



"PLEASE HELP ME SEE WHERE I AM SUPPOSED TO BE GOING WITH THIS LIFE; I SEEM TO LOSE DIRECTION VERY EASILY"

Ask Ursula

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

"How can I move forward?"

I am totally tired of life. I have two failed marriages and one physically and mentally abusive relationship behind me, the latter of which was ended by me, almost costing me my life in the process. My kids saved my life. Where am I going and why am I here? I believe in angels very strongly, and I feel them with me all the time. I believe in the afterlife too as I have communicated with my nain (Welsh for grandmother) on many occasions. I feel the presence of my mum even though most of the time she is keeping an eye on my daughter, my granddaughter and my son. Please help me see where I am supposed to be going with this life; I seem to lose direction very easily.

Mind... Release the past

Most people would feel crushed by the events that happened to you but your letter shows me you have great mental strength. What is lacking for you right now is direction and focus. Try practising simple meditation or self-hypnosis techniques; these are easy to learn and can be incorporated into your day by doing them just before you are fully awake in the morning. Meditate on your wonderful children, and open your mind to listening to your mother and grandmother. Letting go of the past is important; release anything that reminds you of the bad times. This may mean clearing out clothes or objects, or going through your music collection and removing anything that disturbs you. You do not need to throw them out; just put them away somewhere until you are able to decide whether they still hold any value for you, or whether you are ready to let them go completely. Now is the time to talk to your children and tell them exactly what they mean to you. You have not specified precisely how your children saved your life, but it is time for you to tell them. Write a letter to each explaining how much they matter, and how much you value them.

Body... Love yourself

Your body needs soothing, and reconnection; when a person has experienced an abusive relationship, their sense of connection to their body can become totally detached. In this state, people over eat or abuse their own body in other ways, as if they feel some need for punishment for what happened to them. I do not know if this is the case with you, but regardless, you need to own your body once more and this means respecting it with better food, more sleep and physical care. Taking time to learn self-massage or acupressure to relieve tension and reconnect with your body is really helpful. Walk in the woods, start swimming, dance. Do something that you enjoy and makes your body move. Finally, but probably more important than all the other suggestions under this section, start looking at yourself in the mirror as often as you can. Instead of seeking out the bits you do not like and feeling depressed, I want you to start saying, 'I love this person!' Start saying things like, 'I have nice eyes' or 'I like my skin', or 'I have a lovely smile'. Start to point out the good bits to yourself and learn how to love yourself again. It is about time.

Spirit... Angel guidance

The Welsh are a deeply spiritual people, and usually feel more at home with Earth religions than more formal religious practice. The fact that you are aware of your nain and your mother shows that this connection is strong in you as well. It is time to make this even stronger and explore your pathway through angelic healing. There are many excellent books and courses around; go into a bookshop and ask the angels to guide you to the volume that will help you most. I particularly like *A Book of Angels* by Sophy Burnham, which has stories of angel encounters and how people's lives are changed by the connections they make. A book like this will help you understand that you are not alone, and that the awareness of angelic presences is a blessing – one which has been given to you for a purpose. Now is the time for you to uncover the reason for your being here. Your ancestors are with you too, to connect you to your past. The link with both the past and future will ground you sufficiently to keep you safe, and to make your experience of the present what it should be – a gift.