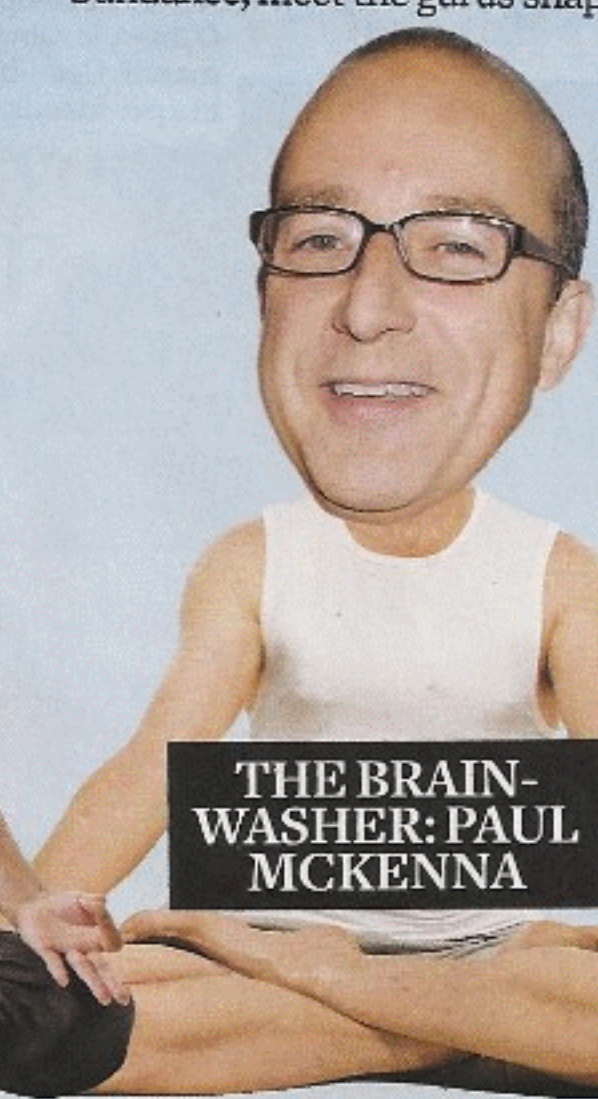


# URU?

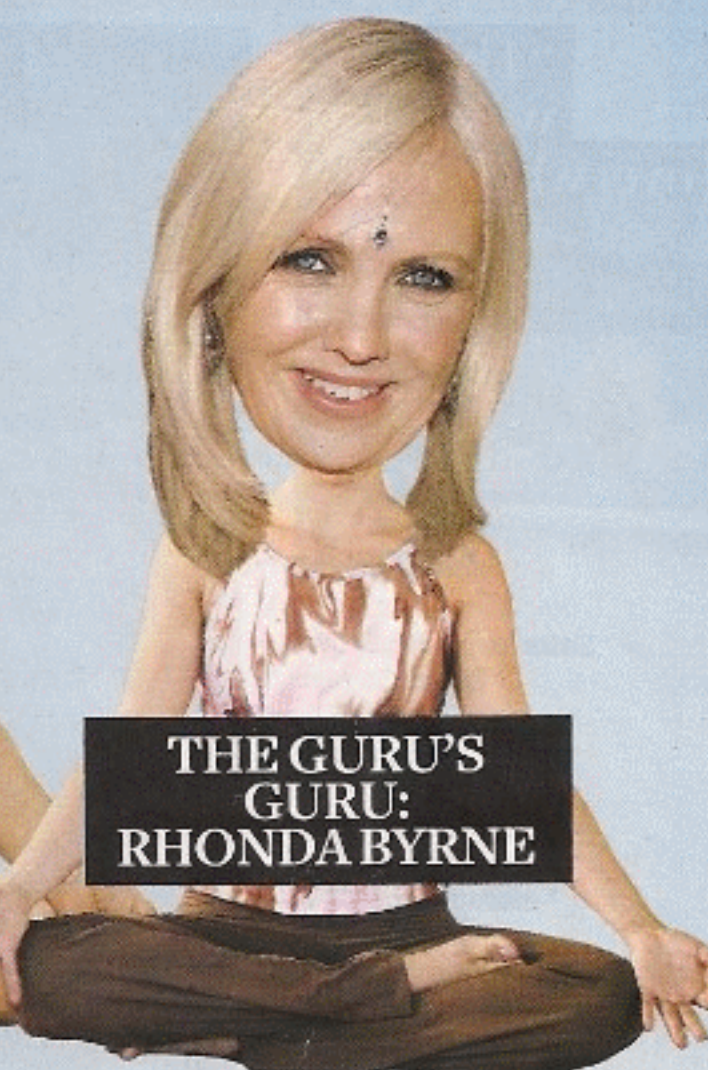
Now that Hollywood has turned to self-help books like *Yes Man* and *He's Just Not That Into You* for cinematic inspiration, and the flick *Arlen Faber* (starring Jeff Daniels as a self-help author) gained a cult following at Sundance, meet the gurus shaping the spiritual lives of the stars.



