



## Stephanie Brookes, 28

**FIRST DEVELOPED AN INTEREST IN SPIRITUALITY WHEN SHE HAD A CHILDHOOD ENCOUNTER WITH SPIRIT. AS SHE APPROACHED ADULTHOOD, SHE BEGAN TO QUESTION WHETHER THERE'S A SPIRITUAL ASPECT TO ALL OF OUR LIVES. STEPHANIE IS A MEDIUM, SPIRITUAL COMMENTATOR AND AUTHOR WHO IS CURRENTLY WORKING ON HER**

### **SECOND BOOK, AN EXPLORATION OF MODERN-DAY SPIRITUALITY.**

"I saw Spirit from a very young age but as a teenager, I didn't want to be seen as someone who believed in ghosts, so I blocked my mind to them. None of my friends believed in ghosts and although we'd tell each other spooky stories, it was only to scare each other. That changed in 2001 when I was lying in my room, in my flat, and I saw an American Indian chief standing at the end of my bed. He was wearing a feather headdress and his face was blurred. Instead of panicking, I was fascinated. Somehow, I knew he wasn't there to hurt me. It was only later, after researching Native Indians and their beliefs, that I realised he was my spirit guide,

and had come to offer me support and guidance. I then wrote my first book, *Some Silent Hero* as a way to introduce the idea of a spiritual world for young people who may have shared similar experiences. The response from teenagers was amazing, and it made me realise that my understanding of Spirit was helping other young people.

The spiritual practices I incorporate into my own life are all self-taught. I enjoy the process of learning and developing new skills over time. A wise and spiritual lady once told me, 'There is no diploma for spirituality, it is a lifetime of learning', and I agree. Recently, I've become a lot more intuitive and I can often tell when the phone is about to ring, and who is on the other end. My friends now love the fact that I'm in touch with the Spirit world. I

think deep down they're fascinated by it. I know people find it strange to think of an afterlife, but they shouldn't be scared of ghosts. Most spirits come to offer support to people they once knew or loved.

While I take my spirituality very seriously, I also love shoes, make-up, and I like any day out with my friends to result in a visit to the perfume counter at Harvey Nichols! I think there is still a stereotype attached to being spiritual: that, if you're a spiritual being, you should subscribe to some kind of 'New Age' lifestyle. I think however, we are beginning to change that perception and make spirituality work for us. In my opinion, you can still be spiritual and enjoy a good shopping spree or two!"

For more information, visit [stephaniebrookes.co.uk](http://stephaniebrookes.co.uk)

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