

# SOUL SISTER

Looking for your soul mate? Then take the advice of model turned love guru  
**Kathy Freston** and, well... *stop looking!*



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AS A SUCCESSFUL INTERNATIONAL MODEL, Kathy Freston was the face of Revlon, Diet Coke, and Pond's. One might think that, given her lifestyle, she had the world on a string. Not so.

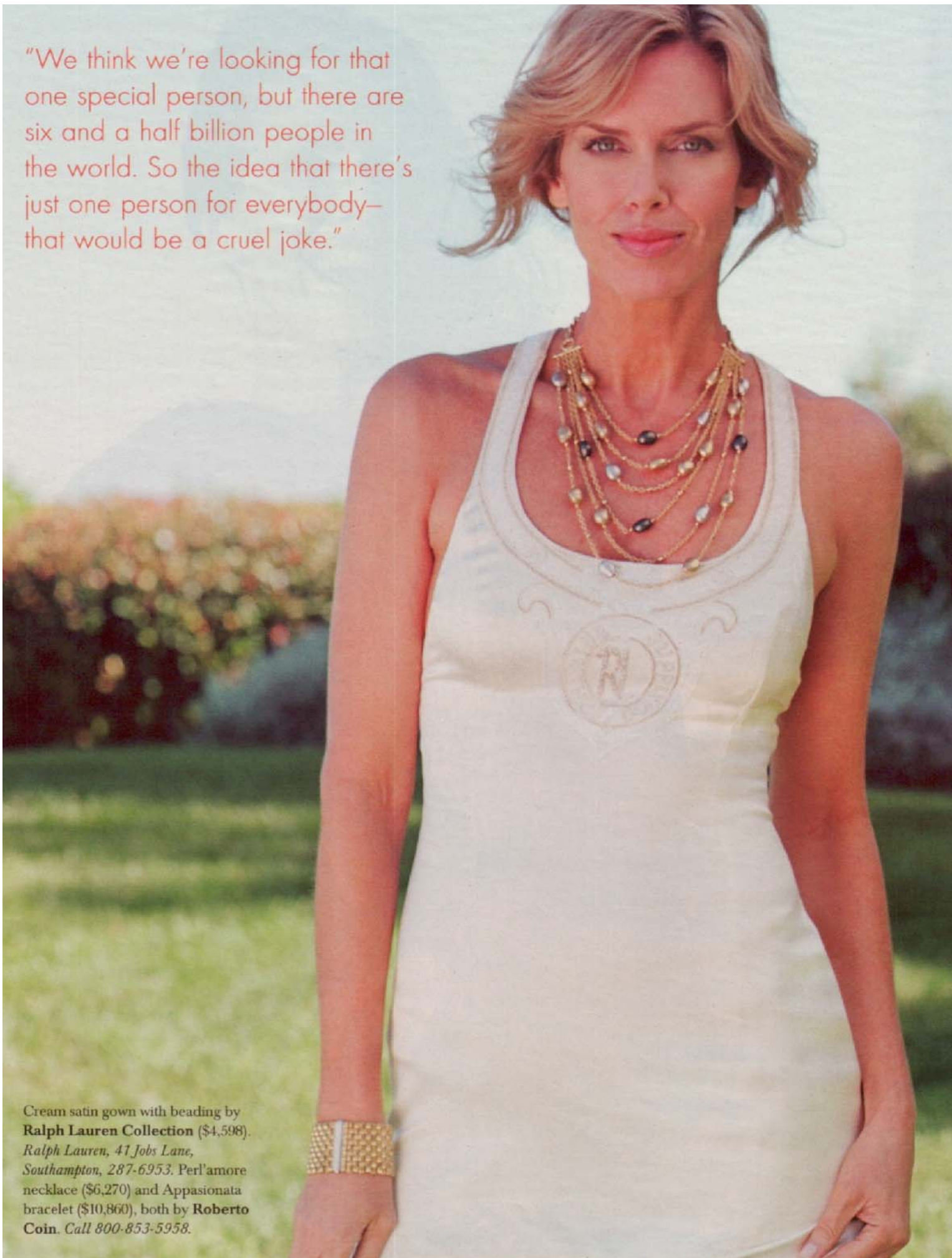
Despite her ever-present smile, Freston was never truly at peace with herself. And while she struggled with feelings of inadequacy and low self-esteem, she also battled a more brutal demon: an abusive lover.

But while others might have crumbled in the face of such adversity, Freston instead drew strength and wisdom from her darkest moments and became a model of another sort: a role model. Today she takes the lessons she's learned in her life and teaches others how to overcome their own personal struggles. As a spirituality counselor, Freston helps others come to a better understanding of themselves—something she believes is an essential foundation for building meaningful relationships with others.

Freston has authored two books, *Expect a Miracle: 7 Spiritual Steps to Finding the Right Relationship*, and most recently, *The One: Finding Soul Mate Love and Making It Last*, and is happily married to her own soul mate, Viacom CEO Tom Freston. The couple split their time between Los Angeles and New York, spending as much of the summer as possible in the Hamptons. In the midst of her hectic schedule, Freston takes time to talk with us about the burning question on everyone's mind:

How do I find "the one"?