**THE CELEBRITY PSYCHIC: CARMEN HARRA**



**THE BRAIN-WASHER: PAUL MCKENNA**



**THE GURU'S GURU: RHONDA BYRNE**

**PHILOSOPHY:** Often referred to as a "psychic to the stars," this Queens resident calls herself a "metaphysical intuitive" (asked her age, the Ph.D. replied: "My philosophies apply to every age group"). Adds the Transylvania native: "We are living in an era of transformation and purification to create a new beginning for the human spirit." Followers fork over \$125-\$400 a session for the privilege of hearing such thoughts and having their energy read (no palms or cards required).

**CELEB FOLLOWERS:** Carmen has rubbed all-seeing elbows with **Hillary Clinton** (whom she predicted would win the Presidential election—oops!), **Jennifer Lopez** and **Candice Bergen**, who enthuses: "Through Carmen, one sees the invisible, believes the incredible and receives the impossible."

**THE REAL DEAL?** Psychics may be further along the wackiness spectrum than other gurus but Carmen insists: "To be a skeptic is a base and mundane form of thought."

**PHILOSOPHY:** The British hypnotist and "neuro-linguistic programmer," 45, preaches empowerment through self-control. "I can show you how to reprogram your mind so it's easier to get what you want out of life," he explains. Blue-chip spenders can sign on for intimate sessions such as his \$20,000-a-head Life Transformation event in Beverly Hills.

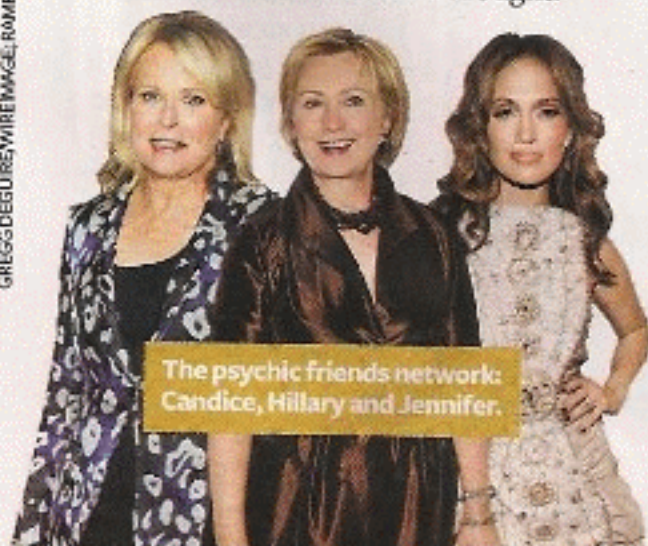
**CELEB FOLLOWERS:** **David Bowie**, **Naomi Campbell** and **Ellen DeGeneres**—who cried on her show when recalling how Paul helped her quit smoking—are devotees. Perhaps less auspiciously, a rail-thin **Courtney Love** declared: "He's brilliant and is totally responsible for me staying so skinny."

**THE REAL DEAL?** Paul's methods come down to common sense. Take his "4 Golden Rules" for weight loss, which include: "When you are full, stop eating" and "When you are hungry, eat"—not exactly the revolutionary stuff on which mass self-help movements are built. Unless, of course, they happen to work.

**PHILOSOPHY:** Author of self-help juggernaut *The Secret*, this Aussie's popularity is nearly supernatural in scope. Through DVDs and books, Rhonda, 53, outlines how practitioners can gain good fortune by sending positive feelings out into the universe. She netted \$12 million in 2007 alone.

**CELEB FOLLOWERS:** **Oprah**, **Paris Hilton** and **Nicole Kidman** swear by her method, the latter confessing: "It's helped me work through things in my marriage."

**THE REAL DEAL?** Recent hiccups—like a lawsuit from her former DVD director—suggest *The Secret* may have some skeletons in its closet. Steve Salerno recalls comments Rhonda made asserting Hurricane Katrina victims brought the tragedy upon themselves by failing to send out good vibes. "She was actually saying that if they'd been more positive as a city, they would have fared better," he says. "When you turn it around, it doesn't sound so benign."—Sara Cardace



**The psychic friends network: Candice, Hillary and Jennifer.**



**The dazed dieters: David, Courtney and Naomi.**



**The Secret society: Oprah, Paris and Nicole.**