



# Heal Your Heart

Connect with loved ones who have passed over...

By Melissa Jagst

A woman called me recently saying that her ex-boyfriend of seven years, who had passed away three weeks prior was visiting her late at night. She said that her room turned cold at times, and that she and her daughters would see his shadows on the walls. They would also hear sounds as if he were cooking or cleaning the fish tank or laughter in the room. She felt from his presence that he was angry. She wanted to know why he was angry and asked me if I could help.

When she came for her appointment, she shared the cause of his death. He had committed suicide. As she started to tell me more about his death, he “walked into the room.” When I say this, I mean that I saw him in full color, but transparent. I could see the items in the room through him, but he and his presence were clearly there. On the etheric level, he pulled out a chair from my kitchen table and sat down. He started talking right away and she asked him why he was so angry. As he answered, my body became very warm.

He said that he was not angry. He was concerned about her new boyfriend, whom he could see clearly was using her because he was seeing other women. He had cheated on her himself and felt that because she didn’t have time to heal from the relationship with him and the pain he caused, that the hurt that she was sure to experience around her new boyfriend might have serious consequences for her.

Then she asked him cryptically, “What happened to that ‘thing’?” She turned to me and said, “He knows what I’m talking about.” He replied, “She has it.” She said, “No, I don’t.” Then he admitted, “The ring is at the pawn shop.” She said, “I knew it!” Now she was angry. I then became the medium for a fight between them!

She calmed down and asked him, “Why did you kill yourself?” He had been an alcoholic, unreliable in life and had difficulty holding a job. He said, “I didn’t see a light at the end of the tunnel...I didn’t see a way out. I had so many dark demons. On earth, I did not feel capable of sharing in anyone else’s life. Now that I have passed, I am happy and at peace. I am able to be present in the lives of my loved ones – just from another perspective.”

She said, “I noticed a shift after we returned from our trip. Was it because of visiting the house? He said, “I thought it would help me heal from my childhood molestation, but it only made me feel worse.” She was shocked asked me, “How did you know that?” I told her that he told me. She knew that the only way I could have gotten that information was directly from him. I told her in detail what he looked like sitting there and then we compared what I described to the person in her picture. They were identical.

Several times she asked him to stop visiting her and to leave her and her daughters alone. He said, “If you’ll admit I’m right about your boyfriend and the situation, then I’ll leave you alone.” She said, “Ok, you’re right.” That was about two weeks ago at the time of this writing. There have been no signs of him or any of the uncomfortable things in the house that had previously been sensed.

This encounter was different from many I’ve had in the past. Usually I am connected to a person who has passed somehow through another dimension, as if there is a veil between us. I can hear them clearly, but I don’t see them and feel their presence in living color in the room with me and their loved one. I believe this spirit had possibly chosen to be earthbound and not cross over fully until he communicated what he felt was important to his ex-girlfriend. I continue to be amazed with the experiences I have with people who have crossed and the loved ones they leave behind. By having a dialogue with a loved one who has passed, things can be said that were left unsaid before the passing. A great deal of healing can occur for both beings in the process. I feel very blessed to be able to assist in this way.

*Melissa Jagst is a medium and psychic channel and is available for yes or no questions over email, detailed, one-part questions, half hour, 45-minute and one hour readings. She also has a structure for readings that go over the appointed time. Every client has the opportunity to meet with Melissa and get a sense of whether or not they feel there is a successful connection and dialogue with their loved one, the session can be terminated within 5 minutes at no charge. Call Melissa at (505) 730-1265 or email her at [angels@psychicmelissa.com](mailto:angels@psychicmelissa.com) for more information, or visit her website at [www.psychicmelissa.net](http://www.psychicmelissa.net).*

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