

# THE CHAKRA JOURNAL



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**IN MEMORY OF  
HOWARD B. THOMPSON, JR  
EXEMPLARY FRIEND & NEIGHBOR  
IN THIS WORLD AND IN THE NEXT...**

The spirits of two children had a presence in Howard's home; a girl and a boy. He mentioned that he often heard them rustle around on the second floor. When he looked in that area of his house he saw that nothing had been disturbed. No one was home to have caused the mysterious noises. He had several experiences where other people, who were unaware of the spirits that resided in his house, mentioned noises that originated on the second floor or had seen a flash out of the corner of their eye in that area of the house. He knew it was the spirits of the children. He enjoyed and welcomed their presence in his home.

Howard's home underwent two major renovation events. He was concerned that the spirit children would leave his home because of the renovations and he hadn't sensed their presence during the end of the second renovation. When the second renovation was almost complete, he hired a woman to clean in preparation for an inspection. That woman sensed the presence of a young boy on the second floor. Howard was delighted by the news that the spirits of the children were still in his house.



**HOWARD B. THOMPSON, JR.**

1950 – 2015



Howard welcomed people with open arms into his home and into his life. He believed in looking out for others and was always available to lend a helping hand. He encouraged others to be better men and women. He inspired many people with his consistent examples of honorable behavior.

**SURVEY QUESTION:**

**TELL ME ABOUT A TIME  
WHEN YOU EXPERIENCED  
A SPIRIT OR GHOST  
OR SOMETHING THAT MADE YOU  
BELIEVE IN SPIRITS OR GHOSTS**

**My daughter passed away about a year and a half ago. I see and feel her almost everywhere I go and in the intense energy around me. It's hard to explain and there are a lot of emotions involved. I'm happy to have that contact and connection with her, but it also brings up sorrow and grief that she's not here physically. I listen to the messages she conveys and she is still here and works through us. I sense her more through feelings than physical means, but there are times I hear a child cry, but there are no children in sight or within my range. I'm trying to spread her messages to others. The messages are mainly to follow the light, trust yourself and believe in yourself. Her messages are also about having forgiveness and compassion for those who have hurt you. Through the human experience it is hard to let go in order to forgive. She reminds us of the bigger picture involved and that we must unite as one and progress much farther as a species.**

**- Diana Smits**



**My grandmother passed when I was twenty and I knew she was leaving. She told me, in the presence of my mother and brother, that she was leaving. We were in denial and didn't want to believe that she would pass. My mother was frustrated and she didn't understand. A week or two later I was in my kitchen with my mother and I felt someone touch my elbow, but it wasn't my mother because she was across the room and not within my reach. Then I smelled my grandmother's perfume. It was a wonderful experience and it was nice to know that my grandmother was there. I was calm and had a sense of reassurance in knowing that there is not necessarily a total separation. We can still have people in our lives who have passed.**

**- Karen**

**As a medium I connect with the other side on a daily basis. Sometimes I don't always know how to interpret the messages I receive. I hear, smell, sense and see images that spirit shows me. One great example is when I was reading a woman and I connected with her dad. He gave me dates and names. The woman I was reading seemed unimpressed. All of the sudden he showed me an image that made no sense to me. He showed me Theo Huxtable from "The Cosby Show". She could not relate to that image and said "no". Next, he showed Theo standing in a field of daises. The more I saw the image the more strange it seemed. The woman began to cry. Her dad passed in a car accident and he was with his two dogs Theo and Daisy. That was her way of being told that he was with his two dogs. It made no sense to me, but she understood the message. Since then I always share whatever it is that I sense in the entire message. It may not make sense to me, but it makes sense to the person I'm reading. The lady I read for was beside herself and she hugged me. She became a true believer because of the message that was provided for her. Her dad was very accurate with the information. All she wanted to know was if he was okay and if he was with his two dogs.**

**- Rita McGlynn, Medium  
www.ritasreadings.com**

I had an exceptionally vivid dream with my deceased father and a friend that had recently passed. I never have dreams of this level of clarity and this dream made me wake up and write down everything that I saw. The dream was about taking care of my mother who is still with me now. It was a forewarning that a year or two down the road she would come down with Alzheimer's and my father wanted to make sure that I would take care of her. It was incredibly powerful because I have dreams that I don't remember when I wake up. This dream was so vivid and so clear with the imagery and the message. There was no doubt in my mind that this was a message directly from my father. It helped me prepare. He was watching out for my mother and this is what he wanted done. It took away any doubt in my mind of what needed to happen.

