

Celebrity interview

“I’d like to train to be an angel!”

Melissa Porter is best-known for her work presenting travel and lifestyle programmes on shows such as *Escape to the Country* and *I Own Britain’s Best Home*. She takes time out to talk about her spiritual side and belief in angels. By **Jacky Newcomb**

You are involved with so many projects at the moment, including your latest show, *Live the Dream as Seen on Screen*; what do you do to relax?

I stop talking and listening to people, and dream myself! Others call me rude, but I call it survival! My favourite place to relax is at home, my private sanctuary, surrounded by things that help me to relax: candles, music, views, beautiful objects and my DVDs.

Do you read your horoscope? What star sign are you?

I’m a Sagittarius. I read the horoscopes selectively and believe them if I feel they’re relevant to me! That’s the deal with the universe – it’s constantly providing us with answers to our questions. We just have to slow down and be receptive to receiving them, which works for me with the star signs. Sometime they’re relevant, sometimes not.

What are your beliefs about higher forces at work in our universe?

I believe in a greater being, a super power that governs our universe. I haven’t thought through how it physically manifests itself: it could be that



extra terrestrial creatures exist, but actually I prefer not to know. I believe human behaviour follows planetary activity. I understand there are massive shifts going on in our solar universe at the moment, and just look at our current economic environment. There’s a massive reshuffle going on, in wealth, re-evaluation of priorities, etc. I do believe in an afterlife. I believe this life is predominantly about learning, and the afterlife is about teaching.

And I understand you believe in angels, too?

Oh yes! I wear a beautiful gold angel around my neck and she kindly helps and guides me with my daily questions and situations. She manifests herself by either booting me in the stomach or stretching my mouth into a big broad smile. Then I know I’m on the right track.

I believe I’ve met human versions of angels throughout my life. In fact, I’d not given much thought to this until your question prompted me to think about it. Maybe in our life we are cherry picked for various afterlife roles, such as being an angel, or a ghost. I’d like to train to be an angel please!

Do you see any spiritual experts?

I do go for psychic readings. My psychic, Anne, is bang on with her predictions. Over the years, her input and various observations have manifested themselves into reality.

My life and my work means I’m lucky to have had many opportunities present themselves, and when I slow down, listen to her and ask my question, she always responds with either a solution or a sign that means I am clearer on my direction. Anne recently told me about a certain special person in my life being hassled by a woman with a little girl – this was so accurate. Three weeks later I was sitting in a pub with a friend, who shared his problem with me word for word how Anne explained it!

I also have a great hypnotherapist, Jacqueline Panchaud. She was the one who taught me to ‘let go’ and focus on what I want rather than what I don’t want, and that’s how I live my life now.

Do you have any superstitions or rituals?

I have a ‘male’ and ‘female’ red bean in my wallet, given to me by a Peruvian native. Together they symbolise wealth, and do you know what? Since



Melissa with her lucky angel necklace

owning them my cash has always been plentiful. Also, I get nervous before going on stage and always wear my magic pants!

What are the ideas you live by?

To manifest my thoughts and dreams into a reality; to do this, I have learned I have to trust and let go. I feel reassured that the universe has a plan for each and every one of us and the older I get, the more I believe this and have slowly started to let go of stuff and just trust and believe that it will happen for me. My ultimate goal is happiness and, touch wood, so far, it’s going alright! Also, my motto in life is to treat others how I want to be treated.

■ For more information about Melissa, visit her websites Melissa-porter.com and Uber-interiors.com. Watch out for ITV3’s *Live the Dream as Seen on Screen*, on TV this autumn.