



True Ghost Stories

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True Ghost Stories

Working with the Other Side

The events in this little book of stories are true events. Each one was an experience the author had. Her encounters with the spirit world has spanned all her life starting at 5 years old.

The stories are not embellished they are what they are. Most of the occurrences are in order to facilitate healing, but not all.

The purpose of this book is to continue to shed some light on the other realms of life in hope to assist those who do not believe too believe.

The events mirror the authors belief that there is life past death and that death and birth are simply different sides of the same coin.

Her encounters confirm for her that:

“...there is no death – only a change of worlds...”

Chief Seattle

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True Ghost Stories

A Cleansing

It was early evening, I had just heard about a suicide in a trailer park nearby. A youngish man who had become depressed had not been seen for four days. He lived alone other than with his beloved cats. He had put a pistol to his head and pulled the trigger. No-one had realized he was dead, or at-least not until they decided to check his trailer.

I don't want to even imagine how horrendous the scene must have looked, not to mention the smell as it was summer in Arizona. The trailer had been closed up for a few days and I don't even want to think about the trauma the cats must have gone through, such a waste of life.

Sadness was all around and this particular evening, I felt very strongly that I needed to go and spiritually cleanse the trailer park. When someone takes their own life, it is said to open up a gateway for negative spirits to enter the space. I needed to cleanse the area and remove all negative spirits, thus closing the gate again.

I approached his trailer and saw the spirit of the man sitting next to the trailer on a log, he looked at me with regret and said *'I didn't mean to do it' 'I didn't mean to pull the trigger so hard'*. There was not a lot I could say to him, I told him he needed to follow the light and with that, he was gone.

I burnt some herbs and cleansed around the trailer leaving some burning herbs on a tree stump close by, I continued to walk around the park praying and cleansing the area from all unwanted energies.

It wasn't until I reached the creek at the other side of the park that I could feel a really negative spirit. I had been standing facing the creek listening to the song of the water as I often did, when I felt the presence of the spirit behind me. I could feel that the spirit wanted to push me over the edge, into the creek to harm me. I turned around to face him and told him to follow the light, he was reluctant, but with that he was gone.

This is why suicide is not a good way out, it creates so much negativity for those left behind and in the vicinity.

I continued on until I felt the park cleansing was complete and that the park was free of negative spirits. Then I went on my way.

Bad Energy

It was a dark winter night, it had been a long day and I was drying my hair in front of the bedroom window as I would normally do, when suddenly I could feel that a man had suddenly entered the bedroom, a spirit, and not a nice spirit.

I continued on with drying my hair to see or feel what he was going to do. Suddenly I could feel that he had a piece of wire (not physically) wrapped around both hands leaving a couple of feet between them, I could feel that he wanted to throw it around my neck and pull it tight. I quickly spun around to face him, he was a very mean man and the vehemence he held towards women was very strong. I ordered him to leave, he was gone in seconds.

On reflection I felt he was connected to the neighbour's house. I cleansed our house and placed a protection around it, something I had not yet done as we had only just moved in.

From that evening, I was aware that he stood outside the neighbour's house at night looking up through our window with that same vehemence. The energy from him was so strong, even I felt like moving away from the window, away from his stare. It felt as if he was aiming something at me and that if I stayed there it would come straight through the window. He had to go.

The energy this man or spirit gave off was so strong that even the dog would not go all the way up the road at night, he would just stop and look ahead as if he was looking at something or someone.

It was time to remove him, time to send him to the light. I collected the things that I felt I needed to cleanse the area and in the evening, which is the only time he came around I set out in prayer and with protection.

As soon as I had walked a few steps towards the neighbour's house he was there, right in front of me, challenging me. I knew I needed to stay strong and centred as I knew I could not trust him. He looked me straight in the eye and said *"You can't make me go"* and with

that, I told him to follow the light, he wasn't welcome there anymore. He hesitated, but he knew I meant it, I told him again and with that he was gone. I cleansed the whole area whilst praying over it using salt where necessary for protection.

He knew he would have to go, I felt he had been there for years and he was probably the reason why the neighbour's house had never sold.