"We think we're looking for that one special person, but there are six and a half billion people in the world. So the idea that there's just one person for everybody—that would be a cruel joke."



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**HAMPTONS:** Self-help author, spirituality counselor... that's not the typical second career of a former model. How did you get to where you are today?

**KATHY FRESTON:** I got into modeling the traditional way—somebody said, "Can I take your picture?" I never thought it would take off, because I never felt pretty. I was always so insecure, and that drove me to self-help, to look at the deeper issues.

**H:** So, what led you to become a counselor?

**KF:** Meditation was very helpful to me. I made some homemade meditation tapes, which really helped me make the changes I needed in my life. Then I started creating tapes for friends and realized, *Hey, this is very useful to people*. I recorded CDs, and those sold well. Then people started contacting me about sessions and counseling. I started noticing a common theme about relationship issues, so it made sense to write a book about it.

**H:** What exactly is a "soul mate"?

**KF:** A soul mate is someone to whom we're irresistibly attracted, who draws us into our life's lessons. Just by who they are, they bring out what we need to work on in order to evolve. That soul mate can be a wonderful partner with whom everything just clicks, or a partner who brings you to your knees and makes you see something you need in order to grow. It's not necessarily someone you should stay with forever—but for that time in your life, even that "darker" person can be your soul mate.

**H:** If it's possible to have multiple soul mates, how do you find "the one"?

**KF:** Well, my title *The One* is sort of a metaphor. We think we're looking for that one special person, but there are six and a half billion people in the world. So the idea that there's just one person for everybody—that would be a cruel joke. I had a soul mate in a crazy, dark relationship. It was really vital for me to go through that, because it made me wake up; I was so devastated that I was forced to grow. But there comes a time when a relationship no longer serves a higher good. There are many different potential relationships out there—you have to trust that the universe has this wisdom and is always bringing you the perfect situation to lead you into your growth.

**H:** Should you actively look for a soul mate?

**KF:** There's no reason to actively look—the opportunities to grow are always coming our way. As we fulfill *ourselves*, our energy becomes more and more magnetic to another person. That doesn't mean you shouldn't go to parties or accept blind dates. Do all that, but do it with the intention of just being present and connecting with people rather than thinking: *I have to find my soul mate!*

**H:** How do you know when you've found a soul mate?

**KF:** When you're with this person, you feel as though you're in your own skin, but you're also a better human being—more interesting, kinder.... You're rising to your potential. You like who you're becoming in their presence. And you realize that, by being with this person, you're evolving.

**H:** How did you meet your soul mate, husband Tom Freston?

**KF:** We were introduced by friends. There was no pressure because it was a big party, and if we hadn't liked each other we could have gone our own ways and it wouldn't have been uncomfortable. But when I met him, I instantly thought, *I like this person*. He was laughing, he was easy to talk to. We had a really nice time, and I liked how we were together.

**H:** Was it love at first sight?

**KF:** It was definitely attraction at first sight! But I'd come from a pretty dark relationship, so I had to get used to someone respecting me and really being kind to me. I had to learn not to be suspicious, and that took me a little time.

**H:** How do you keep the romance alive?

**KF:** Whatever comes up is an opportunity to grow. We both keep up our own creative work; Tom loves to travel and learn about other cultures; I love spirituality and philosophy. We bring to the table interesting things we can share.

**H:** What things do people overlook when it comes to *keeping* a soul mate?

**KF:** Well, I think people look to the relationship as their god—I call it "relationship idolatry." They expect the relationship to solve their problems, rather than accept the responsibility for making *themselves* happy. With less pressure on a partner, a relationship has a lot more freedom to grow and be a joyful thing.

**H:** Any tips for soul-mate seekers in the Hamptons this summer?

**KF:** You don't want that air of desperation. You need to say to yourself, "I'm not looking." When we ask "Where is it?" we're telling the universe, "I demand, I need, I want." There's a psychic grabbiness to that that people can just read. Instead, really get into doing what you like to do, because the most magnetic thing in the world is someone who's truly enjoying life.

**H:** What are your favorite activities out here in the Hamptons?

**KF:** We like to stay with friends in East Hampton, Amagansett, and Sag Harbor. I enjoy meditating on the beach and taking long walks. It's amazing how uncrowded the beaches are. The Hamptons is where we go to relax and unwind—it's completely natural and undeveloped, and, to my city eyes, still pretty country. It's a little miracle not so far away from New York City.

**H:** What's the most rewarding part of what you do?

**KF:** Being there when people realize there's magic and mystery all around them; seeing them have that "aha!" moment when they suddenly understand that life's not just about finding the perfect mate and the perfect home and the perfect career—there's a bigger picture. It's really about opening your heart, expanding your consciousness. That's when I feel I've done some small service through my work. **H**

Freston's books, *Expect a Miracle: 7 Steps to Finding the Right Relationship* (St. Martin's Press; \$23.95) and *The One: Finding Soul Mate Love and Making It Last* (Miramax; \$23.95), are available at bookstores throughout the Hamptons.