

# 'I'm an angel here on earth'

Former Playboy bunny turned crystal healer **Angie Best** reveals why she's an old soul here to heal people

Many people know you as the late footballer George Best's ex-wife and mum to his son Calum, but few know about your belief in the power of crystals. Tell us more...

I got into them when I was 22 and living in Los Angeles. Crystal healing was part and parcel of every day life there – everyone was into them.

At the time, I was teaching fitness classes to young starlets of the day; actresses Priscilla Presley, Britt Ekland and singer Cher. I went on to work with Cher for 20 years doing her music videos. I worked out with her every single day and thoroughly enjoyed it.

She had crystals in her house. I thought they were pretty and went to an alternative healer in Malibu to find out more about them. He introduced me to their spiritual benefits, saying the one you feel drawn to is the one you need the most. After that I kept big amethyst and quartz crystals outdoors surrounding my house in a grid to keep negativity at bay. I'd also buy semi-precious stones and crystals, make necklaces out of them with Calum, and then take them to my classes, where they sold like crazy.

Did George share your love for crystals and their magical energies?

I didn't have my crystals around when I was with George – life was too hectic. It was love at first sight at a party in Los Angeles in 1975. We married in 1978 and divorced in 1986.

I packed my crystals away because life was too hard. I was constantly dealing with someone who, bless him, attracted negativity into his life. He couldn't see past the end of his nose. He was so unhappy his only solace was being out of it and drunk.

The best I could do for him was get him to



'Crystal healing was part and parcel of every day'

take vitamins and nurture his body, but it was such a battle I gave up. I left him when Calum was one because I couldn't look after two babies – I didn't have a choice. (George died in 2005 after a long battle against alcoholism.)

You returned to London, near your childhood home in Essex. Was it a safe retreat to rebuild your life?

Without question. I spent time there before moving back to LA.

My mother (Marion, nickname Mimi) always made me believe I was different – I was never allowed to have an Essex accent, ever! She was always pushing me forward, made me feel I was special. I never felt I couldn't do something or anything bad would happen to me.

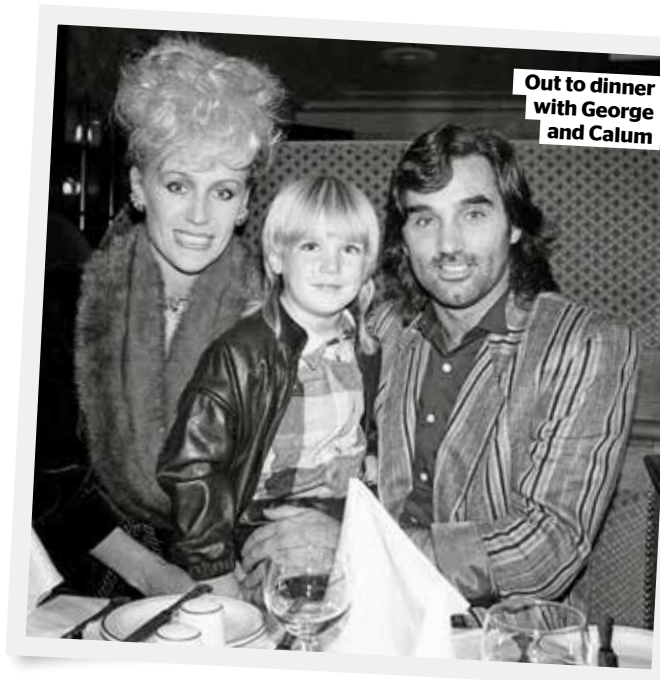
I had confidence from an early age that the universe would back me up. I'd ask the universe to show me an answer to a problem and it would. I've believed in this as long as I can remember. I never believed in church or a God because it's used to control people. I intuitively believed in something higher than that, behind the creation of the universe, that had my back.

Where did you get your strength from in those tough years as a single mum?

I'm typical of my star sign, I'm a double Leo, a Leo with Leo rising, known for being strong and independent. I've also lived before without question and am an old soul.

I did a past life regression eight years ago and during it I found myself crying.

The regressionist asked, 'What's the matter?'. I said, 'I'm all alone up here and waiting for someone to need me'. I was an angel floating on a cloud waiting for someone to need me. That was me before this life. It was my job to be up there until someone needed help.



My grandmother said when I was born (July 26th, 1952) I looked like an angel so they called me Angela! I've had a feeling I'm here to help others for as long as I can remember. I probably made a soul contract before I came into this life. I ask the angels what I need to do to give back. They always show me a sign.

