



# ‘We’re all part of a higher consciousness’

Soul diva and TV personality Mica Paris was raised a strict Christian, but it didn't close her mind to other belief systems. Here she shares her spiritual world view with Emily Anderson

**S**inger and presenter Mica Paris, 41, doesn't stop working. As well as her music career, being a busy mum and promoting her own clothing range, she's also a campaigner for fair trade and clean water projects. The things that keep her going in her hectic life are a deeply held spirituality and a desire to inspire people, be true to herself and make a difference to the world. With her upfront and passionate personality, raucous laugh and warm manner, it's hard not to like Mica and admire her strength of character and altruistic nature. She was happy to chat openly to S&D about the power of prayer, predictive dreams and her belief that nothing ever dies.

**I hear you're good friends with medium Gordon Smith...**

Yes, Gordon and I became friends after I had a mind-blowing reading with him two years ago for a TV show he was doing. At first I was sceptical, but he picked up on things that only close family and friends knew.

It had been in the press, back in 2001, that my younger brother was shot and killed when he was 22, and he came through to tell our mum that she should move on because she was still grieving so much – which she was. But, incredibly, Gordon also picked up that my Aunt Shirley, who I was close to, had died of a heart condition aged 44, just a couple of years before the reading. That blew my head off. It was shocking and I couldn't stop blubbing – on TV as well. I didn't expect that at all.

**Did you get any comfort from the reading?**

Not at the time. I was in pieces after it. I didn't feel better because I'd heard from them – I felt destroyed. I cried uncontrollably for days afterwards. Gordon kind of broke something in me; something went snap. I'm a copper, the one who everyone relies on to hold them together. I didn't realise I was holding on to so much pain until



Gordon Smith is a close friend

that reading. But my auntie and I were very close, we grew up together. She was like a second mum, sister and best friend all rolled into one. It was very, very hard losing her.

**Have you sensed your aunt or brother around you since then?**

I believe that nothing dies, so I think they're always with you. Sometimes I see them in dreams and they tell me about what's going to happen, and I see things before they happen in dreams as well. Once, I saw the back of another brother's car being crashed into. When I woke up I told him to be careful, and explained the dream. Two days later, he called me and said, 'Mich, somebody ran into the back of my car.' It can be stressful, but all I can do is give my warning as fast as I can.

**Do you write down your precognitive dreams?**

When they're tense dreams, I don't need to, because they never leave me. But sometimes I jot them down so I don't forget them if I'm manic with work. I always make time to write to myself, and get my thoughts down every night. I write everything in a journal because when I do, I realise that I can handle anything. But when

it's all going around in my head, I get a bit frazzled.

**Is there anything else that helps you get your head straight, such as meditating?**

I pray a lot, and I really believe in its power. I believe in a bigger force than us, a higher consciousness that we can all access, that we're all part of and that takes care of us if we trust in it. It's what's kept me going through all the ups and downs in my life. If I tune into that energy, that spirit, by taking time out to pray, I get all the messages I need about my life in my dreams, hunches and intuition.

I make sure I take time out to be still. Sometimes it's when I'm in the steam room at the gym, or I'll go into churches and sit and pray. I give thanks for what I have, and ask for leadership or guidance. It's not always about taking, it's about asking to be a better person, for life to mean something. I want my life to have a purpose, to know that while I'm on this planet, I'm doing something good for others.

**You had a very religious upbringing, didn't you?**

I was brought up in a Pentecostal Church in Lewisham, South

**‘I want my life to have a purpose, to know that while I'm on this planet, I'm doing something good for other people’**



Mica on stage in London in 1988

With daughter Russia Mae at her christening

London, by my grandparents who were both ministers. For 15 years I went to church six days a week, did Bible study, choir practice, everything. I don't go to church regularly now. I'm more spiritual than religious, but my whole being is based on that upbringing. It gave me standards and a moral fabric that's priceless. I've been in the music business for 23 years and I've never been a drug addict or succumbed to a destructive rock-and-roll lifestyle. That doesn't mean I don't enjoy a drink, but I've never gone to a place where I've wanted to destroy myself, because I can't. My upbringing was too deep.

It's always been about doing things for the rest of humanity, not just for myself. For me, it's all about inspiring others and trying to make women, in particular, feel better about →

themselves. Otherwise there's no feeling of soul satisfaction. If it's just for monetary purposes, it doesn't feel good. Money doesn't give me the same fulfilment as when a woman comes up to me and says my book, *Beautiful Within*, made her feel empowered, or my song brightened her day.

### The music's really taken off again, hasn't it?

It's great. I've had to go on the road once more to promote my new album *Born Again*. Performing is a spiritual experience for me. When I'm on stage, I'm taken to another vortex, I'm just gone. It's an amazing feeling, the most incredible high. I don't know where the voice comes from; it's such an energy. The people go nuts and it sends me to another level. It takes me a few minutes to come down after a show.