After the clearing, the dog was happy to go up and down the road, he came with me when I went to perform the clearing. It was as if he knew that I was going to remove the spirit. After that, there was no bad energy around the house, and I was able to go back to standing in front of the window at night.

Find My Son

It was a usual cruise, going between Sydney Harbour and the South Pacific Islands, I had had my usual day massaging. In the evenings it was nice to be on deck or hang out with friends, this evening, I felt I wanted to stay in my cabin, to connect with spirit.

It was getting late, I needed to be up early the next day, so I put down my pen which was always busy writing in my diary and went to sleep.

I never locked my cabin door as there were a couple of crew members that I used to do healing with, so they knew that my door was always open.

I was fast asleep when I started to sense a presence of someone, a man in my room, it was a heavy presence and strong enough to awake me from a deep sleep. I looked around and realized no-one was there. I went back to sleep and the same feeling awoke me again. Feeling a bit uneasy with such a strong presence, I locked my door and went back to sleep.

Then it happened, this time the presence was so strong I sat bolt upright and remembering that the door was locked, I realized I was in the presence of a spirit. I grabbed my pen and paper as I knew that I was about to receive a message.

The spirit was of a tall man, in his 40's, he had worked on ships and died suddenly and unexpectedly of a heart attack leaving behind his wife and children.

I asked him what he wanted, he said *'find my son, he is on this ship, tell him to let me go, he is keeping me earth-bound, tell him I love him.'*

With that the spirit was gone. I was left wondering how on earth I was supposed to find his son, I didn't know whether that was a crew member or a passenger. That is all I was left with.

The next morning the message weighed heavily on my mind, I prayed to Spirit, asking for help in finding this man.

We were at the end of the cruise, it was the evening before passengers disembarked and I was aware that if I didn't find him tonight, and he was a passenger, then it would be too late.

I spent some time wandering around the ship walking in passenger areas, walking around the decks in hope that if he was a passenger, I would be drawn to him or him to me, but nothing happened.

It was getting late so I decided to call it a day and go to my cabin to write in my diary as I quite often did, with the door wide open so people felt they could drop in. I finished my entry and got up to close the door just as one of the firemen went by.

He always used to say *hi* but this time he stopped, so I made conversation with him asking him where he was from and whether he had brothers and sisters. Slowly but surely I started to feel that he was the son.

I asked him about his dad and if his dad used to work on ships, he said 'yes' and I said, '*he died of a heart attack didn't he?*' He looked so shocked, once again, I had been led to the right person.

I invited him in and explained to him that I had a message from his dad. He said he was a devoted Catholic and found it hard to believe that I had a message from a dead person.

I went on to describe what his dad had said to me, and told him the message, his eyes welled up as he went on to tell me and show me that he wore his dad's ring on a chain around his neck, and how much he missed his dad.

He said he was only 11 years old at the time and it broke his heart when his dad died. He was now in his twenties, a young man with so much to offer and so full of grief.

He went on to ask me how to let his dad go, so we talked a little about how to release him.

It was now the early hours of the morning, the crew member still wasn't sure whether *letting dad go* was going to make a difference so he decided that he would try it in the morning and let me know how it went.

I was happy with that, at the end of the day, I had done as I had been asked; I had found the son and delivered the message.

The next day I saw the young man and he didn't need to tell me that he had followed my suggestions, I could see he had received a release, he was smiling, his eyes were sparkling and he had a lightness around him, around his spirit.

Nevertheless, he told me that he had done as I suggested and that he couldn't believe the difference it had made to him and how much lighter and happier he felt. He couldn't thank me enough and went on his way.

I saw him a few times after that, but that was the only time we had a real talk.

Forgive Yourself

I was in Sedona – Arizona. I had a man lying face down on my massage couch. He had been suffering with severe back pain for several years, he had seen doctors, surgeons, specialists, but no-one could find anything wrong with him. All that they knew was that it was getting worse and soon, he would be in a wheelchair.

I started the massage as I usually did with relaxing music playing in the background and working on the lower limbs. Knowing that he suffered great pain I took care to give him a deep but gentle massage. I worked on his back for quite a while and moved as I always did up towards his head to do some healing.

