

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 can no longer concentrate"

A little earlier this year, I had a sporting accident and suffered concussion that kept me off work for a few weeks. My recovery has been slow, and I still feel detached from everything around me. I find it difficult to focus for any substantial period of time, and have trouble concentrating on work matters. It's hard for me to get excited about upcoming socials and even sports events; I used to love watching these for hours, and now I get bored after minutes. This is obviously having a knock-on effect on my relationships with my girlfriend, my friends and my family. I was hoping you would be able to help me find my anchor again? I have a feeling that my energies are dirty or restricted.

Mind...

Build your stamina

I am sorry to hear about your accident. Head injury can be difficult to deal with because there isn't much for other people to see and react to – therefore, they might not know how you are suffering. A physical trauma to the head can have a more profound psychological effect than we might think; long after the injury has actually healed, we can still 'carry' the symptoms psychologically. This is a protective mechanism that then becomes habit. It leaves you feeling below par and unable to concentrate or enjoy the things you used to.

The easiest way to step out of this mindset is to set yourself small goals and build up your stamina. For example, read about your favourite subjects or watch round-ups of sporting events rather than the whole thing. By breaking things down into small sections you will keep your interest levels up. To connect with family and friends you really need to tell them what is going on; they will change their reactions to you accordingly. Take time to talk to those around you, and let them know what you are feeling.

Body...

Practise self-healing

You mentioned that you used to play sport – well, it is time to play again. You will find that this is a great way to regain confidence in your body and get your enthusiasm moving. But, if you don't feel ready just yet, get out there and be a spectator. Being in a crowd of people who are passionate about a common interest will act as a stimulus.

A different approach to take is Reiki, which can be easily learnt. I recommend the book *The Essence of Reiki* by Andy Chrysostomou and Dawn Mellowship. There are also many short courses out there that can teach you self-healing techniques. When you practice Reiki, you are working on yourself, so you learn how to tune in to your own responses and reactions. This will help you to cleanse the 'dirty energy' which you mentioned. Reiki will also strengthen your ability to focus, and reduce your stress levels.

Finally, I would recommend acupressure. There is a point in the fleshy part of your hand between the thumb and first finger. If you use your other hand to gently squeeze this spot, it will relieve stress and help you to concentrate.

Spirit...

Focus your mind

As it has only been a short time since the accident, you need to recognise that you are still in a period of recovery. To regain your enthusiasm and inspiration for getting out there and playing again, you may wish to consider active meditations. To do these, find a place outdoors where you can lie down. Focus your attention on a spot somewhere above you, such as a branch of a tree, and keep looking at it until the muscles of your eyes get tired. Then, allow your eyes to close. Pay attention to the sounds of nature around you and to the sensation of your breath. Let your attention wander to some of the most exciting sporting events you have attended or participated in. Allow yourself to step into these memories – as you do, the feelings of excitement that you used to get will come back to you. Do not try too hard with this – if you drift off, your unconscious mind will still go on the search for these memories and bring back the positive responses to you. Each time you do this, your ability to connect with your enthusiasm for sport and with people around you will grow.

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 or visit her blog at thebookoflightandshadow.blogspot.com. Follow Ursula on Twitter.