

# Always on my mind

## I hadn't seen him for years, so why was I still thinking about my ex?

By Angela Haines, 40

**R**olling over in bed one morning I opened my eyes and felt a heavy sense of dread.

*What's wrong with me?* I thought.

I'd been immersed in the spiritual world for 15 years and everything in my life was fine, so why couldn't I shake off this feeling?

I decided to trust my intuition.

It told me to drive into town, and I did.

Then it told me to go to a charity shop on the high street.

Inside the shop I headed straight to the books, scanned the shelves, and found myself staring at the cover of one book.

When I saw the author's name I got goosebumps...

It was the same name as my ex!

It wasn't the first time this had happened. Even though we'd

broken up seven years ago I often felt as if he was close by.

I'd see his name in the most random of places, when I least expected it.

Sometimes I'd even think I could hear his thoughts. Now,



Me

I was convinced that for some reason I was still picking up on his energy.

It wasn't as if I was hung up on him. Our split had been amicable — we were both going in different life directions.

Yet we were in some kind of telepathic relationship — years after our break-up!

I knew I needed to cut the cord and let him go.

But how? A few nights later, my deceased grandmother came through to me in spirit.

'The only way to break the spell is to call him. Once you do this, you will free yourself,' she said.

I knew she was right. So,

heart pounding, I picked up the phone the following day.

'I have to tell you about the strange things that have been happening,' I started.

I explained how I kept hearing his thoughts telepathically, and how I'd been drawn to the book in the shop.

He knew I had some psychic ability, but I don't think he was expecting this!

When I finished talking he went very quiet.

'I... I have to go,' my

ex stammered, then quickly hung up.

Straightaway I felt relief wash over me.

'He's finally gone,' I said to myself.

A few weeks passed and that looming sense of dread was gone.

I stopped hearing his thoughts or seeing his name and I knew I never would again.

The seven-year spell was finally broken! I could move on.

I now work as a psychic, teaching people the art of telepathic communication and how to cut the cord from past relationships so they can fully move on.

I tell my clients: 'When you're thinking about them, it's because they're thinking about you. You're not crazy — you're just psychic and haven't realised it yet!'

What once felt like a curse has now become a gift.

● To find out more about Angela and the work she does, visit [angela-haines.com](http://angela-haines.com)



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As told to Danielle Lett. Email [mystory@bauermedia.co.uk](mailto:mystory@bauermedia.co.uk). Photo: Shutterstock (woman by window is a library image posed by a model)