I placed my hands on his head, closed my eyes and allowed energy to flow through me. After a couple of minutes I opened my eyes and to the right of me, or the left of him, I could see a little girl, she looked about 2 years old, with blonde curly hair and a beautiful face.

It seemed a little odd at that moment so I continued on, just to be told by Spirit that I needed to ask him who this little girl was. I resisted as I thought he might think I was crazy!! But in the end, after being nagged to ask him I did.

I am so glad I followed Spirit. He went on to say that that was his little girl, he was a truck driver and was getting ready to leave for another journey. His wife and little girl were outside ready to say goodbye to him, but unbeknown to them both, whilst they were saying their goodbyes the little girl had gone around to the front of the truck and sat down in front of the wheel.

They did not realize this until it was too late, as the engine roared, the large wheels of the truck slowly edged forward and crushed her; she was dead.

It had been the worse time of his life, he had been carrying around so much grief, so much guilt feelings, blaming himself and feeling that he had killed his little girl. All these negative emotions, all this

emotional pain was taking its toll on him, this guilt had been slowly creeping up his spine causing pain and was slowly crippling him. He really needed to forgive himself.

I talked to him about forgiveness and reassured him that it wasn't his fault, we looked at that perhaps we all have a designated time on this earth, and that something will remove us all one day.

I stayed with him awhile while he talked some more and we talked about his feelings. He was pretty taken back by the fact that I could see her and describe her but that was the evidence he needed to know that I was telling the truth. It was then that he knew he needed to forgive himself in order to be able to walk properly again, pain free.

He got up off the couch, and to his amazement, he actually said "*I know longer have any pain*". He was quite surprised about this and began to move around and do the things that he knew he couldn't normally do. To his amazement, he could do them. He was healed, he had found the key to unlock the door to his healing process.

I continued to offer him advice on how to remain healed and he recognized that it was his grief and guilt that was crippling him.

He left a changed man that day, a healed man and that was the only time I ever saw him.

Let Me Go

It was a usual day in Port, most of the passengers had got off the ship to enjoy tours and the freedom to wander around so the salon was quiet. A beauty therapist had asked for some healing, she had been feeling quite down, her fiancé had died in an accident several years ago. She still wore the engagement ring, she had never had another boyfriend and was reluctant to move on in her life.

She lay down on the couch whilst I sat at the head, I lay my hands on her head and almost instantly her boyfriend not only appeared, but spoke. It was an unpleasant feeling, as I felt he was going to use my body or at least my voice and I could hear the strain in his voice as he uttered the words through me – *“Let me go....You are keeping me earth bound.....You are holding me back”*

The voice felt and sounded distorted which was quite freaky. As I spoke the words to her the tall barricade that she had built around her heart began to crumble, as it crumbled, it opened up the way for the reservoir of tears to come tumbling down. She was finally finding a release, finally she was able to *let go* and open up the way for herself to move on.

This wasn't the end of her healing, not by a long way, it was merely the beginning, she had a long way to go, but now she had released her fiancé, she had created a space for healing to commence.

Not only was this the beginning of her freedom but his too.

Little Spirit Girl

I was sitting at my desk in my cabin when I was aware that out of the corner of my eye I could see a little girl, I looked, but she was gone. I continued writing and became aware again that she was standing behind me but to the side. I slowly looked again, but again she was gone.

She looked a shy little girl with shoulder length hair and a nice face, I continued writing. Once again, she came back, but this time I didn't turn my head, I could just see her out of the corner of my eye.

I spoke to her, telling her that she doesn't need to be afraid and that I won't hurt her. She replied "*you can see me*", "yes" I replied. It seemed to make her feel more relaxed so I turned towards her and this time she stayed.

We looked at each other for a few seconds and then I asked her what she was doing there. She replied, "*I am looking for my family, we were all on a ship and it sank*". The feeling I had was that they were all dead so I told her "*you will not find your family here, you must follow the light otherwise you may become earth-bound*" She disappeared.

The next day I was busy doing my massage when she re-appeared, she stood there smiling at me. Now feeling very relaxed with me, she watched me working and then when I began to do some healing, she put her hands on the passenger I was healing and helped.

