



# SOUL GUIDE

## LINDA MOONEY

Psychic agony aunt and angel therapist...

LINDA MOONEY is a leading angel therapy practitioner with ten years' experience, trained and certified by Doreen Virtue, an international expert in this field. Linda specialises in the healing aspect of angel therapy, helping people to engage with their angels to find inner peace and healing. Email Linda at linda@dailymail.ie or write to Linda Mooney, Irish Daily Mail, Third Floor, Embassy House, Dublin 4

**QUESTION:** DEAR Linda, I AM in my late twenties and I used to be an addict, but I've quit drugs and am trying very hard to leave the past behind me. I had a very unhappy childhood but I know this is no excuse for my past. Reading your column gives me hope and faith that I can turn my life around — all I want now is to help young people who are addicted to drink and drugs. I am involved with several youth projects in the inner city but find that local neighbours criticise me and treat me as a joke. Could a card reading point me in the right direction? I am trying hard and would appreciate your help.  
T.

**ANSWER:** DEAR T. YOUR past is just that: your past. Teenagers need to belong, so if family structure breaks down they tend to form groups and become confused about their place in the community. When older people are unable to offer discipline, wisdom and direction, the youngsters do not know where to channel their energy, and they take a route to numb their emotional pain. Life appears pointless and they become depressed and look for alternative ways to help them reconnect. Though I do not condone anti-social and illegal behaviour, I am happy for you that you have learned a lesson — that it is possible to reconnect through your spiritual path. Learning and teaching this life lesson is part of your divine life purpose and no amount of criticism should deter you from your mission. It takes courage and strength do what you believe in, and you are to be commended for making a difference.

■ **FIRST CARD: DIVINE ORDER** EVERYTHING is how it needs to be right now. Look past the illusion, and see



divine order. A win-win situation is being created, one with fair solutions for everyone involved. This requires you to have blind faith that heaven is working behind the scenes to extract the highest good for all. Ask the angels to support your faith if it wavers. Use positive affirmations and prayers to keep your spirits high. Above all, make sure that your conversations about this situation involve positive and optimistic words and phrases. You're so powerful that your positive thoughts can speed the resolution along even quicker.

■ **ADVICE/OBSTACLE CARD: OVERCOMING DIFFICULTIES** THE challenges you have faced have made you stronger and taught you new lessons. Instead of being bitter, you have opened your heart toward people in similar situations. You've let go of any blame or feelings of victimhood, which is why you're now overcoming your previous challenges. Your positive outlook is attracting a loving solution and new situations at a higher level of spiritual understanding. Stay positive.

■ **OUTCOME: BRILLIANT IDEA** YOUR idea is divinely guided. The angels ask you to please take action to bring your idea to fruition. This idea is an answered prayer. Even though it may

push you past your comfort zone, know that the higher power doesn't give you anything you cannot handle. Ask for and be willing to receive all the support that you need. Know that the angels will be there all along, and ask for assistance at any time. They will especially be glad to give you ideas and creative insights to support your life's purpose.

**QUESTION:** DEAR Linda, My daughter, who is in her thirties, recently confided in me that she is pregnant and plans on having a termination. Her boyfriend does not want her to have this baby, but she's always wanted to be a mother. She is a loving, caring daughter — but she's besotted by this young man and won't listen to me. I've tried to reassure her that I will support her in every way. Please ask the angels to guide her in her decision.  
C.

**ANSWER:** DEAR C. ONE of the hardest tasks for any parent is to sit by and feel helpless over their child's decisions and life. Take comfort in the knowledge that your daughter confided in you. This in itself is a sign that she trusts you and has a bond with you that with which this man cannot interfere. I suspect her decision to discuss the situation with you is a cry

for help. She is probably emotionally incapable of making the decision on her own. Try to encourage her to get professional advice on the matter, that way you are not projecting on to her your own feelings, emotions and judgment. Try to detach from the emotion of the situation and hand it over to the higher power and the angels for healing.

■ **FIRST CARD: OPAL ANGEL OF CHILDREN** YOUR children on earth and in heaven are well cared for by God and the angels. Your worries about children have been received as prayers in heaven. The angels understand your concerns, and surround the minds and bodies of your children with loving care. This is a time for you to release your children to the higher power. The creator is pure love without judgment or anger — he will never abandon your children or you. As one of the guardian angels of children, Opal watches over them ceaselessly and never tires of keeping a watchful eye upon them, so that their divine light is recognised. The angels see only their goodness and their innocence, and ask you to do likewise.

■ **ADVICE/OBSTACLE CARD: CONSULT AN EXPERT** YOU ARE entering an area where other people could assist you by offering you new ideas and information, as well as the benefit of their experience. To attract the right person, affirm: 'A helpful knowledgeable, experienced person with integrity is in my life right now, and this individual will help me with this situation. This person comes to me easily and naturally without delay.' Remember it is not a sign of weakness to ask for help — many of earth's most wonderful inventions come from team efforts.

■ **OUTCOME CARD: RELEASE JUDGMENT** THIS misunderstanding has occurred because of judgments about the other person's motives and character. To heal this situation, the judgment needs to be released. Instead of seeing someone as 'good' or 'bad', have compassion and know that everyone is doing the best they can. See that person's inner strength and godliness to encourage divine light to be expressed within the other person and yourself. Affirm: I am willing to release that part of me that is judgmental towards you and accept divine order and guidance.

■ To have Linda answer your question, please send your date of birth. The more specific the question, the more specific the answer. Readers' dates of birth will not be published. Linda regrets she cannot enter into personal correspondence but she intends to answer all letters.



## TREATMENT OF THE WEEK HD BROWS

IF, LIKE me, you were raised in the Eighties, your early cosmetic experiments were probably consumed largely with trying to make your eyebrows vanish. Our mothers had warned that once plucked into obscurity, the brow would not return — ever — at least, not unless we managed to have in our arsenal some sort of brow whisperer who would coax the brows out of early retirement.

And so I was dispatched by a colleague to see Corinna Tolan at the Monica Tolan salon in Balbriggan. Corinna, a real-life brow whisperer, has trained in London and has worked with dozens of celebrities. During

Little Mix's recent trip to Dublin, she was chosen by their management to tend to the band's exceptional brows.

She is a disciple of HD Brows, the system favoured by British celebrities to make their eyebrows stand out without looking like they just walked off the set of *Desperate Housewives*.

First the brows are artfully encouraged into shape with some gentle threading, then the brow hair is nipped, tinted and lastly, the HD palette is used to fill in around the lonelier hairs and add shape and depth.

I had tried to fix my own brows many times before, but all my attempts had resulted in me having

eye liner streaked down one side of my face.

If you're after a treatment that will make your face look lifted and your eyes more open with the minimum of fuss and interference, then this is it.

Even better, Corinna is an expert in the field so if, like me, your eyebrows have endured years of abuse, she will put you right.

■ HD Brows cost €35 at Monica Tolan, 2 Vauxhall Street, Balbriggan, Co. Dublin, 01 841 1678, info@monica.tolan.com

REGINA LABELLE