

GERRARD GIRL DIET TOP ROW

FOOTIE stars Steven Gerrard and Jamie Carragher were blasted over their daughters "encouraging" girls of eight to diet. Lilly-Ella Gerrard, 14, and Mia Carragher, 13, are selling a kids' hoodie with the slogan: "The diet starts Monday."

The girls set up a business called Snatched Clothing with an Instagram account, which has 4,000 fans. Lexie, the 11-year-old daughter of Steven, below, modelled the hoodie, available in smaller sizes. One customer commented: "How old are your prospective customers?" Eating disorders charity Beat said it was vital that girls get "healthy" messages. The girls have sold their hoodies at a Liverpool shop. The diet hoodie was deleted from the Instagram page. Snatched said: "We do not advocate or encourage kids to diet in any way." *scottish-sun.com the-sun.co.uk*

Anger... top **STILL TO COME IN THE SCOTTISH Sun**

Fabulous DAILY
Do you recognise this person? Take our fun quiz **PAGES 36 & 37**

CITY
Why Brit music industry's hitting it out the park **PAGE 41**

++PLUS++ Dear Deirdre - Page 34 Letters and Mystic Meg - Page 38 Puzzles - Page 39

POOL ACE IN CLEAR ON RAPE

A COMMONWEALTH Games swimmer has been cleared of raping a woman after she had sex with his friend.

Outside court yesterday, Otto Putland, 24, who represented Wales in Glasgow in 2014, hit out at his "horrendous" experience. In a statement he said: "I am very relieved by the verdict and very glad to have been vindicated." Mr Putland denied attacking the woman following a night out with fellow swimmer Ieuan Lloyd. Olympic swimmer Lloyd, 24, took the woman home from a Cardiff nightclub and had consensual sex with her, the city's crown court heard. The woman claimed Mr Putland later forced him. Denial... Otto Putland

Regretted sex is not rape."

TV SHOW TOURIST ATTRACTION THAT SPIRITS YOU BACK TO 1746



Fans lap up past life regression to Culloden. It's.. OUTLANDISH

OUTLANDER fans are being given the chance to discover if they were a Jacobite warrior at the Battle of Culloden - using PAST LIFE REGRESSION.

Tourists obsessed with the hit TV show are obviously quite keen on the idea of rampaging around the Highlands in an ill-fitting kilt in the 1700s. And they are flocking to see hypnotist Diane Nicholson, who says she is able to unlock people's secret history and whether or not they maybe once cut down a Redcoat with a claymore. It might sound a bit, well, Outlandish - but business is booming for Diane, 50, and husband Andrew, 52, who run the Outlander Past Lives Experience near Culloden Battlefield in Inverness-shire. Life coach Diane even insists she used to be a Jacobite warrior like actor Sam Heughan's character Jamie Fraser - and

By **LISA BOYLE** Reporter

that she was married to Andrew when she was a Highland man and he was a woman. She explains: "I regressed myself and I was a Jacobite male in a past life. "I remember standing at Culloden House, looking up the hill to the right with a feeling of complete and utter hopelessness, seeing men lying about the trees before the battle. "A birthmark on my body is precisely where I was wounded in that battle. I've always been weak in that area of my body, and now I understand why. "I used to cry while walking through the battlefield and I still get emotional to this day." And Diane, who regresses up to 50 clients a month, recalls taking another woman back to the scene of the 1746 dust-up between Bonnie Prince Charlie's Jacobite army and the Butcher of Cumberland's forces. She adds: "I did a

regression with one lady who went straight back to the battlefield and she actually remembered dying there. "She described how she felt as the life went out of her and how she felt no pain." Telly show Outlander - based on the books by US author Diana Gabaldon - has become a huge global smash. Filmed in Scotland, it centres on 1930s nurse Claire Randall (played by Caitriona Balfe), who travels back in time to the Jacobite era and falls in love with Heughan's kilted hunk Jamie. The series has led to a tourism boost - dubbed The Outlander effect - as fans from across the world travel here to visit iconic locations used in the show. That could lead some sceptics to argue that Diane and Andrew's past life regression is just a quirky marketing gimmick to cash in on the boom. But Andrew insists it's not just a bit of harmless fun to amuse tourists - and that many clients find the serious business of being regressed therapeutic. He explains: "Di was doing past life experiences before we even came across Outlander. A lot of people are drawn to