Her little hands looked so sweet, she must have only been about eight or nine. She closed her eyes and participated in the healing. I reminded her that she needed to follow the light and with that, she disappeared and I never saw her again.

Release

Mark was a young easy going man who had had many challenges in his life, challenges with his family, friends and his work life. Mark had a brother that he was especially close too, someone that he looked up too and admired a lot, despite his brother's self-created difficulties.

One day Mark was informed that his brother was dead, an accidental death so they say, this had a major impact on Mark as the only person he looked up too was now gone.

Time went on and Mark found himself thinking and feeling much the same as his brother had felt, very lonely, insignificant and as if the world could not accept him as he was. Such feelings were leading him deeper into depression and deeper into the habits that his brother had been caught up in causing a negative cycle of self-destruction.

When Mark came to me, he felt he had nowhere else to go, the medication hadn't really helped, the support with his habits was not really working and he felt that all was lost and the only way out was to join his brother.

As I started to work on Mark, I could feel that his brother was with us, he was there in the room. The connection between them was so strong; I asked his brother if there was anything that he wanted to say to Mark, and there was, so I relayed the message to Mark.

The message was about getting on with life and letting him go. I also asked Mark if there was anything he would like to say to his brother, there was; so Mark spent quite a few minutes talking to his brother, telling him how much he had looked up to him and how much he missed him.

They had quite an intimate time together but they both knew that it was time to say 'Good-Bye'.

When the time felt right, I guided Mark to say his farewells and explained to them both that there were spirit beings, helpers, waiting to take his brother to the light.

As I watched, a bright light appeared and the brother started to ascend with the beings, I could see that the brother was looking back at Mark but I wasn't sure why. Suddenly, Mark started to feel that there was a cord that was attached between him and his brother at the third Chakra (solar plexus area); and the higher his brother went the more Mark started to feel as if the cord was pulling him up off the couch.

They still hadn't let each other go, even though they had both said their goodbyes. I quickly cut the cord that was keeping the brothers connected and Mark suddenly felt as if his whole back had suddenly come back down onto the couch.

The connection was broken, Mark was now able to look and see his brother as he ascended with the spirit beings to the light.

Mark came for a couple more sessions after that, but his feelings of being lonely and insignificant had gone, he was once again starting to feel like his own self and starting to look forward to the rest of his life in the knowledge that his brother was safe.

He no longer felt that he wanted to die to be with his brother and consequently came off his medication and started to get on with the rest of his life.

Releasing Grief

It was a few weeks before I was due to go to my first ship, I was doing normal things around the house when I had a vision. It was of myself standing at the back of the ship with an older gentleman, he had gone on the cruise to scatter the ashes of his late wife. It was quite a strange experience as I had never been on a ship before, yet it all looked so real.

Several weeks into the cruise, I had completely forgotten about the vision, I was busy going about my usual day which was full of passengers wanting a massage. An older gentleman came for his half hour back massage, which wasn't unusual, a lot of older people came on the cruise.

As the music played softly in the background and the ship gently rolled back and forth, I poured a little oil which I had made up myself, into my hands and gently rubbed my hands together to warm the oil.

As I gently laid my hands upon his back I was suddenly struck with grief, I knew it wasn't my grief, it was his. With tears rolling down my cheeks (from his grief) I said to him *"What is all this grief?"* But before he had a chance to answer, I remembered the vision and said to him: *"I know why you are here, your wife has died and you are here to scatter her ashes"*.

He swung his head around in disbelief, complete shock, *"how do you know that?"* he said; I replied *"I had a vision of you before I came to ship, I didn't know what you looked like, but I knew why you were going to be here"*.

By this time, the man was completely in tears, sobbing on my shoulder, he used to come on cruises with his wife, but now she had died he wasn't going to come anymore. He wanted to come one last time, in memory of her and scatter her ashes at sea.

The turmoil leading up to him coming had made him leave the ashes at home, but what I felt to offer him was that at sunset, that

day, we would meet at the back of the ship and we would offer a prayer and say farewell to her in order to assist him in letting her go. As he did not have her ashes, I felt to use a glass of water to symbolize the ashes and the letting go of that special person in his life, for her, a returning home.

