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SPOTLIGHT ON *RED'S* ARTISTS-IN-RESIDENCE

Ahead of our annual exhibition at Anthropologie this month, Hannah Dunn talks art and inspiration with artists Nelly Dimitranova and Caroline Jane Harris

Photograph VICTORIA BIRKINSHAW



Caroline Jane Harris, left, and Nelly Dimitranova will exhibit their work at Red's Art Night

It's the third time we've invited an artist into the world of *Red*, and the second time that painter Nelly Dimitranova has decorated the pages with her vibrant paintings of strong women. You can find her portraits of beauty director Annabel Meggeson in *Knowing me, knowing you* on page 203 – and admire them 'in the flesh' at our *Red* Art Night at Anthropologie later this month (turn over for details).

Designed to showcase exciting, talented female creatives, our artists-in-residence programme was born out of editor-in-chief Sarah Bailey's desire to make art more accessible. 'It's a subject that people can find really intimidating,' she says. 'But I think the exhibition that we do every year with Anthropologie, which our readers can attend, is part of that mission to demystify fine art and make it accessible to all.'

This time Nelly is working alongside her friend and fellow artist Caroline Jane Harris, who specialises in beautiful hand-cut photographic prints, which you'll see illustrating our interview with Sandy Newbigging on page 273.

'Nelly has stayed so much a part of *Red* that it seemed exciting to invite her back, but, of course, we wanted to do something different this time,' Sarah explains. 'Her relationship with the magazine has really evolved and it made me think about creative relationships and mentorships and the dialogue between women.'

'The exhibition we do every year is part of that **MISSION** to demystify fine art and make it **ACCESSIBLE**'

Having met in a small art gallery on Portobello Road in London back in 2011, Caroline and Nelly's relationship has flourished since they reunited to work together with *Red*.

Caroline says, 'Nelly has been both a great supporter of my work, but more prominently perhaps, it's our conversations and her wisdom that have had a great impact on my attitude towards both life and navigating a career in the arts.' 'We feed each other with ideas and share experiences,' adds Nelly. And it's this dialogue between Nelly and Caroline that flows through to their relationship with *Red*.

As Nelly explains, 'The ethos of *Red* is to entice, inspire and guide that type of woman who is a modern woman who wants to know about how to live well, today. Now, in the moment. I think that Caroline and I are both enticed by this.'

'The truth is that things have changed a lot for women, but there's still a long way to go. We're all part of that process of waking up the modern woman. We're inspiring her to connect with her true desires, to pursue them fearlessly and to trust in its realisation. The message that *Red* conveys so powerfully is: "We're not alone."'

So has finding a fellow comrade helped in their own journeys? 'Definitely, it empowers,' says Nelly, while Caroline observes, 'Nelly has a unique way of seeing the world, noticing the good qualities in people, which I find really inspiring. Her way of >>

WELLBEING

CLEAR YOUR MIND

Who do Kate Moss, Sadie Frost and Liv Tyler turn to for inner peace? Meditation guru Sandy Newbigging is their go-to man

Words BRIGID MOSS Illustrations RED'S ARTIST-IN-RESIDENCE CAROLINE JANE HARRIS



Who wouldn't want to be calmer? Who wouldn't want to feel energetic and well, too? What if you could feel amazing by training your mind?

It's this promise of total mind and body wellness that has made Sandy Newbigging the go-to meditation guru right now.

That and the fact that Sadie Frost Instagrammed a picture of her, Kate Moss, model/nutritionist Rosemary Ferguson and other beautiful friends sunbathing on Newbigging's meditation retreat at detox spa The LifeCo in Bodrum, Turkey. She called his method 'the biggest gift I could give myself - check him out!', causing him to go global.

It doesn't hurt that 36-year-old Newbigging, who's been leading meditation retreats since 2008, is intensely charming and TV-presenter handsome, with James McAvoy's voice. And now that he's personally instructing Liv Tyler, the resulting publicity means his new book, *Body Calm*, is likely to be even bigger than his previous bestseller, *Mind Calm*.

So why does everyone seem to love your method, I ask? 'It's a modern-day meditation technique,' he says. 'It's deep but if someone just wants to get to sleep, they'll use it. If someone wants to spiritually explore, they'll use it. It serves everyone.'



Sandy Newbigging: the guru of modern-day meditation

One thing that marks out his method from others is GAAWO, or Gently Alert with Awareness Wide Open, a sort of shortcut into the meditative state. It's a trick for taking your mind out of thinking mode, even if just for a moment (turn over for how to do this).

Newbigging teaches me GAAWO in two minutes. It works - I feel different, I stop thinking for at least... 10 seconds. It is so easy, in fact, that afterwards I ask, 'Is that it?' 'It has to be simple or people won't do it,' he says. 'A Harvard study showed the average person is

lost in their thinking mind for 47% of their day. For almost 50% of the day we're missing life. Life won't fall apart if you don't think for five minutes. Hang out in GAAWO.'

Thinking all the time, Newbigging tells me, is not good for your mind or body. That's because, and this is crucial, your body thinks thoughts are actually happening. 'The body responds in similar ways to whatever you imagine - as though it is actually happening in reality,' he says. And that's why a lot of us spend our time on the edge, in fight or flight mode. Not convinced? 'I encourage people to monitor their mind-bodies, just for a few hours, just to see how your body responds when you're stuck in traffic, when you think about someone you hate, or love, when you watch the news, when you read a happy story.'

Later that day, as I worry about the train being delayed, I feel my body tense, my shoulders hunch, as if I've just heard the announcement over the tannoy. Even when I try to meditate, I end up thinking about practical stuff >>