



See Ursula at this year's **Mind Body Spirit Festival** in London. Her workshop is on May 26 at noon. Visit mindbodyspirit.co.uk for information

Expert advice

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

“Does he want to be with me?”

“I seem to be unfortunate in my relationships. I went out with someone in 2002 for a short time and he left me to go back to a previous girlfriend after three months. Although it was only brief, the relationship was intense and I was hurt. After this I dated someone for four years, and suddenly he stopped seeing me. He would not talk to me and discuss why he did not want to see me anymore.

For the past year, the person I was seeing in 2002 has been texting and visiting me as a friend. Then in August, he split up with his partner and although said he was not sure what he wanted, he gave the impression he wanted us to get back together. But after six months of him visiting three times a week, he has suddenly stopped again. He says he still wants to see me but rarely answers my calls.

On Sunday I had a text while I was out, saying he had tried to visit but I was not in. Am I wasting my time with him? I am so depressed and hurt, and I am angry and upset with myself.”

Mind...

Visualise love

You already know that the way your relationships have been working out is not healthy. My suggestion to you is that you take some time out and write down exactly what you want from a relationship. The problem is that if you do not know what you want, you will keep repeating the same pattern. Just before you go to sleep tonight, and for the next three weeks, picture this ideal relationship in your mind, and think about what it gives you, and how different you feel about yourself because of it. Visualising your ideal scenario will help you from falling back into old relationships that do not work.

Body...

Stretch it out

Start the day with a Sun Salutation – a popular series of yoga moves that includes stretching up to the sky, bending to the ground, and inverting into the ‘down dog’ (see yogasite.com/sunsalutation.htm for how to do it). For a quick alternative, face the light and stretch your arms out wide above your head. Stretch your legs one by one. Allow your body to welcome the new day. This helps you to be open to new experiences.

To let go of the tensions of the day, take a bath with aromatherapy oil, candles and relaxing music; imagine the water carrying away your irritation and tension as it does.

Spirit...

Flame meditation

It is time for you to break the negative circle. Find a time and a place where you feel safe and will be undisturbed, and light a candle. Focus your attention on the candle and know that the flame contains an elemental spirit of its own – that of fire. You can call on the fire to take away your anger, and help you to heal. Use any words that come to you to do this, and when you have allowed the flame to burn away your anger, thank the elemental within and extinguish the flame. Meditating with the candle flame in future will allow you to contact the fire elemental within, and to guide you. You are stronger than you know.

Ursula James presented *Sex, Lies and Hypnosis* on Channel 5 in 2007, and is a regular on the *Fred Macauley Show*, BBC Scotland. 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