

POSITIVELY SPEAKING

a psychic newsletter with a positive message

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MY GHOST STORY

BY MARK NELSON



I saw my first ghost on a late autumn night in Brielle, New Jersey. Unlike in the movies, where the music menacingly peaks, people scream, children run, and furniture flies around the room, my experience was not disturbing or horrifying.

Don't be mistaken. My heart and mind were racing, and I was completely startled once I realized what I was seeing. And, in a way, I asked to be visited.

It started a reading at my cousin's home.

My wife, Barbara, and I, and our daughter took a trip to visit my New Jersey relatives for Thanksgiving. We decided to stay with my cousin Kathy and her husband, Perry. Their home had been built in the early 70s by Perry's parents. While Perry's father passed many years before, his mother died just a few years ago—in their home. It was during our stay at their home that my cousin Kathy asked for a reading.

As soon as we sat down together, her Mother-in-law, Alice, came through with numerous details about the home, the loving care she had received before she passed, and more. One of the first things she mentioned was that Kathy and Perry had "covered up all the green." Kathy explained that the home's exterior had been painted apple green, but they had simply covered

it over with a tan colored siding. Alice also thanked Kathy for the curtains in her room. Before her passing, Kathy had taken the material from the curtains, cut them shorter, and re-sewed them for a more contemporary style. Name also told me that she was unable to speak during the last weeks of her life, which was true. Plus, Name told me that Kathy had kept her father Maurice's golf clubs in the garage. That was surprising, because Maurice had died about 20 years ago, and Kathy was not a golfer.

By conveying these seemingly small details, Alice made it clear that it was she who was speaking. She then asked me to send messages of love, and guidance regarding a health issue. That's what she would have done in life, and now she was doing it from the other side. Normally, at the end of the reading, my client goes home, the spirits depart and that's the end of it. But, not tonight. I was staying in Kathy and Perry's home, and Alice apparently wasn't done with me.

A visitor calls.

This night, the plan was that my daughter would sleep in one spare bedroom, and we would be in the other. Then a little before midnight, our daughter came in and asked

that my wife sleep with her, because she was afraid to sleep by herself. So Barbara got up to sleep with her for a while. When she didn't come back right away, I nodded off.

It was about 4:30 in the morning when I thought Barb has come back to bed. Sensing someone else was in the room with me, I sat up in the bed. At that point, I spoke to the figure at the foot of the bed, thinking it was Barb. I even began moving to the side of the bed to make room for her so that she could come back to bed. After I shifted over, I realized the figure was just standing there, and not getting into bed. I looked again, and realized that the figure was shorter than Barbara, and not entirely solid.

She looked at me. I looked at her. And suddenly, I could hear my heart pounding in my ears. It was Alice. Had to be her. And, I think she just wanted to contact me again. Bingo! Contact made. She did not speak to me in words, but her presence was very gentle and kind. I had helped her speak to her son and daughter in law, and I believe she simply wanted to thank me. Then Alice simply faded away before my eyes.

I was stunned. Not frightened, because I had just SEEN A GHOST. As a psychic, I speak to spirits, receive lots of confirming details, and often see many details and symbols. This was different. I was not on duty or prepared, so like anyone else, I was floored when I realized what had just happened.

With all the adrenalin I had flowing, sleep was not going to happen. So I jumped out of bed and traveled like a shot into the living room, where I fortunately found my cousin, Perry.

As a supervisor for the phone company, he worked a very early shift, which is why he was up so early in the morning.

After seeing Perry's deceased mother standing at the foot of the bed, small talk was not in the cards for me at this time. He was probably wondering why I was so bright-eyed and frenetic looking at this hour, so I just came out with it.

"Perry, this is going to sound a bit strange, but.... do you ever... see your Mom in the house." "Oh, you saw her," he replied rather casually.

"Uhh... yeah I did!"

"Yeah, we've seen her a few times. Are you OK?" he asked.

I nodded that I was. I had had an amazing experience. I had visual contact with one of my clients from the other side. She wasn't trying to scare me, but to just let me know again that she was there.

Have you seen a ghost?

I'm sure that we all have loved ones around us, even though we can't see them. In this case, I found Alice's presence to be reassuring. My cousin Kathy was also happy to know that her mother-in-law was still around, and apparently grateful for all her kindness.

If you have a ghost encounter and would like to include it in an upcoming newsletter, please e-mail the details to mark@positivelypsychic.com, along with your approval to publish the story.