- Ray Acosta

My husband and I were staying overnight at my mother in laws. Everyone else had gone home. In the middle of the night around three a.m. we were sleeping on the fold-up couch in the living room and we heard the porch door open. Then we heard footsteps come across the kitchen and go to the pantry. We heard a tea cup, a saucer and a spoon. I was hysterical because I thought someone was in the house. My husband looked all around the house and all the doors were locked. There was no one in the pantry and no one outside. We walked around the whole perimeter of the house. There was no one around. It made me a believer. At first I was afraid, but it was only a walk through the house to get a tea cup and nothing else happened. It did make me believer.

- Anonymous

When I was fourteen years old my mother was in the living room watching t.v. and a storm was forming. We lived in New York City. I went over to close the window that went to the back yard area and I could see dark clouds coming. I pushed the window down and I saw an orb about eighteen inches in diameter. It moved across the bedroom and past a door that led to our kitchen. The orb moved its way toward me.

It stopped right there and hovered around at my level. I was dumbfounded. What was that thing? Part of me wanted to reach up and touch it. It looked like a soap bubble. It was blue and everything about it was like a swirl. I was getting ready to touch it and something communicated to me, "you don't want to that; don't do that". So I put my hands down and this orb moved out through the closed dining room window. The room was sort of glowing. My mother jumped out of her chair and said "what was that"? I said "I don't know". We never discussed it later that evening at dinner. No one said another word about it for years. Then many years later I just happened to mention it to my daughter, who was in her twenties. That was that. I never knew what it was or where it came from. I was not in the least bit afraid of the orb or of the experience.

- Anonymous

I was in a spiritual healing class and a group of us were learning healing techniques. It seemed to open something up for me. There was this one really wild night in particular. My son's bedroom has access to our attic. First, my son's attic door opened and slammed shut. Then, his bedroom door opened and slammed shut. A light in the hallway switched on and something went out through my kitchen door and slammed the door. My family had been asleep and my two sons and I ran into the hallway. We were like "what was that". The light switch in the hallway was turned off. All three of us could feel this presence. I contacted a psychic and she said that it was the spirit of a man that had lived near my home. His name was Calvin and he had been a worker on a potato farm near my home. He had passed on but still held onto the land. He felt our home was a safe haven to visit. We were curious. It was a time when there were a lot of things like this going on in my house. It's not an old haunted house. It's a new home, but the grounds were why the spirit was around. We didn't feel threatened. We felt like it wanted to be there in a non-threatening way.

- Anonymous



I left for India five years ago and a Swami made arrangements for me to get picked up at the airport to be taken five hours outside of Mumbai. It was a twelve or fourteen hour flight. As soon as I arrive at the airport I got my luggage, exchanged money and tried to find my driver. I immediately saw someone holding a sign with my name. As I was approaching the driver he reached into his pocket and he had received a cell phone call. He answered it and said, "yes, he is right here". The driver handed me the phone and it was the Swami who said "I see you arrived and have a safe trip." The call was at the exact moment I approached the driver.

- **Anonymous**

The entities are always around us, Spirits are around us and it's whatever you believe in, For example, some people believe in extraterrestrials, ancestors, spirit guides, ascended masters or angels. Spirits are real and come through in my readings. They come through when people need them the most. One of the biggest things that help people is being able to have contact with loved ones that have passed. They come through and bring messages. They do not necessarily bring messages that you want to hear, but they bring messages you need to hear. They are here for guidance and they are always around you. There are different realms or dimensions and many different entities come through. I work as a channel and let myself open up to the entities in order for them to come through. I help the entities to let people here know what they need to know. I don't allow negative energy to come through in a reading. I have control over what energies I let in. It's important to be able to control the energy you work with. I saw and heard a lot of things as a child. When you're a child you are open. You may have to shut down when you get a little older. You have

to be grounded to live in the physical world. Teenagers are not likely to be open to spirits unless they are really into it. As you get older your gifts can reopen because you learn to be grounded. You need to get past high school and then you find yourself coming more and more into your power. I'm a hospice nurse and help people cross over. I work as a medium.

- **Jessica**

### **On Facebook: The Silver Broom Stick**

I had just moved into a new house. It was new to me, but about fifty years old. I felt the presence of two people shortly after getting settled in. One was a chubby teenage boy with dark hair and the other was an older man who was tall, thin and nearly bald. One afternoon, I was on the phone in the dining room and at the exact moment that I mentioned to my friend that this house had no poltergeist activity, the ceiling fan began to spin. I had never turned the fan on because I was so new to the house. I got up and turned the fan switch off. I was not frightened at all. I thought that the spirit in the house wanted to let me know he was there. A few months later when I was seated in a chair, I tied my shoes and when I sat up I bumped heads with the tall thin spirit. I was not afraid. I simply knew he was there. Later a neighbor said that their descriptions matched a former owner of the house who had passed away in the house and a teenage boy that lived two doors down and had also passed away.

- **Anonymous**



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