### What else makes you happy?

Seeing my daughter Russia Mae win the egg-and-spoon race at her sports day recently. That's priceless, seeing her jumping up and down with her 'Number One' badge on. When you get unconditional love from your kids, it's wonderful. I don't think there's anything bigger than that.

### What's your life philosophy?

It doesn't matter how bad the problem is, it's only temporary. It's just a moment and it will pass, so long as you don't force it or make it a massive issue. If times get tough, I always remember when things were really bad, but I got through

## 'I believe you create your own destiny. It's all about perception'

them and I'm still here. So if I got through stuff in the past, why would any future problems be different?

### Do you believe in fate?

I believe in everything. I'm very open. I believe you create your own destiny. It's all about perception. If you're a negative person, you'll create negative situations. If you're a positive person, you'll create positive things. If you perceive there's no hope, there won't be. Life gives you what you give it.

### What about past lives?

I don't believe anything dies. It might change form and evolve into something different but it's still the essence of the same thing. The way nature works is the way life works. A plant dies and then it regrows. It's

the same in families, when a grandparent dies but then a grandchild is born who's so much like that grandparent who passed. Things change, but they don't end. The universe is expanding, so death being the end doesn't make sense. I also believe that all the good deeds we do create ripples of positivity in the universe, so it's important for us all to be conscious of what we do and take care of each other, the planet and try to be better people. Every action you

do affects the rest of the world. If more people thought like this, there wouldn't be so much injustice.

### Do you think things are changing, that we're evolving?

Yes I do. People want to know about spiritual things. Magazines like *Spirit & Destiny* are starting to do really well, so there's a shift in perspective. It's a crucial time for us. Many people are struggling financially for the first time in their lives. It needs to happen for people to get the wake-up call. Only then is there a need to look at what life's really about, if it's not about material gain.

When we're up against it, that's when we show our mettle and do great things. It's scary, because change makes people nervous,



Mica with Gok Wan at the London Palladium

but right now, the whole human race is getting a kick up the backside. You can't have some countries poor and others wealthy – it's got to balance itself out. Mother Nature will make sure of that, whether we do or not. But

at last, perhaps people are caring about one another again, and that can only be a good thing.

### Sounds like you've thought about this a lot...

It's all I've ever done since I left the church when I was 16. I went on a quest and studied every religion, lots of history, and I'm obsessed with archaeology. Every time you delve into it, you learn more about the human condition. I've never stopped being fascinated by it all. I think it came from a need to understand what life was all about, because I was brought up with a lot of dogma. Things like, 'Ours is the right religion, others aren't right,' all that foolishness. I'd always question everything. I used to drive my grandparents crazy. I kept thinking, 'What's wrong with having another religion, or with someone being gay?' and so on. To me, if God created everything, then how could it hate itself?

By the time I was 25 and living in Los Angeles, where I was making an album, I got into some serious studying. I discovered this amazing spiritual bookshop called Bodhi Tree in LA, and it just blew my head off. That's where I discovered myself. I just read and read so much exciting spiritual stuff that I was never the same again. My quest continues every day. **SPIRIT & DESTINY**



Performing at the Vintage at Goodwood festival this year

Relaxing at the beach

## INSIDE INFO

**BORN:** Michelle Wallen, 27 April 1969, London.

**STAR SIGN:** Taurus with Sagittarius rising, 'which explains my wanting to be a humanitarian, loving travel and putting my foot in things,' Mica says.

**LIVES:** West London, near Kensington High Street.

**HEIGHT:** 5ft 11in. With the help of a training regime and a nutritionist's advice, Mica recently shifted two stone and went from size 16 to 12. She has her own clothing range for larger women called Simply Be.

**FAMILY:** Two daughters, Monet, aged 18, and Russia Mae, four.

**RELATIONSHIP:** Mica has been dating AI, or Prussian Prince Frederick Alexander von Preussen, 25, for two years. They

met at the 606 jazz club in London, didn't stop talking for six hours, and went on a few dates before he revealed his blue-blooded background.



Mica and her prince, Alexander

**CAREER:** Her first album, 1988's *So Good*, went platinum – her debut single *My One Temptation* was her first top ten hit. Second LP *Contribution* came out in 1991 and featured a collaboration with Prince. Four further studio albums followed, and more top 20 hits. She's now a frequent face on TV as a presenter.

**AWARDS:** Mica was given the Gold Badge Award by the British Academy of Composers, Songwriters and Authors in 2003 for her contribution to the British entertainment industry. In 2004, she featured in the 100 Great Black Britons list.