Ten years ago you moved back to England to look after Calum, who was undergoing a public battle with drugs and alcohol...

Yes, I had to come home, he'd nobody to guide him. His whole life he was fatherless. When his dad was alive there was hope he'd be a father to him, but when George died all hope was gone. Calum numbed himself with drugs and alcohol. I got him on supplements and nutrients to give him energy and a liver cleanse. I've done supplements every day of my life since I was 22. Among others, I take vitamin D every day (to absorb calcium and promote bone growth) and a B complex (that aids cell metabolism).

Now Calum's over his negative phase, he's a supplement believer, too. He's also a pescatarian, a health fanatic and into yoga and crystals. Every year we go to an alternative spiritual show in London and buy crystals.

Last year in Marrakesh on holiday he was complaining about not having a girlfriend so I made him lie down, placed a rose quartz on his heart and told him to think about the unconditional love energy of the crystal flowing into his heart and opening it up, allowing love to flow in and out. This stone is not only beautiful but will encourage the right woman into his life at the right time.

He's a complete spiritual believer. In fact, I think he's an Indigo child (a youngster that possess supernatural traits such as telepathy and is more creative and empathetic

TURN THE PAGE FOR MORE



PROFILE...

Name  
Angie Best

Career A model and Playboy bunny, Angie moved to Los Angeles and became a physical fitness trainer, with celebrity clients including Sharon Stone. Her autobiography *George and Me* was published in 2002.

Did you know? Angie joined her son Calum on the 19th series of *Celebrity Big Brother* in 2017.



With my mum, Mimi, for her 80th birthday

**More info**

For crystal healing or information about Angie's work, visit metaphysicalgym.com

exercise is the best thing for anti-ageing on the planet.

**Are you a trained crystal healer?**

Yes, 10 years ago I started going around charity shops in Henley and to national jewellery shows collecting crystals. They made me feel good, invigorated me, gave me energy when I was on my own and needed support and wanted to feel fulfilled.

I stopped going to the doctor for small emotional and health issues and used my crystals to heal. Then, in 2017, I trained as a chakra healer using crystals and now work as a healer.

Perimenopausal women come to me in the gym, unhappy in their physical being and I can unblock their chakras with crystals. For instance, sometimes their throat chakra is blocked and they can't express themselves because they're in an unhappy marriage. I heal them and give them strength.

Crystals work on all organs of the body and cleanse the aura so energy comes in and out clearly to create emotional balance.

**What do you do in your down time?**

I've ridden horses since I was 21. In 2014, I rescued an ex-racehorse and named her Mimi, after my mum, because I got her on Mother's Day.

She's got Mum's feisty spirit and teaches me many spiritual lessons, like patience. I keep her in a livery in Berkshire and do dressage with her.

**Have you ever felt George's spirit around you?**

Constantly. I also wear his watch every day to keep him close.

Twelve years after he died I had a reading, and the psychic told me his mum, Anne, was around me. Right at the end, the psychic said, 'George says "I love you, kid"'. He used to call me 'kid' and she couldn't have known that. When she said that I thought 'Oh Jesus, I utterly believe now in life after death.'

I didn't expect him to come through so soon because George had emotional issues to work out after his death before moving on. He was a young soul, a Peter Pan.

**Are you interested in other spiritualities as well?**

For 30 years I've loved the beliefs of Buddhism – it's gentle and kind. I've always tried to be kind even when I divorced George, I had no ill will. I never took money from him or child support. I didn't take on a lawyer. I went on my own path and wished him well.

I made friends with all his girlfriends, I always liked his wife, Alex. There was no reason for me

not to like her. She's a lovely girl and looked after him. If you're good I believe it comes back to you. An essential part of Buddhism is mindfulness and I meditate a few days a week whenever I get the opportunity, and I practice being kind, good and positive.

**Are there any spiritual books you've read that inspire you?**

I've read all Doreen Virtue's angel books and *The Secret* that says thinking about certain things will make them appear in your life – the Law of Attraction. I've also read all Louise Hay's books about being a positive person, putting out there what you want and it'll come to you. I've found if you speak the truth, you'll get the truth.

