

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've just turned 29 and feel as though my life is stuck in a rut. I feel I'm letting my parents down as they worked hard to send me to private school and university. Since I left uni seven years ago I have always been employed but I don't feel I'm ever doing well enough. I look at other people and they all seem to have the life I want to live. I am doing temporary jobs and haven't had a boyfriend or even been asked out in nearly four years. Last year I went travelling; I had a good time, although I hoped that the time away would help me see more clearly, which it doesn't seem to have done. I visited a number of psychics and each one said I was a spiritual person and destined for success. Yet, on my return I've struggled to find work and feel more alone than ever. I had an interview last week for a job I really wanted, and know I could do, and it started off okay but then I began to lose the plot during the interview and it ended with me leaving feeling quite negative. I only have a handful of close friends and find it difficult to share my feelings. I told them about my spiritual side but they laughed and said to me it was a waste of time and not to tell anyone else, which has left me feeling ashamed. Please can you give me some advice?"

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...

Practise confidence

You are obviously an intelligent person but the way you write suggests that your confidence isn't what it should be. The first thing is to stop comparing yourself to other people – the only person you should be in competition with is yourself. Secondly, remember that your parents love you and they want you to be happy, so start setting some goals that will do just that. A simple way to learn success is to get into a new habit. Each morning, in those moments between waking and sleeping, walk yourself through the events of the new day. Mentally rehearse how you are going to act, feel and think, just as if you were in a play. When you do this you will prepare yourself for success. See yourself being confident in job interviews and you will be. Do this every day until the habit sinks in. You will be very pleasantly surprised.

Body...

Perfect posture

Walk tall, walk straight and look the world right in the eye. Confident people fill their space. Practise in front of a mirror, or if you are not sure what confidence looks like, go into a busy street and watch other people walking around; you will soon spot the ones who give off confidence. Imagine a hat tied to your head with lots of helium balloons pulling you upwards. This will help change your posture. You'll also look slimmer and taller, too, which will help with your confidence. Wear clothes that suit your shape. Simple is better, with one interesting piece of jewellery that can be a talking point to get you into conversations. Eating regular, healthy meals is also a way of showing that you respect your body. Find an activity you enjoy, such as walking, dancing or swimming. Make sure it absorbs you as this will help you connect with your body in a much more positive way.

Spirit...

Inner wisdom

Why not ask your inner guide to suggest ways of finding the life you want? We all have one. The simplest way is to meditate. I find that lighting a candle and focusing attention on the flame is a good way to start if you haven't done it before. Make sure you are sitting comfortably as you do so, and notice that each time your eyes close you will find it easier to see the light from the flame within. When you are ready, let your eyes close and focus on the inner light created by the candle flame. Allow your mind to float towards this flame, and then inside it. When you can feel the warmth and the light around you, you are in the presence of your inner guide. Sit still and listen to what your guide says. You can trust this inner guide as they have your best interests at heart. When you are ready to leave, make sure you say thank you.