Outlander and drawn to Scotland. They can't really explain why they have this strong draw and the past life regression is an opportunity to explore why that connection might be there. "They are then able to find details in their subconscious, that they weren't previously aware of, to why they had this inclination or feeling. "Sometimes they have Scottish ancestry and they come here to explore it, others are just a huge fan of Outlander." The couple set up the Outlander Past Lives Experience last February after originally meeting through a dating app in 2007. "My husband was my wife in a past life" Andrew, who had been working as a relationship coach in Austria at the time, fell in love with Diane and the pair eventually moved to Culloden. They take Outlander fans on tours through the historic village, which is central to the storyline of the telly and book series, as well as on the PLR journey. Diane adds: "The most incredible,

beautiful coincidences just brought us into the business with a sweep. "It just seemed crazy not to do it. From the day the website went live with my past life story on there, I didn't know how people would take it. "But it's been amazing. We started getting emails from people all over the world who felt a really strong connection to Scotland and couldn't explain what that was." And it seems that going toe-to-toe with the Butcher of Cumberland isn't the only secret in South African-born Diane's past. She continues: "My Scottish life was only one of them and I've had lots of others that I can remember as well. "It started at the age of nine and the very first time I learned about Egypt in school. "It was January 19, 1976, and I still have the workbook that we got in school. The moment I learnt about it I recognised it was stuff that I already knew. I went home to my mum and said, 'Mum, I know this stuff, I've lived here before'. "Past lives have always been completely normal to me. I don't believe the

essence of our soul can die." But the oddest aspect of her past lives is undoubtedly when she used to be Andrew's hubby. She says straight-faced: "My husband lived with me in another life - he was my wife and I was a man." Another past life memory Diane recalls was being a servant girl in ancient Rome. Andrew was a gladiator in the same time and Diane had a secret, forbidden lust for him. With the excitement of their previous lives behind them, the couple are looking forward to growing their tourist business, with Outlander fans keen to unearth some heroic link with the Jacobites and their historic struggle. Diane adds: "I believe every one of us would have gone into battle and killed people at some point - it's part and parcel of the whole human experience." *lisa.boyle@the-sun.co.uk*



INSPIRATION... Outlander author Diana Gabaldon



I was a maid, a hippy and some bloke called Jimmy

OUR reporter LISA BOYLE was regressed by Diane, above - and discovers it isn't just a load of mumbo-jumbo. Here's her account of some strange characters she unearthed from her past lives...

"I've always hated wearing chokers or people touching my neck - and now I know the reason why. Apparently, in one of my lives in the 17th century, I was a maid named Lucy who was choked to death by her husband in France. Gulp. I vividly saw the horrifying death and recognised the eyes of my murderer as someone in my current life. If that weren't dramatic enough, Diane got me to travel again through the 'mists of time' and suddenly I was an armour-wearing warrior in the 18th century. I was an excited, blue-eyed 19-year-old named Jimmy surrounded by bearded, beer-drinking men and we were preparing to go into battle. I saw myself lying in a field pulling an arrow from my right thigh - the exact same spot where I have a tiny birthmark. Fast forward a few years later into Jimmy's life and I'm incarcerated in preparation of being killed.

Truck hurtled towards me Diane asks me to go forward into Jimmy's life and suddenly I'm a wrinkly old man curled up on a chair who passes away happy and peacefully. Being Jimmy feels like a nice feeling compared to my last experience, and I am told I have brought his courage and fighting spirit into my life today. In my next life, I saw myself as a red-headed hippy named Georgia, wearing a yellow dress and dancing freely at a festival in what looks to be either the 60s or 70s era.

The people around me were sashaying to the music and I was with my boyfriend Eggar - a shirtless John Lennon lookalike. Diane asks me what happens next, and I was transported a few years into the future where things appeared much less carefree. I was driving in a blue car through a valley in America when suddenly a truck came hurtling towards me. After being fast-forwarded to the next scene, I felt a deep sense of sorrow seeing myself lying in a hospital bed with near-crippled legs. I didn't die in the car crash, but I saw a grim scene of standing at a cliff where I later threw myself off. Coming out of the regression I felt slightly groggy with a strange, itching sensation in my right hand - I was baffled by the whole experience. But that night I had the deepest, best sleep I've had in months. Bizarrely, I also felt lighter and more carefree the next day. And I even wore a choker."