

After Death Experiences

The daughter of a friend of mine was killed in an auto crash. Some time later, in one of our telephone conversations she hesitantly told me that her surviving son had “a vision” of his sister. I could tell by the way she was telling the story that she wasn’t sure just how I would react. She told me her son is an intelligent and stable person and wouldn’t make up something like this. I could almost hear the relief in her voice when I told her that his experience is not an unusual one; a large number of grieving people report similar experiences.

Actually, nearly half of the grieving population questioned have had a sensory experience that involved their deceased loved one. They reported seeing, hearing or strongly feeling their loved one’s presence. Others reported an event or occurrence that assured them that their loved one was safe and happy.

Bill and Judy Guggenheim of Orlando, Florida, have studied this phenomena. They call the experience After-Death communications (ADC). They have interviewed people from diverse social, economic, educational and religious backgrounds. The following are just a few of the ADC experiences bereaved families reported having:

Sensing The Presence: This is the most common form of contact. It’s a distinct feeling that the deceased person is nearby, even though he can’t be seen or heard.

Hearing a Voice: Some people hear an external voice, just as if the loved one is talking to them.

Feeling a touch: One may feel that the deceased is touching them, or they may feel a tap, a pat, a caress, a kiss, or even a hug. The grieving person may smell the loved one’s favorite after-shave or perfume, or an odor associated with him.

A wide range of visual experiences are had. Appearances range from “a transparent mist” to absolutely solid,” with many gradations in between. The upper part of the love’s body or the entire body may be seen. While they can happen anywhere, indoors or outdoors, many of these experiences occur in the bedroom, next to or at the foot of the bed. The loved one will usually appear healed and whole. Verbal communication may take place at the same time, but not always.

These occur in the “alpha state”, while falling asleep, waking up, meditating, or praying. Any or all of the

above experiences may be had while in this state of consciousness.

Common symbolic signs involve rainbows, butterflies, birds and animals, flowers and other animate and inanimate objects. According to the Guggenheims these visits by deceased loved ones are to offer comfort, reassurance and hope to their family members. It seems that they want their families to know that they’re still alive, and that they’ll be with them in the after life.

Various theories attempt to explain this phenomenon, but none are conclusive. For those of us who have had these experiences, the only important conclusion we need is that the experience was very real and very meaningful to us.

You may be able to explain the presence of a purple butterfly that hovered for a long time over the grave of my three-year -old granddaughter one sunny afternoon, but for me it was a message from Emily saying: “Gramma, I’m okay.” Coincidence might explain it, but it was certainly significant for me considering that purple is a color I wear often and butterflies are one of my favorite things.

These experiences may be hallucinations or coincidences, or real happenings, as the Guggenheims say. I don’t know. Not all bereaved parents or bereaved people have an experience such as these, but evidently many do. I personally have had no contact of any kind from Arthur, but I believe that the butterfly experience was from Emily.

There doesn’t appear to be a reason why some bereaved people have ADCs and other don’t, but fear, prolonged heavy grief, and anger seem to inhibit the possibility of having ADCs. The Guggenheims suggest that you pray and ask for a sign that your love continues to exist. Learn how to meditate, to relax, and try to soften any fear and anger you may have.

Bill and Judy Guggenheim have been studying the ADC phenomenon since the mid 1980s. They say: “Our research indicates that ADCs could be perceived as a normal and natural part of life. For many people, an after-death communication from their deceased loved one is considered a sacred and profound experience to be cherished for a lifetime! ADCs usually expand one’s understanding of life, and offer a spiritual awareness of ‘life after death.’ They consistently deliver one message: ‘LOVE IS ETERNAL.’”

If you have had an After-Death
Communication experience
and you would like to share it with Bill and Judy, or if
you
want more information on ADCs, you may write them
at P.O. Box
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