# Princess Diana's deepening reliance on spiritual advisors reveals her royal struggles



Princess Diana's fascination with the spiritual realm often intersected with her tumultuous life within the Royal Family. During her marriage to Prince Charles, she sought solace and guidance through a variety of mystical practices, increasingly turning to astrologers, psychics, and mediums as her emotional turmoil deepened. Her diary from the late 1980s and early 1990s reveals an extensive schedule filled with such appointments, reflecting a desperate search for reassurance amid personal crises.

According to Andrew Morton's biography “Diana: Her True Story,” Diana initially approached the spiritual world with a palpable openness. He suggests her eagerness to explore these realms stemmed from feelings of isolation and distress—comparing her reliance on mystical guidance to a drowning person clutching at any available flotsam. It was Prince Andrew and Sarah, Duchess of York, who first encouraged her to consult with the astrologer Penny Thornton in 1986, at a time when her marriage was fraying under pressure and public scrutiny. Diana famously expressed to Thornton, "I just wanted to see if there is light at the end of the tunnel," highlighting her yearning for hope amidst despair.

Over the years, Diana's entourage of spiritual advisors became extensive. Notable figures included psychic Betty Palko, clairvoyant Vasso Kortesis, and astrologer Debbie Frank—each offering insight into her chaotic world. Morton notes that while Prince Charles shared an interest in holistic medicine, he regarded Diana's reliance on such spiritual counselors with skepticism. He reportedly questioned her allocation of time to topics like mysticism, pointing out her reading habits during their holidays as frivolous.

Diana’s bond with members of the hospitality industry, particularly the owners of San Lorenzo restaurant, further fueled her exploration of alternative metaphysics. Their lifestyle encompassed an intrigue with astrology and tarot that resonated with Diana, as it provided a temporary retreat from her royal responsibilities. As her self-confidence developed, she began to perceive these spiritual practices not merely as lifelines but as valuable tools for self-analysis and personal growth.

However, reliance on these spiritual leaders did not come without complications. During her later years, especially leading up to her ill-fated relationship with Dodi Al-Fayed, her consultations with spiritual advisors sometimes led to an exacerbation of her fears and anxieties. Reports from the inquest into her tragic death underscored how this dependence nurtured paranoia. Patrick Jephson, her former private secretary, expressed concern that her interactions with clairvoyants—in particular, one whom she referred to as "Fergie’s witch-woman"—intensified her feelings of being besieged by conspiracies.

Her obsession with spiritual guidance reflected deeper emotional challenges, with many advisors confirming her suspicions about Prince Charles’s infidelities. Bodyguard Ken Wharfe noted the unhealthy dynamic, stating that her frequent engagements with psychics often clouded her perspective and intensified fears of betrayal. Despite the comfort these spiritual consultations provided, they also became a source of confusion and anxiety, as seen in her later public communications regarding perceived threats to her safety.

Diana's spiritual pursuits mirror a historical context within the monarchy, as fascination with the occult is not new to the British royal lineage. Queen Victoria, for instance, was known for her interest in spiritualism, frequently inviting mediums to Buckingham Palace. This legacy seemingly continues, with various royals reportedly participating in séances. Notably, contemporary accounts reveal connections to the supernatural, as highlighted by Paul Burrell, Diana's former butler, who claimed her spirit lingers in his Cheshire home, while Prince Harry recounted seeking out a medium to connect with his late mother in his memoir.

In exploring Diana’s entanglement with the mystical, one finds a poignant reflection of her struggles against the isolating pressures of royal life. While these spiritual avenues provided moments of solace, they also illuminated an ongoing battle with identity, agency, and truth—a testament to the complexities of her life that continues to captivate public imagination.

