

After-Death Communications

~ Joyous Reunions With Deceased Loved Ones ~

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authors of *Hello From Heaven!* published by Bantam Books

In 1977 we learned about remarkable experiences that often occur after the death of a loved one. Though they have been reported throughout history, no one had ever given them a name or studied them systematically. We named these experiences "After-Death Communications." We began our research in 1988 by interviewing people who replied "Yes" to our question, "Have you been contacted by a loved one who has died?"

An after-death communication or "ADC" is a spiritual experience that takes place when a person is contacted *directly* and *spontaneously* by a family member or friend who has died. ADCs are always initiated by deceased loved ones, and no psychics, mediums, or devices are involved.

During our seven years of research, we interviewed 2,000 people and collected more than 3,300 firsthand accounts of after-death communication. The participants live in all fifty American states and the ten Canadian provinces. They range in age from children to the elderly and represent diverse social, educational, economic, occupational, and religious backgrounds. We conservatively estimate that at least 50 million Americans, or 1 out of 5 people, have had one or more ADC experiences. Recent polls suggest the actual number may exceed 100 million Americans.

Based upon our research, the following are the twelve most frequent types of after-death communication people report having with their deceased loved ones:

Sensing A Presence: This is the most common form of contact. But many people discount these experiences, thinking, "Oh, I'm just imagining this." It's a distinct *feeling* that your loved one is nearby, even though he or she can't be seen or heard. Though most often felt during the days and weeks immediately after the death, you may sense his or her presence months and even years later.

Hearing A Voice: Some people state they hear an external voice, the same as when another person is speaking to them. However, the majority of communications are by *telepathy* – you hear the voice of your relative or friend in your mind. When you have two-way communication, it is usually by telepathy. In fact, it's possible to have an entire conversation this way.

Feeling A Touch: You may feel your loved one touch you with his or her hand, or place an arm around your shoulders or back, for comfort and reassurance. You may feel a tap, a pat, a caress, a stroke, a kiss, or even a hug. These are all forms of affection, nurturing, and love.

Smelling A Fragrance: You may smell your relative's or friend's favorite cologne, after-shave lotion, or perfume. Other common aromas are: flowers (especially roses), bath powders, tobacco products, favorite foods, and his or her personal scent.

Visual Experiences: There are a wide variety of visual experiences, which we have divided into two broad categories: *partial* visual and *full* visual ADCs. Appearances range from "a transparent mist" to "absolutely solid" with many gradations in between. You may see only the head and shoulders of your relative or friend, or someone you love may make a full appearance to you, and you will see the entire body as well, which will appear completely solid. Some visual ADCs occur in the bedroom, next to or at the foot of the bed. Others may happen anywhere – indoors or outdoors – even in a car or aboard a plane. Typically he or she will be expressing love and well-being with a radiant smile. Loved ones virtually always appear *healed* and *whole* regardless of their cause of death. Verbal communication may take place, but not always.

Visions: You may see an image of a deceased loved one in a "picture" that is either two-dimensional and flat or three-dimensional like a hologram. It's like seeing a 35 mm slide or a movie suspended in the air. Visions are usually in radiant colors and may be seen externally with your eyes open or internally in your mind. Communication may occur, especially during meditation.

Twilight Experiences: These occur in the alpha state – as you're falling asleep, waking up, meditating, or praying. You may have any or all of the above types of experiences while you are in this state of consciousness.

ADC Experiences While Asleep: Sleep-state ADCs are much more vivid, intense, colorful, and real than dreams. They are very common. Both one-way and two-way communications are typical. You usually feel your loved one is with you in person – that you're having an actual visit together. These experiences are not jumbled, filled with symbols, or fragmented the way dreams are.

Sleep-state ADCs are similar to those that occur when you are wide awake. Your relative or friend can come to you more easily, however, when you are relaxed, open, and receptive, such as while you are in the alpha state or asleep.

