

NEW BEGINNINGS
Make Friends With Your Casper-Type Ghosts
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I write this article to encourage readers who are haunted by ghosts. Ghosts, although friendly, have a way of disturbing us at times. Some folks have had traumas that make them want to block out certain periods of time. They may not remember the trauma itself, but a silent ghost that they cannot identify, disturbs them.

Others may clearly remember the trauma and have deliberately blocked it out. They know exactly what their ghost is and find it impossible to keep it buried, in spite of how hard they try.

Here are some thoughts for those who want to be free of a ghost. Most ghosts are friendly and do not intend to frighten, confuse or harm. Most ghosts are like Casper--they are friendly and want to talk to us about a problem that we need to fix. Our Casper ghost may be telling us that we stepped on a thorn when we were a child and didn't remove it. We may have limped for years without knowing why our foot was sore. Ghosts may challenge adults to go back and take compassion on their "child-self" by removing splinters, kissing ouchies, cleaning wounds and assuring the child that they are OK. It is also good to forgive ourselves for making the child feel that we abandoned them. Our abandoned child-self may be the ghost that is trying to get our attention.

A forty-year-old man had flashbacks to an incident that happened when he was six. He discovered that his "ghost" was telling him that he needed to correct an incorrect message from mother when she shamed him for playing a sexual "show and don't tell" game with a five year old girl. He thought he had become a "bad person" because he had done a childhood "no no". As an adult he realized that he was a good person who occasionally made mistakes.

A woman, as a youth, lived during WWII. Her family spent many horror-filled hours hunkered in a dark cellar under the house while they were being bombed. The steps to the cellar had a curtain at the bottom. For the remainder of her life she mentally refused to open that curtain because it represented her security against deafening noise, death and terror.

Another woman had a whispered fear that she had been sexually molested as a child. She became tense and frightened when she heard about a molested child. A counselor explained that she was not to blame and had no need to feel guilty. He encouraged her to face her past so she could find understanding and peace.

I found the following technique helpful. For several months I would prepare for sleep by inviting "young Jack" to meet me in a dream so I could get acquainted with myself as a boy. I practiced this for many nights and was richly rewarded. I dreamed that I was eleven and saw a woman verbally abusing a child. My "dream Jack" stood up boldly and told the woman to stop treating the child badly. He shouted, "She is a good child. You leave her alone."

I awoke from the dream and congratulated myself for defending the child. This reassured me that I was a good child and am a good adult. If you have extreme

problems with ghosts from your past, please seek professional assistance. If your ghosts are of the Casper type, be good to yourself and get acquainted. Forgive yourself of any normal human mistakes you have made and make peace with your past. You are most likely a worthy and likable person.