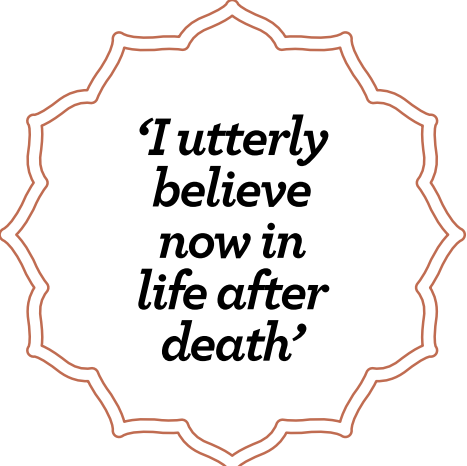
**You've also become involved with a witches' coven. How did that come about?**

Last year I was invited to do a talk on the radio and my throat kept closing up when I thought about it because I felt insecure, not believing in what I wanted to say. I knew a doctor wouldn't have a clue as to what I was talking about. I needed a healer to help me through this.

While on a forest walk I asked my angels for help. That night I went to a restaurant opening and met an alternative healer there – a wise woman, too, who mentored women.

She introduced me to her group of white witches, who give each other spiritual support and do shamanic healing – along with gong baths, facial reflexology, Reiki, breath work, mindfulness, guided meditation, homeopathy and flower remedies. She gave me homeopathic salts to take and sent me away with a positive affirmation to help me believe in myself. For a month, I said it first thing in the morning and last thing at night and when I did the radio interview I didn't lose my speaking voice.

I'd say I'm a wise woman, a white witch. I go to the coven every few months where we talk about the latest spiritual stuff and hold hands to pray for others in difficult situations.



I love to ride horses to relax and first started when I was 21



Exercise is the best anti-ageing secret I know

show me answers to problems and later I may get a phone call or email from someone who can help.

I've always believed in fairies, too, that look after the planet, plants and animals. They're earth angel protectors. When I go into the forest, I ask them for guidance. They're a busy lot, so I say, 'I give you permission to communicate with me' and open myself up and they hear me. By the time I emerge from my forest walk, I've an answer without fail.

After Calum got better, I asked the universe, 'What am I supposed to do now?'. One day the thought popped into my head that I should start an exercise bootcamp to heal people through physical activity. I'm a true believer in angels and speak to them daily, so I asked them if it was the right thing to do. Within 24 hours I got emails helping me set up a gym and went on to open Metaphysical, near where I live by the river. It's a really healing space.

Then in 2016 Calum and I set up another gym together called BstLfe in Henley. I want to take every woman over 50 and put her in the gym,

than their peers). He was always spiritual growing up – loved his crystals like me, and believed in being kind, loving and respectful. He's always been good hearted, open and caring. Now, at 36, he's doing things to help others. His range of journals and personal planners *The Best Me Life* (available from bestmelife.co) helps everyone from children to adults ground themselves, focus and channel their talents. I'm thrilled to bits he's now a healthy individual that helps others.

**Do you still receive guidance from the universe?**

I live in Henley-on-Thames, in Oxfordshire, and when I walk my dogs (White Shepherds Cosmo and Jessie, and a Yorkshire terrier called Tinkerbell) in the forest, I ask the universe to



**Crystal quick-fixes to use every day**

Discover Angie's go-to gemstone healing meditation and the rocks she reaches for on a daily basis

**T**ry this five minute healing ritual to clear your chakras,' suggests Angie.

**Red jasper** Place on the root chakra at the base of the spine to ground and energise the body.

**Carnelian** Rest on the sacral chakra, above the pubic bone at the front of the pelvis, to encourage the fluid flow of energy in and out of the body.

**Citrine** Lay this on the solar plexus, the centre of your personal power, to help attract what you want for your highest good.

**Malachite** Place on the heart chakra, near the centre of the breastbone, to resolve blockages and rebalance. **Blue lace agate** Pop this on the throat chakra

to transform negative energies into positive, and help you speak the truth. **Lapis lazuli** Lay this on the third eye chakra, between your eyes, to see clearly and open up to dreams and visions. **Amethyst** Rest this on the crown of your head to connect to the spiritual realm.

Relax and lay still for five minutes, take deep, slow breaths, turning your attention to each chakra point and feeling each crystal's energy radiating through you.

**'Help attract what you want for your highest good'**

**EVERYDAY GEMS Opal** 'Whenever I'm feeling under-confident, or unable to express myself and in need of a boost of creativity, I carry this crystal around with me for a few weeks and my confidence comes back!'

**Tibetan quartz** 'This expands psychic abilities. I have a Tibetan quartz pendulum and if I have a question, I ask the pendulum and it always gives me an answer that helps.'

**Angel aura quartz** 'Whenever I need to connect to the angels I meditate on this crystal to elevate my consciousness to communicate with my guides and discover what action I should take.'