We met just before sunset, it was a beautiful evening, the sky was still blue, the orange from the sun was painting a beautiful picture on the horizon and we spent a few quiet minutes before we commenced the goodbyes.

When the time seemed right, I said a few words for her and he said his goodbyes and with a few more words and a blessing, we poured the water over board to release not only her, but also all the grief.

It was a lovely way to let her go and for him to start the healing process.

There was a passenger entertainment night that night, and he had written a poem about his wife which he was going to read out on stage. He desperately wanted me to be there, but I didn't make it. It wasn't going to be until very late and I was completely drained from sharing some of his grief. Once in my cabin, and after releasing the remainder of grief that I was carrying for him, I sank into a very deep sleep of which I did not wake up until the next morning.

I saw him briefly the next morning as it was time for the passengers to disembark, I had gone to look for him to make sure he was ok. He was easy to find as he was tall and well dressed in country and western style clothes and boots, he even had the country and western style hat, all of which he wore with confidence and pride.

He had missed me being at the entertainment night but understood. I had a final chat with him and reminded him that he does have reasons to keep going. That was the last time I saw or heard from him until.....

It was 2001, I was in Australia visiting and I had this feeling I needed to go and see, not necessarily a psychic but someone who was in touch with the other side, but I wanted someone who was following a North American Indian path.

An old friend knew who I needed to see. I bought some gifts to leave for her as an offering rather than money and as soon as she saw me she said: *“I have this older gentleman here, he just wants to say hello”* at first I didn’t know who he was, but then she said: *“he’s dressed in country and western clothes, he has a big hat, he’s showing me his belt with horses on it”*.

I left there with a big smile and a deep sense of peace. I didn’t know what had happened to him, I didn’t know if his time was up or whether he had ended his life, but what I did know was he was still filled with appreciation for what I had done for him.

That blessed me no-end.

Removing the Stake

It was late in the afternoon, Maria had come to see me because life had become too overwhelming. Her constant tiredness and weariness coupled with the hurts of the past and present were all taking their toll on her.

I spent some time assessing Maria's needs, or at least trying too, there was so much going on for her and in her, she was all over the place, flitting from one thing to another, it was hard to keep up with her.

After about 20 minutes, I asked her to lay on the couch, I could feel her apprehension, but I could also feel her hope that this session would bring some release to what was becoming a never ending life of pain.

I performed my usual ceremony and asked Spirit to be with us, I followed my usual routine and tracked along her body and once I was sure which Chakras were compromised I commenced the cleansing.

As Maria started to relax, the pressures of life started to fall away, the relief which this was bringing also made a way for her to release some of the hurts of the past and present.

Tears slowly began to fall down her cheeks as quiet sobs came from the depth of her heart, she was finally finding some release, release from all the hurts, the let downs, the disappointments, relief from the accusations and abandonment. So much pain and heartache in such a small body. Where she had gained the strength from to keep going only she knows, many would already have given up, but not Maria, she had an inner strength that kept her hanging in there, she had someone and something to keep going for.

The healing had been going on for nearly an hour now, I had cleansed all that I had seen, but yet, I felt very strongly that there was a crystallization somewhere that I had not found.

I asked Spirit for help, to be shown where the issue lay, but I was told that she needed to find it herself as part of her healing.

Crystallization of negative energy can happen when the negative energy has been in the Luminous Energy Field for a long time. The energy can take a form, but the form is only metaphorically speaking it is not literal.

I asked Maria how she was feeling and she said while sobbing, that she felt she had a stake sticking in her, this was the information I was looking for.

I asked her to show me where the stake was, I followed her hands to her diaphragm area, I carefully felt around the crystallization and took hold of what she felt to be a stake. After loosening it off, I pulled it from her, you could see the relief on her face. I continued to work on the area bringing healing, until what had felt like a hole, closed up and was just feeling like a bruise.

I completed the remainder of the healing and allowed Maria time to process what had happened, it was a huge healing that she had been through and the look of relief on her face was noticeable.

Something that had been affecting her for a very long time had gone, it was now lifted and she knew it.

For the first time in a long time, Maria felt she was taller, the load had been so heavy she had felt quite short, now she was able to hold her head up high and walk tall.

