

*"Reach out to the child in the memory and pull her to a safe place"*

# 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

## **"Is this repressed memory ruining my life?"**

A month ago I was unable to sleep due to stress at work; an image came into my head of me as a child lying on a bed with the son of a neighbour over me (I know sex occurred) then me leaving the room and being given a box of chocolates – is this a suppressed memory? I cannot get it out of my head. It was a summer day, I had been playing out in the sun, and I remember wearing a pair of shorts. This would have been in the late 1950s or early 1960s. My whole life has been difficult and I wonder whether it is because of this suppressed memory? I had a failed marriage, a difficult relationship with my son, and now non-existent relationships with some of my siblings. The only person I felt loved by was my father. My relationship with Mum was hard but I was the only one who was there for her after my Dad died. I always felt I had to work hard to make people like me. I am now the one my friends turn to when they need to talk. Please help!

### *Mind...*

#### **Paint a new picture**

First of all, we can 'remember' events that may not have happened. Memory is not an accurate representation of events, but today's perception of the past. The most important thing now is for you to start freeing yourself from what this memory represents to you.

Find a time and a space where you will not be disturbed, close your eyes and walk yourself into the memory as you are now, as an adult. Then, reach out to the child in the memory. Pull her away before anything bad happens. You can then take her to a safe place in your mind, somewhere where you felt safe. Leave her there. She will start to heal and free you from the memory.

### *Body...*

#### **Dance and have fun**

It is time to start respecting your body, and you can do this by taking more care of yourself. If, as you say, you are the person that everyone comes to when they want help, you probably put yourself at the back of the queue when it comes to care. Start by taking long, relaxing baths at the end of the day, and imagine other people's troubles gurgling away down the plug hole as you let the water out. Dance when you are alone; get your body moving and own it again. You owe it to the child within you to have some fun. You have the right to be happy, so start feeding your body with healthy, nutritious food.

### *Spirit...*

#### **Find new friends**

If your friends are only there when they need you, and your relationships with others are unhappy, it is time for you to find a group of people who will feed your spirit and help you to feel better about yourself. Think of the things you enjoy and look for a social group to join. Another thing you can do is write to all those people with whom you have had difficult relationships, and when you have put down everything you wanted to say to them, you can then set fire to the pages outdoors. Let the ashes free you. You will start to see signs around you of a new life, a better and more rewarding relationship with yourself, and with the world around you.

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](http://ursulajames.com)