were adamant that I'd come here to do the work that I'm doing now. They were also of the opinion that I was going to write a book. I heard this for the first time when I was 16 and dismissed it completely because I was dyslexic. I left school at 14.

When I saw the clairvoyants, I was 31 and I had a strong desire to get married and have a family. This clairvoyant said to me, 'If you don't write this book, you're not actually going to meet this person.' She was a very beautiful, humble woman. She said, 'You've chosen in this lifetime to be the heroine and not wait for a hero to rescue you'. I was quite overwhelmed. I was a very independent young woman with a career and a full life. I said, 'Look I'm not waiting for someone to rescue me!' and she laughed.

I said to her, 'How the hell am I going to write a book?' She told me, 'Just sit and write and if you do that long enough and you have the discipline, you will kick into the zone and it will come to you. And she was absolutely right.'

The book whispers kept coming to me then turned up to a shout. So I took on the book challenge. I had to overcome my dyslexia. That was 20 years ago and I've written five books since. I write about hearing your whispers in my latest book, *Map of the Soul*.

It's been very challenging for me but I genuinely believe that our souls thrive on challenge, and that it does fulfill our spirit to stretch. There's nothing better for me than when I think, 'God I don't know how I'm going to do that?' I delve into my inner resources and go into being creative. Then there's a lovely sense of personal achievement and pride around it. The bonus is that the work that I do makes a contribution to so many people's lives.

I believe that whatever you do, be it growing vegetables or helping children, if anything is created from love then it's a gift to us and it's a gift to the rest of the world. I live my life by that principle and it's served me well. To me, humility has nothing to do with playing small, it has everything to do with standing equal, shoulder to shoulder with everyone on the planet.

I am no longer looking for a hero in my life and I certainly know that I am a heroine for sure.'

Tricia Brennan will appear at The Independent Theatre in North Sydney on Saturday, November 26. Book now for an earlybird rate of \$125 at mysticmonkey.com.au

Tricia's book *The Map of the Soul, Discovering Your True Purpose*, can be found at triciabrennan.com