And remember, tonight when you go to bed, don't scream if you see a shadowy figure at the foot of the bed. It could be a loving relative just dropping by to say "hello."

Apparitions are often confused with hauntings. The difference is that apparitions are "live" (intelligent consciousness) and hauntings are "recordings."

GIVING THANKS ATTRACTS MORE GOOD INTO YOUR LIFE.



Americans celebrate Thanksgiving. The Hindus in India celebrate the Festival of Onam. In Africa, it's The Festival of Yams. The Chinese have a Harvest Moon Festival and the Jews celebrate Sukkot. All around the world, people give thanks for what they have. It's not because they're just trying to be polite. They're actually trying to bring more of what they're grateful for into their lives.

It's all about the power of attraction.

Simply stated, "like attracts like." Fortunate people attract more good fortune into their lives. Paul Newman the famous actor, once said, "There's an art to being lucky."

The idea of giving thanks is a universal concept, and it makes perfect sense. But first you need to understand a few principles to appreciate why it makes sense. Let's start with the idea that everything in the universe consists of energy fields. That includes people, the dimension objects we see, and the physical world around us are made up of energy. You. Me. The computer sitting you're now using. Everything. Quantum physicists tell us that the closer you look at the solid objects in our lives, you can see at a molecular level that we are made up of energy. And this energy attracts or brings everything that we are into our

lives, including the good and the bad. One way to bring more good energy into your life is to focus on the good things in your life. The more time, thought and feelings you devote to the good things in your life, the more positive experiences you'll bring into your life.

Think about negative things, people and feelings, and you bring more of that into your life.

In a ground-breaking film, *The Secret*, professors, writers, doctors and philosophers discuss this secret, and explain that it's available to everyone who is motivated to improve their lives.

The attitude of gratitude.

Author, Lee Brower, featured in *The Secret* says, "It's important to be in an attitude of gratitude." It's also not just enough to think positive thoughts. You've got to feel good about what you have, and you'll get more of it.

Many learned people around the world understand this. That's why they do more than just saying thanks for their lives. They create festivals of gratitude and thanks to express their strong feelings of appreciation and gratitude.

Maybe they just liked the feeling. Maybe they experienced all that was possible.

This thanksgiving, be sure to express and feel your gratitude. The positive feelings you express can help you bring more happiness into your life. And we can all benefit from this.

"All that we have is the result of what we have thought." Buddha.

EVER MEET A “GUARDIAN?”

Have you or someone you've heard of, experienced a dangerous or threatening situation in which a mysterious good Samaritan steps in to help then immediately disappears when they're no longer needed? History is filled with moments like this where a person in peril gets help or guidance from an unexpected source. And yet when the rescued person goes to thank their rescuer, their guardian is nowhere to be found when official “help” arrives.

Maybe all the help we needed is a whisper or nudge.

At some point in our lives, most of us will face a dangerous situation where you must make an important decision. Then at the moment of truth, you swear that you heard a voice tell you the right way to go. And that makes all the difference?

Some might say we were protected by guardian angels or loved ones who have crossed over. The fact remains that for some reason you were not harmed because of an intervention from a helpful soul who was there to protect you.

My sister-in-law received help on the operating table.

Teri, my sister-in-law recently had an amazing experience during a surgery that almost took her life. While she was on the operating table, her kidneys stopped and her internal organs began to shut down. The doctor had said that she was dead on the table. After a furious battle to save her life, the doctors described her survival as a miracle. They were utterly shocked that they could stabilize Teri, and save her life.

Call them family or friends who have passed, they are “Good Samaritans” who guide us in the right direction.

Go see the movie, “The Guardian.”

In this film, Kevin Costner plays a Coast Guard Rescue Swimmer who is essentially a professional angel to men and women who work and travel in the waters around Alaska. Some of these hardy souls claim to have received help for guardians who were nowhere to be found when the living rescuers arrived. It was an enjoyable movie for several reasons, but most importantly to this discussion because of the appearance of illusive help.

God forbid you or I ever find ourselves in a life-threatening situation. But if you do, be sure to ask for help. Our guardians want to assist us. So why not let them?



Is this a guardian above us? Actually, it's a photo of a nebula from the NASA. But the next time, it could be someone there to protect you or me.

These things I warmly wish for you. Someone to love, some work to do, A bit o' sun, a bit o' cheer, And a guardian angel always near. An Irish Proverb