

# 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 terrified of death"*

As a child, I had a deep dread of death. This resurfaced when my children were born. I used to be able to block these emotions by researching the spirit world. However, a little while ago, I fell ill and was rushed into hospital where I stayed for weeks. Since being released, my fear of death has been unlocked again, and I feel as if I am going mad. My doctor told me that to feel like this after such a bad illness is natural. However, all I do is think about death, so much so that I am not living. My mum told me things happen for a reason, that I have been given a second chance and that someone is watching over me. I love life and I adore my two children but I wake up every day feeling sick from fear. I could lose everything.

"FEARS ARE NO LONGER FEARS  
WHEN YOU UNDERSTAND AND  
ACCEPT THEM AS PART OF  
WHO YOU ARE"

### Mind... Find peace

First of all let me assure you that you are not going mad. The re-emergence of fears about death after an illness is a very common event, and, yes, it is designed to highlight the preciousness of life. It is natural and normal to be afraid of dying when you have come so close yourself. When a person has a near death experience, their whole system is awakened to the fragility of life itself, and after the pain and trauma of the event has passed, the system often stays on high alert. This explains why you feel fearful a lot of the time. This is a protective mechanism and is designed to help you avoid potentially dangerous situations. However, it can go on for too long, and become damaging. Meditation will help. By taking time out to be with yourself, without distraction, you will come to recognise that your fears stem from the self, and not from fear of outside events. You will start to feel more at peace, and more able to live in the now. Meditate daily, just before you sleep, and then find a time when you can take 10-20 minutes out each day to do so as well.

### Body... Feel energised

One simple way to help your system return to an appropriate level of response is to expose yourself to small bursts of stress. I know this sounds odd, but it is like a kettle letting off steam. By doing this you can allow your system to reset itself gradually as it gets used to the fact that you are safe, and you can expose yourself to stressors without danger. Something like a roller-coaster ride will help. If this seems like too much to contemplate right now, you could instead get involved in exercise. Do something such as Taekwondo, which is a contact martial art that will help you to regain knowledge of your body and the space you inhabit. Martial arts often include meditative processes as part of the discipline, and this will help you to control unwanted and intrusive thoughts. I would also recommend getting out of doors and exercising with your children. Walking in natural settings, climbing a tree (or watch your child do it for you!) will all help you to appreciate the 'now'. This will then start to replace your fears.

### Spirit... Develop psychically

You told me your mother said that these things happen for a reason, that you've been given a second chance and that someone is watching over you. She is right. I suggest you explore some alternative workshops relating to psychic ability, spirit guides and angels. You may find that by looking into psychic development you can also train yourself out of your fear. Remember, fears are no longer fears when you understand and accept them as part of who you are; they make you stronger. One way of connecting with Spirit is a simple ritual. Take a white candle and place it in a natural setting. (Remember to take the candle stub away with you. Respect the natural space, always). Close your eyes and invite Spirit to come and meet you in the candle flame. When you open your eyes, light the candle and meditate on the flame. Watch its movements; when the flame flickers, Spirit is with you and you can then wait until it speaks to you, and tells you what your purpose is now you have been returned to this world.