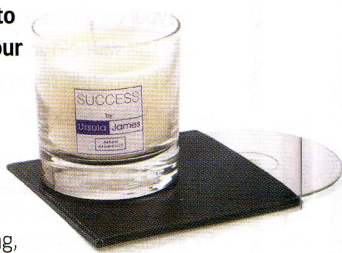


## Energy breakthroughs

### The unblocking candle and hypnotherapy CD

**THE PROMISE:** 'Lighting the candle and listening to the CD will boost both your physical, emotional and mental energy levels.'

I'm convinced my lack of energy is 99% a mental problem. Why else do I contradict myself by saying, 'I'm too tired to get to the gym, even in the car'? So I'm intrigued to see if this



hypnosis CD can help me flick the mind-switch that will leave me so energetic, other people will want what I'm having. Lighting the aromatherapy candle, I slump on the sofa and play the CD. Ursula's talking-clock voice counts me back from 10 while asking me to imagine I'm descending a staircase, becoming more and more relaxed. She then tells me to enter a walled garden, which is beautiful except for a patch of weeds, which I figure symbolises what's draining my energy (for me it's work, commuting, not having enough time to be a mum). I am to dig up the weeds and plant beautiful flowers and, as I do this, I notice I'm subconsciously telling myself to stop trying to do it all, even though that's not what Ursula is saying directly. As Ursula counts me back up the stairs, I sense I'm getting to the root of my energy drain. Lighting the candle again later that evening helps remind me of what I've learnt. A few days (and a few more listens and sniffs) later and I feel surprisingly full of bounce. CD, £25, candle, £20 both [www.ursulajames.com](http://www.ursulajames.com)

**RATING: 8 out of 10. My energy blockage went up in smoke.**