

On the flight home, I couldn't stop thinking about the sad, beautiful ghost. There was something different about her. Not just that she was young and pretty, but something else. Suddenly I realized what it was.

"Grandma," I said, pulling at her arm. "I think I know why the lady was so sad."

I explained how all the other spirits I saw always had a bright white Light near them. I explained, too, that whenever I told them it was time to go, they would walk toward that Light, then into the Light until I couldn't see them anymore, and they'd be gone.

"The pretty lady didn't have any Light with her," I said. "I think that was why she was so sad."

My grandmother was quiet. I knew she had listened intently, and I didn't mind that she didn't have anything to say. In fact, I can remember feeling pretty pleased with myself for figuring out what had been bothering the sad spirit.

Two weeks later, however, my grandmother called me outside at the end of the day. She told me to look toward the setting sun. Squinting, I did as I was told.

"Is the Light around the spirits as bright as that?" she asked.

"It's brighter, but it doesn't hurt my eyes," I told her.

My grandmother gestured toward the wall of the garage. "Make the Light there," she told me.

I had no idea what she was talking about. But again, the rule was, when Grandma asked me to do something, I didn't ask questions. And so I stared at the side of the garage, trying to visualize the bright glow. I can't tell you exactly how it happened, but suddenly I saw a flicker of light against the evening shadows. I willed it to become brighter, and it did.

"I did it," I said, turning to my grandmother. When I looked back at the garage, the Light was gone.

Eventually, with practice, I could make the Light appear at will, and over the years I have learned how to make it bigger, brighter, and steadier. The more I made the Light, the more I learned how to keep it present for longer periods of time, and the more I appreciated and understood the power that it held.