## Reference Map:

* Paragraph 1 – [[1]](https://www.dailymail.co.uk/news/royals/article-14671175/Princess-Diana-obsession-paranormal-marriage.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[4]](https://www.inquisitr.com/how-princess-dianas-life-choices-were-guided-by-her-fascination-with-the-occult-a-cry-for-help)
* Paragraph 2 – [[1]](https://www.dailymail.co.uk/news/royals/article-14671175/Princess-Diana-obsession-paranormal-marriage.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[2]](https://www.newsweek.com/princess-diana-astrologer-crown-mystic-1759377), [[5]](https://www.cheatsheet.com/news/princess-diana-psychics-and-spiritual-healers.html/)
* Paragraph 3 – [[3]](https://www.marieclaire.com/celebrity/royals/princess-diana-relied-on-a-revolving-door-of-clairvoyants-psychics-and-spiritual-advisors/), [[6]](https://www.standard.co.uk/hp/front/diana-inquest-aide-says-clairvoyants-like-fergies-witchwoman-fuelled-princesss-paranoia-7300960.html)
* Paragraph 4 – [[4]](https://www.inquisitr.com/how-princess-dianas-life-choices-were-guided-by-her-fascination-with-the-occult-a-cry-for-help), [[7]](https://www.townandcountrymag.com/society/tradition/a37182159/princess-diana-astrologer-debbie-frank-prince-charles-quote/)
* Paragraph 5 – [[1]](https://www.dailymail.co.uk/news/royals/article-14671175/Princess-Diana-obsession-paranormal-marriage.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[6]](https://www.standard.co.uk/hp/front/diana-inquest-aide-says-clairvoyants-like-fergies-witchwoman-fuelled-princesss-paranoia-7300960.html)
* Paragraph 6 – [[1]](https://www.dailymail.co.uk/news/royals/article-14671175/Princess-Diana-obsession-paranormal-marriage.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[2]](https://www.newsweek.com/princess-diana-astrologer-crown-mystic-1759377), [[3]](https://www.marieclaire.com/celebrity/royals/princess-diana-relied-on-a-revolving-door-of-clairvoyants-psychics-and-spiritual-advisors/)
* Paragraph 7 – [[1]](https://www.dailymail.co.uk/news/royals/article-14671175/Princess-Diana-obsession-paranormal-marriage.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[6]](https://www.standard.co.uk/hp/front/diana-inquest-aide-says-clairvoyants-like-fergies-witchwoman-fuelled-princesss-paranoia-7300960.html)
* Paragraph 8 – [[1]](https://www.dailymail.co.uk/news/royals/article-14671175/Princess-Diana-obsession-paranormal-marriage.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[5]](https://www.cheatsheet.com/news/princess-diana-psychics-and-spiritual-healers.html/), [[7]](https://www.townandcountrymag.com/society/tradition/a37182159/princess-diana-astrologer-debbie-frank-prince-charles-quote/)

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## Bibliography

1. <https://www.dailymail.co.uk/news/royals/article-14671175/Princess-Diana-obsession-paranormal-marriage.html?ns_mchannel=rss&ns_campaign=1490&ito=1490> - Please view link - unable to able to access data
2. <https://www.newsweek.com/princess-diana-astrologer-crown-mystic-1759377> - This article explores Princess Diana's interest in astrology and mysticism, highlighting her consultations with astrologer Debbie Frank. It discusses how Diana sought astrological guidance during personal crises, particularly her troubled marriage to Prince Charles. The piece also touches upon the portrayal of Diana's mystic side in Season 5 of 'The Crown'.
3. <https://www.marieclaire.com/celebrity/royals/princess-diana-relied-on-a-revolving-door-of-clairvoyants-psychics-and-spiritual-advisors/> - This article examines Princess Diana's reliance on various spiritual advisors, including astrologers, psychics, and healers, during her marital difficulties. It discusses how these advisors often confirmed her suspicions about Prince Charles's infidelity and how this dependence on spiritual guidance reflected deeper emotional struggles.
4. <https://www.inquisitr.com/how-princess-dianas-life-choices-were-guided-by-her-fascination-with-the-occult-a-cry-for-help> - This piece delves into Princess Diana's engagement with the occult, including her consultations with astrologer Penny Thornton and other spiritual advisors. It explores how these practices provided her with support and direction during challenging times, particularly in her marriage to Prince Charles.
5. <https://www.cheatsheet.com/news/princess-diana-psychics-and-spiritual-healers.html/> - This article details Princess Diana's relationships with various psychics and spiritual healers, such as Simone Simmons. It highlights how these advisors offered her companionship and guidance, especially during periods of personal crisis, and discusses the depth of their friendship.
6. <https://www.standard.co.uk/hp/front/diana-inquest-aide-says-clairvoyants-like-fergies-witchwoman-fuelled-princesss-paranoia-7300960.html> - This report from the inquest into Princess Diana's death reveals that her reliance on clairvoyants, including one referred to as 'Fergie's witch-woman', contributed to her increasing paranoia. It includes testimonies from her former private secretary, Patrick Jephson, about the impact of these spiritual consultations on Diana's mental state.
7. <https://www.townandcountrymag.com/society/tradition/a37182159/princess-diana-astrologer-debbie-frank-prince-charles-quote/> - This article features insights from Debbie Frank, Princess Diana's personal astrologer, discussing their relationship and how astrology served as a form of therapy for Diana. It also touches upon the dynamics between Diana and Prince Charles, as interpreted through astrological perspectives.