

How Ghosts Teach Us the Value of an Authentic Life

As a psychic and an empath, I've interacted with ghosts or the earthbound souls of those who have died, for as long as I can remember. When I was younger they were my confidantes and my playmates. But as I got older, I found them unnerving and sometimes even frightening. I often questioned why they appeared in my life, and most often, my home.

My questions were answered when I met a shaman who helped me understand that these ghosts were haunting me because they needed help crossing over to the Other Side. He taught me how to guide them home, and soon I found there was a new dimension to my psychic gift of seeing ghosts - a deeper purpose. There was a reason why I had so many ghosts in my life; and they seemed to know this reason even before I did.

On one particular day, I found a woman in a flowered dress with short, rolled, peroxide-colored hair who had taken up residence in my guest room.

With her panic at a fever pitch, she called to me from the doorway and insisted I help her – or, rather, that I rescue her. But in the same instant, she fiercely resisted the thought of going where I wanted to guide her: into the Light.

The woman was extremely overweight, and even as she clamored for my attention she ate the etheric version of cheap, convenience store-type cupcakes and other sweets. In death as in life, she was a nervous wreck. She was afraid to feel her own feelings or have her own thoughts; and she continued her habit of suppressing her dread, doubts and desires with food.

She had lived an obediently religious life and enjoyed having the firm rules of right and wrong to guide her in her behavior and decisions. Unfortunately these rules weren't always a fit for who she truly was – and as a result, she saw herself as "imperfect."

She was terrified of what lay ahead of her in death. She assumed that no one would or could love her because of who she was and the things she had done and this is what kept her from going home. She imagined there was only punishment waiting for her – which, to her, seemed the only fitting end to a life filled with overwhelming guilt.

I started my usual process of sending her toward the Light, but she recoiled from it.

So I took a different tack, and focused instead on the compassion that emanates from that Source. Immediately, the woman sensed love and became drawn to it.

I've guided literally thousands of ghosts home over the years since my fateful meeting with the shaman. And many of those ghostly encounters with the walking dead gave me meaningful insight into how to live a better life.

This ghost woman in particular reinforced for me how easily we can become ghosts in our own lives.

She was very much like many women whom we've all known. She denied who she was for the sake of her relationships, a man, and social acceptance, which in the end, undoubtedly cost her her happiness.

This ghost woman would so deliberately and effortlessly hand over her soul for a sense of security and to make another person feel more comfortable, less threatened. But she found in the end, that this wasn't a decision that could give anyone peace or comfort. Instead, it was a decision that left her empty, resentful and afraid... afraid of herself and all that she thought that meant.

She seemed to realize that in her search for acceptance she had sacrificed the most precious gift she had, and that this sacrifice wasn't enough to give her what she wanted. And as a result, she seemed to be open to doing it differently, for her next time around.

She reminded me of all the people I've known who sat quietly on their dreams and their talents because they were too afraid of what someone else might think, and too afraid of sharing themselves and their gifts for fear of rocking the proverbial boat with their family and friends.

After I helped her to find her way home, I also thought of all the times in my early life when I kept my true psychic self deeply under wraps. Too terrified of embarrassing and alienating my deeply religious parents and too afraid of being ostracized by friends and loved ones, I suffered quietly, to my own detriment

I believe that life is the only path where we learn to bring our true selves forward. We begin by needlessly trying to insulate another from who we think

we are. And then, hopefully sooner rather than later, we learn that our truest self, is the greatest gift we can offer anyone. Our authentic self is the gift that enlightens and heals as it asks others to stretch their horizons a bit, to grow and to bring their own selves forward to meet us where we are. For as we shine our light from within, others learn to do the same.

About the Author

Melissa Van Rossum is an accomplished psychic, empath and author. Her life's work is to help people realize their dreams by finding their Divine Guidance. Their Way Home shares stories of her encounters with ghosts, who searched her out to guide them home. To learn more, visit [All You've Ever Known](#) and [Their Way Home](#).

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