Maria left a different person that day, a much lighter person. She came back for several more sessions after that and went from strength to strength.

Sarah's Healing

It was 4:20pm my time, I had just scheduled a healing session for mid-week, but the healing wasn't going to wait that long: I felt to start the session now.

I journeyed to a place far away and entered into the Tipi with Sarah, the log fire was burning and the sweet pungent smell of sweet grass was filling the air, she lay on her back on the couch that had been prepared for her. She looked quite relaxed and as she lay back, and closed her eyes, her soft fair hair fell back off her face. The healing had commenced.

As I stood beside her at her left side I could see that there were many *red areas or lumps* running down from her left inner arm down her side and towards her hip. I lifted up the scalpel under the direction of my spirit physician and I began to cut away the red areas. As I began to cut I realized they were all interconnected. It was like cutting away seaweed, lumps all joined together by interconnecting fibres. As I cut the red areas out, the connecting network easily pulled away from her body. This network went all the way down to her hip and into her groin.

After removing all the red areas, it was now looking like a very open and raw wound. I was guided to another nodule or red area, just under the upper body which I had missed, hidden from view because of her lying on her back. After carefully removing it, I was given a jug of what looked like water to pour over the open wounds.

As the water or liquid touched the open wounds, it was like cold water hitting something hot, it was like steam coming up from the wounds, but without any sound. As the steam or mist settled, I could see that it had sealed all the open wounds, it had formed a transparent skin type covering, offering protection.

Following this, I placed a clear quartz crystal upon her third eye whilst I placed my hands on her left wrist. Energy was channelled upwards towards her body, I then placed my left hand on her groin, pointing up towards the body; energy was now travelling in both

directions through my hands and into Sarah. As the energy met in the middle, it looked like fork lightening as both streams of energy clashed, revitalizing the areas bringing healing.

Sarah was now beginning to sweat, the log fire was burning brightly, and the now potent smell of burning sage was filling the air. I smudged her entire body with the burning sage, using a feather to fan the healing smoke around her.

Sarah continued to perspire, her body now starting to gently shake; she was going through a massive healing. It wasn't long before she began to vomit, at first she was bringing up a large black mass which seemed difficult for her to get out so I pulled the rest of it out. This was followed by a thick green substance, I gave her sips of fluids, this enabled her body to continue to purge, she vomited again and again, this time it was a lot clearer and frothy, I continued to offer her sips of fluid until all vomiting had subsided.

She lay there sweating, gently shaking, I wrapped her up in skins to keep her warm and enable her body to sweat out all that it did not want, by this time she was falling asleep, into a deep sleep. I placed an amethyst in her left hand, a rose quartz in her right hand, I left the clear quartz on her forehead and placed obsidian at her feet.

The fire was topped up and the sage continued to burn as Sarah went through the remainder of her healing. I sat crossed legged on a skin beside her, gently rocking backwards and forwards as I quietly chanted a song.

The air was thick and heavy, yet filled with peace and a sense of a miracle, Sarah quietly slept.

Some hours later.....

Much time had passed, it was now dark outside and peace filled the air, Sarah had stopped perspiring, but her hair was drenched with perspiration that was now beginning to dry from the heat of the log fire.

Slowly she started to come back from where ever she had been, I sensed that where ever her journey had taken her, it was to re-claim lost parts of her soul. As she became more alert, I helped her to sit up a little, as she was still quite weak. She managed to slowly have a few mouthfuls of broth which would help to give her some strength back.

Silence filled the Tipi, there was no need to speak, what was done was done, there was no point trying to explain it away with words that fall short of all miracles. It isn't what you can explain that is always important, but what you experience, especially when the experience is beyond our language and understanding.

Time passed, it was time for Sarah to leave, I helped her off the couch and out into the bright night, where the darkness of the sky had fallen over the landscape, the stars shone in all their glory and the whisper of the wind could be heard rustling through the trees.

It was done, she had received her healing; she had re-claimed the lost parts of her soul.

I sat a while longer and bathed in the warmth of the fire and the serenity that filled the Tipi.....when the time was right, and when instructed to do so by Spirit, I returned, I journeyed back.

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