

# 'I'm proof the LAW OF ATTRACTION works'

Call *The Midwife* star **Victoria Yeates** tells

Margarita Mitchel Pollock how her belief in asking the universe for what you want manifested her dream acting job...



**V**ictoria Yeates grew up in Bournemouth, Dorset, and from a young age dreamt of being a ballet dancer. But she believes the universe guided her away from the world of dance and towards acting after she won a place at the prestigious Royal Academy of Dramatic Art, aged just 19.

Roles in *Holby City* and BBC Three's *Lip Service* followed, but Victoria felt the need to define her life by more than her acting successes. Aged 22, she embarked on a spiritual quest, travelling to India, where she discovered meditation and visualisation. This led to her manifesting her role as Sister Winifred in the popular BBC1 drama, *Call The Midwife*. Victoria, now 32, lives in London with her fiancé, musician Paul J Housden.



Feeling blessed as Sister Winifred



On the set of Call The Midwife



Treading the boards at an early age



Victoria feels drawn to Mary Magdalene

### How did you go about manifesting the role of Sister Winifred?

I've used vision boards since early on in my career, filling them with images and pictures of what I wanted to manifest – the BBC icon was one of those images! I visualised a particular type of character that I wanted to play, someone people would warm to and who was quite spiritual, and even the sum I'd be paid for the role. Then, soon after, I had a vision of the part I was going to be offered. I don't want to go into the details of the vision but suffice it to say my agent called me to say I had been offered the role of Sister Winifred, earning the exact sum I'd visualised. I'm living proof that the law of attraction works.

### What can you tell us about your connection with the Divine Feminine?

I feel very drawn to Mary Magdalene [one of Jesus's female followers]. A long time ago, the Yeates' family farm in Dorset was a Magdalene Monastery and it still has a statue of Mary Magdalene on the site. So she, and her essence, has always been around me. I was meditating not long ago, and thinking about

Mary, when a friend I had met in an Ashram in India seven years ago suddenly popped into my head. Instantly, I felt that I needed to get in touch with her, so I sent her an email saying: 'I just feel I needed to say hello and Mary Magdalene keeps coming through in my meditations.' My friend lives in America, but she replied straight away and said: 'I was just in the garden reading

### 'The journey that I'd been on up until then suddenly made sense to me'

about Lizzie Siddal [a muse for Pre-Raphaelite artists] and I saw you in my mind as the girl with the long, red hair in the Ophelia painting.' It was so funny because Lizzie Siddal did a painting of Mary Magdalene.

### Do you share your spiritual beliefs with your co-stars?

I do. I encourage them to be in their own power and say to them: 'What is for you won't go by you.' It's a saying that I very much live by – it was told to me by actress Lynda Baron from *Open All Hours*. It really alleviates a lot of stress in

life – especially in this competitive industry. You spend your energy being supportive of people rather than thinking everyone is in competition, for example. That kind of positive energy has really gone through the cast of *Call The Midwife*. I think we are all so supportive of each other – there's no competition. I've spoken to them all about these spiritual concepts because they can't believe some of the amazing stuff that happens to me.

### You seem very much like an old soul. Has spirituality always been in your life?

My grandma was psychic, she would often have premonitions and dreams foretelling things. It was a very natural way of being for her, just part of her personality. She listened to her intuition. There were always a lot of folk tales told in my house, and my parents used to tell me stories about my grandma's abilities. So I've always