Out-Of-Body ADCs: These take place while you are asleep or in a meditative state. They are dramatic experiences during which you leave your body and may visit your loved one at the place or level where he or she exists. These are extremely vivid, intense, and real – some say, “more real than physical life.” The environments usually contain beautiful flowers and butterflies, colorful bushes and trees, radiant lighting, and other lovely aspects of nature – and are filled with happiness, love, and joy.

Telephone Calls: These ADCs occur during sleep or when you are wide awake. You will hear a phone ringing, and if you answer it, your loved one will give you a short message. Two-way conversations are possible. His or her voice will usually be clear but may sound far away. If you are awake when the call is completed, it will seem like the line has been severed, and you will not hear a disconnect click or a dial tone.

Physical Phenomena: People who are bereaved often report receiving a wide variety of physical signs from their deceased relative or friend, such as: lights or lamps blinking on and off; lights, radios, televisions, stereos, and mechanical objects being turned on; photographs, pictures, and various other items being turned over or moved; and a long list of “things that go bump in the night.”

deceased teenage boys — things off — things go on (things off position)

particular song at particular time

Symbolic ADCs: People frequently ask a Higher Power, the universe, or their deceased loved one for a sign that he or she still exists. Many receive such a sign, though it may take some time to arrive. Occasionally these signs are so subtle they may be missed, or they may be discounted as mere “coincidences.” Common signs include: butterflies, rainbows, many species of birds and animals, flowers, as well as numerous kinds of inanimate objects such as coins, feathers, and pictures.

*Burthen Son
Sister moon*

*humor
plaid shirts, furniture*

Pet ADC

According to our research, the purpose of these visits and signs by those who have died is to offer *comfort*, *reassurance*, and *hope* to their parents, spouse, siblings, children, grandchildren, other family members, and friends. They want you to know they're still alive and that you'll be reunited with them when it's your time to leave this physical life on earth – and they'll be there to greet you when you make your transition. Their most frequent messages, expressed verbally or non-verbally, include:

someone interpenetrated — very brief merges.

"I'm okay ... I'm fine ... Everything is okay ... Don't worry about me ...
Don't grieve for me ... Please let me go ... I'm happy ... Everything will be all right ...
Go on with your life ... Please forgive ... Thank you ... I'll always be there for you ...
I'm watching over you ... I'll see you again ... I love you ... Good-bye ..."

Almost all after-death communications provide comfort, hope, and healing, especially to those who are grieving or afraid of death. Most reduce the intensity of the experiencer's grief and shorten the duration of his or her bereavement.

Unfortunately, some people react with fear when they have an ADC. This is usually because they are startled by the suddenness of the event, or they may have never heard of one happening to anybody else. Such people may assume they are "losing their mind" or "going crazy." Others find it difficult to reconcile the possibility of after-death communication with their philosophical or religious beliefs. We encourage you to trust your own experiences and to accept them as being real for you.

Are ADC experiences authentic contacts by deceased loved ones or merely "grief-induced hallucinations" based upon wish fulfillment, imagination, magical thinking, fantasies, or memories? Many of the people we interviewed reported having an ADC *before* they learned of their loved one's sudden or unexpected death, and therefore, they would not have been grieving at the time. Others have had an ADC 5, 10, 20, 30 or more years after the death, and presumably by then they were no longer bereaved. Many experiences are "evidential" because they revealed specific information the people did not know – and could not have known – before their ADCs occurred. In other cases, a person's life was literally protected or even saved by an ADC, including some who were planning to commit suicide. Occasionally, two or more people were together at the same place and time when they *shared* an ADC experience.

Our research indicates that after-death communications are so prevalent, they could be regarded as a natural and normal part of life. We believe ADCs deserve the same public attention and awareness that near-death experiences (NDEs) have been receiving for 24 years.

After-death communication experiences provide convincing, modern-day evidence of life after death. They confirm that when our body dies, we simply make a transition from this physical world to a continuing existence in a spiritual realm. There we can expect to have joyous reunions with our deceased relatives and friends, who can and do communicate with us now. ADCs consistently affirm an essential spiritual message: **"Life and love are eternal."**

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