

Ask Ursula



Best-selling author and hypnotherapist, *Ursula James* answers your questions from three perspectives to help you progress on a spiritual, mental and physical level

"I'm a 43-year-old mother of four. I've been separated from my husband of nearly 22 years for almost two years now. The break-up has been very bitter and he has no contact with the children. It was a stormy and sometimes abusive marriage, but I have got the kids back on track and given them the support they needed. Their dad entered into a new relationship straightaway. I have been on a few dates but nothing great. I wonder if there is anyone out there for me in future or should I just be happy with my own company?"



Ursula James presented *Sex, Lies and Hypnosis* on Channel 5 in 2007, and is *This Morning's* resident hypnotherapist expert. Ursula's journey to a new life, and how you can do it for yourself, can be found in *You Can Be Amazing: Transform your life with hypnosis*, (Random House; £9.99). Visit ursulajames.com

Mind...

Learn self-hypnosis

To hypnotise yourself, all you need to do is find a time and a place where you can be undisturbed. Sit or lie down, and decide how many minutes you will spend in hypnosis (10 is good to start with). Close your eyes and focus on your breathing, then slowly count down from 10 to 1, using your out breath to count you down. When you have reached number one, you can allow your mind to clear, and start to visualise your perfect partner.

Hypnosis will also help you to mentally let go of your past, strengthen yourself in your present, and prepare yourself for the future. Use visualisations to see yourself meeting the right man, and be specific. If you want him to like astrology or ghost hunting, then say so. One of the biggest obstacles to getting what you want is fear of asking for it. But if you don't, you'll end up with something similar to last time. So paint a picture of what you want.

Body...

Step into a new self

Look in your wardrobe: whose clothes do you see? If they belong to the 'old' you, it is time to have a clear out. Bring some colour and interest into your clothes. If you are not sure what suits you, invite your best friend to come over for the afternoon and dress you as she would like to see you, or go to a department store and try the services of the personal shopper. If you do not feel right in these new clothes yet, don't worry – you will.

Start walking every day, even if it is only for 10 minutes. When you do this you become more aware of your body and how it moves, and you start to connect with it again. You will also begin to speed up your metabolism, so if you want to get fit this is a great way to start. Put your favourite tunes onto your iPod, ones that make you happy and have an upbeat tempo. If you do this you will help your body tune into positive beats and vibes. This will set you up nicely.

Spirit...

A rite of passage

If you have lots of photographs from years ago, take an evening off from everything else, and sort them out into those which will stay and those which are going. Again, if you need support, ask a friend or family member to help you. Any photo you keep, put it in an album or a frame and make it a part of your life. I recommend a bonfire for any discarded photos! It is incredibly cathartic as you can release old, perhaps painful memories of the past that make you feel bad every time you think about them.

Then, surround yourself with the people who make you happy, who are cheerful and positive, as this will rub off on you. Anyone who drains you, let them go. I can understand where you are coming from, as it took me until I was 40 to change my attitude to myself, and finally get the life I wanted. So you can do it. Get out there and make magic happen!