

Ask Connie— Ghostbusting!

Connie Myslik-McFadden

Dear Connie—

My family and I recently moved into an old Victorian house, which we love except for one thing. There are strange noises at night – footsteps on the stairs, doors opening and closing, and sometimes the sound of a woman crying. Every one of us has heard these noises, and when we go to investigate, no one is there. A neighbor told us that the house has a reputation for harboring a ghost, and I'm beginning to wonder if it's true. It's unsettling, and we're not sure what, if anything, to do about it. Can you help?

Sincerely, — Claire



Illustration from
The Ghost Whisperer
(TV Series, 2005–2010)

Dear Claire,

What a surprise it must have been to find your new home is already occupied! Ghosts, or Earthbound Spirits, are people who have died but have not fully transitioned beyond the earth plane. They are stuck, often because of sudden and tragic death, sometimes because they have been murdered or have murdered someone, or feel they have unfinished business on earth. They are betwixt and between.

I have personally communicated with ghosts several times and have been able to assist them in leaving the earth plane. The first time I happened to be staying at an old, rambling inn and sensed that

there was an unseen presence in the building. I asked and was told that yes, there was, and her name was Evelyn. After the innkeepers had many mysterious experiences of the ghost turning lights on and off, rearranging furniture, and opening bedroom doors, they decided to assure the spirit (who appeared occasionally in a long white gown) that they were taking care of her home and would continue to do so. For the most part, the “bumps in the night” stopped. But they knew she was still there, and knew also that a woman named Evelyn had been murdered in the inn many years earlier.

Quite spontaneously, with the owners' permission I walked slowly from room to room, trying to sense the location of the ghost. Finally, in an unrenovated section of the inn, I felt the ghost's presence.

I talked to her, using her name, and told her I recognized that she was stuck and had been for a long time. I told her that angels and her loved ones were waiting for her on the other side. I reassured her that it was OK to leave, it was time to let go and move on, into the spirit realm. As I stood there, I felt a blast of icy cold air surrounding me. I shivered. Suddenly, with a woosh, the ghost left through a window. The window rattled, and then all was quiet.

As far as I know, the spirit did not return to the inn.



Connie Myslik-McFadden, MSS, LCSW, is a psychotherapist with 30 years of experience working with individuals, couples and groups. She leads workshops and retreats, and teaches Dreamwork and Pathwork. Connie devoted 9 years to Jungian analysis, training, and supervision, after graduating from the Bryn Mawr School of Social Work. She went on to graduate from the Barbara

Brennan School of Healing, and Society of Souls, a kabbalistic school of healing. She is the author of “Gathering the Soul, a True Story of Spiritual Healing.”

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I have been asked to help release other ghosts and have been able to do so, though I have never been trained as a ghost-buster. So, if you feel you can and are willing to communicate with the spirit that is in your house, you may be able to help her. Here is how you might go about it:

- Ask first that you be surrounded by light, and that your communication with the ghost be for her and your highest good.
- Talk to the spirit quietly, as if he or she is a real, embodied person. Tell her you understand that she is probably lonely, sad, confused, and afraid, and that you would like to help her transition from the earth plane.
- Tell her what year it is, so she realizes a lot of time has passed.

- Reassure her that it safe to cross over to the other side, and that since her physical body is dead, it is important for her to continue her spiritual path in another way.
- Assure her that angels and her loved ones are waiting for her.
- Ask that she be surrounded by light, and if she is ready, helped to pass through the veil to the world of spirit.
- Wait quietly, and try to sense whether the ghost has left. If so, give thanks. If not, she may not be ready. If you still sense her presence, ask her as kindly as possible to leave you in peace.

Good luck, Claire. If you need help with this, feel free to contact me. ■

*Blessings,
— Connie*

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