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Close to her heart

Miranda Kerr shines a light on staying positive and helping others, writes **Shannon Molloy**

Divorce is something Miranda Kerr never imagined she'd have to endure in life.

The Australian supermodel says she was completely floored in the wake of her separation from Hollywood actor Orlando Bloom in 2013, after three seemingly blissful years of marriage.

"I didn't know what to do — I never knew this (feeling) was possible," Kerr, 33, says.

"I got knocked over the hood after the separation from Orlando. It all just hit me like a ton of bricks. Everyone goes through change — bad days or weeks or whatever. This was my bad time."

The supermodel was again tested last month when an intruder was shot on the grounds of her Malibu mansion, and later charged following the incident in which a guard was cut with a knife. Kerr was not at home at the time.

Kerr is a spiritual person who embraces a new-age approach to living, believing that what you feed the mind is just as important as what you feed the body. Positivity is key.

"Inner strength is something you have to cultivate daily," Kerr says.

"We're only human, so it's a challenge. There are tools that can help and for me it's meditation and aromatherapy, yoga, a real 'change your thoughts, change your reality' philosophy."

But in those dark days, when her life came crashing down with the world's media watching on, it was a totally foreign experience. Thinking happy thoughts wasn't easy.

"I'm a generally happy person. My whole life I've been happy and my mum would call me 'giggling Gertie' because I was always such a smiley, laughing person."

Struggling, Kerr says she phoned her personal aromatherapist — it's a Hollywood thing — to make something that might help, and the end result was a heart chakra essence.

"She made this blend for me ... it's sandalwood and rose otto, it smells incredible and it feels like you're getting a little heart hug," Kerr says.

She gently holds out her wrist for a sniff, explaining that the oil is placed on pulse points — connected to "energy centres" — and she carries it with her everywhere.

If something good can come from bad, it's that the heart chakra eventually became part of Kerr's beauty line Kora Organics and is now a bestseller.

"My boyfriend loves the smell of it," she says, referring to now-fiance Evan Spiegel, the billionaire founder of Snapchat.

When we speak, it's in the grand and sun-drenched sitting room of her suite at a posh Sydney hotel, just 24 hours after she jets in from her home in Los Angeles.

Kerr is here to film an episode of *Australia's Next Top Model*, imparting her wisdom to the young hopefuls taking part

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MIRANDA KERR ON HER SEPARATION

in the Foxtel reality show — all of whom are older than she was when discovered in a magazine model search at 13.

"I'm very jet-lagged," she admits.

Spending time with a group of captivated teenagers on *Australia's Next Top Model* reminded Kerr of how much she enjoys being a positive role model.

Many years ago, as her modelling career was booming, Kerr considered quitting, she reveals.

"I was living in Paris and I phoned my dad one day and told him I didn't want to do it anymore."

"I'd never wanted to be a model — ever. I was going to these castings and I wasn't into it. I wanted to leave and do something that helped people."

"Dad told me: 'Miranda, you help people every day just by shining your light and inspiring others to do the same — it doesn't matter what job you do'."

"So, here I am, shining my light."

AUSTRALIA'S NEXT TOP MODEL, FOX8, TUESDAY, 7.30PM



DRAMA

LITHGOW IN THE PRIME OF HIS CAREER

Veteran actor John Lithgow thinks of his career as being a bit like a spider spinning its web.

The theatre, film and television star, who appears next in big budget Netflix biopic *The Crown* playing legendary Prime Minister Winston Churchill, says his career "just keeps getting better".

"You know, an English actor friend and I were talking about this recently," Lithgow, 71, says.

"A spider spins her web from her posterior, spinning it behind her, and by some miracle creates this extraordinary symmetrical thing, somehow without looking. At a certain point of completion, she looks back at what she's done and thinks, this is beautiful. I feel a little like that spider."

Season one of *The Crown*, which cost a whopping \$160 million to make, begins with the then Princess Elizabeth's marriage to Philip.

When her father King George dies, the young couple are thrust onto a very different course, with the 26-year-old ascending the thrown.

It was the elder statesman Churchill who guided and counselled her in those early years, Lithgow explains.

"I was given the role five months before we went to work and I just read and read, and found as much audio and video that I could find. I discovered immediately how little I knew."

"He was extraordinarily complex. His peaks and valleys, his neglected childhood and his misfit youth, all of these things that made him who he was."

As the only American in the cast portraying one of the most famous Brits there is, Lithgow admits he was nervous.

"We had two weeks of rehearsal. At the end of that two weeks, there was this two-day table read of all 10 episodes in the Gallery Wing of Westminster, with about 30 Netflix executives and casting directors watching on."

"It came time for me to unveil my Churchill in front of all these people. So I went big and they all describe this moment the same way, a kind of 'oh wow' and that was fabulous." /SM

THE CROWN, NETFLIX, SCREENING FROM FRIDAY

Miranda Kerr offers advice to young hopefuls on *Australia's Next Top Model*.
/ RICHARD DOBSON