

The Fun of Staying in Touch

How Our Loved Ones Contact Us
and How We Can Contact Them

Roberta Grimes

Copyright © 2014 Roberta Grimes

You may make copies of this text for any purpose that helps you or humankind develop spiritually. Don't charge money for anything in this book. Give it away freely. Please put the name of the book, its copyright, and the series website (www.FunofDying.com) on the first page of any copies you make so people can keep in contact with us as we add to the knowledge we're trying to bring to humankind.

Otherwise, no part of this book may be reproduced in any written, electronic, photocopying or other copy media without written permission of the publisher or author. The exception is in the case of brief quotations embodied in critical articles or reviews and pages where permission is specifically granted by the publisher or author.

ISBN 9781500843427

Greater Reality Publications
23 Payne Place
Normal, IL 61761
www.greaterreality.com
800 690-4232
bookorders@greaterreality.com

Contact the Author: www.robtagrimes.com

By the Author

Nonfiction

The Fun of Dying—Find Out What Really Happens Next!

The Fun of Staying in Touch

The Fun of Growing Forever (2017)

Fiction

My Thomas

Rich and Famous

Letter from Freedom

Letter from Money

Letter from Wonder

**This book is gratefully dedicated
to each of the thousands of unsung scholars
whose wonderful work made it possible.**

Acknowledgements

Most of the research now being done in the field of evidential afterlife communication is in the hands of a few dedicated people. Foremost among the living members of this group are two dear friends and mentors: R. Craig Hogan, Ph.D., of the Center for Spiritual Understanding in Normal, Illinois, and Gary E. Schwartz, Ph.D., of the University of Arizona in Tucson. My hope is that bringing their work and the work of others to your attention will help to hasten the day when fear and sadness are no more.

Contents

Foreword	v
Introduction	1
Why Is Communication Between the Dead and the Living So Difficult?	9

HOW THE DEAD CONTACT US

Physical Signs	25
Electricity, Scents, Sounds, Thoughts	35
Coincidences, Synchronicities, Numbers, Dreams	47
Light, Visions, and Manifestations	57

HOW WE CAN COMMUNICATE WITH THE DEAD

Mediums.....	69
Ancient Methods.....	83
Induced Communications	91
Electronics	97
What's Next?.....	105

APPENDICES

Appendix I: Brief Suggested Guide.....	115
Appendix II: References List	117
Appendix III: Listening to Jesus.....	145
Appendix IV: Experiences of Light	165

Foreword

Gary E. Schwartz, Ph.D.

The Fun of Staying in Touch is a beautifully written treasure of personal stories, historical information, humor, and wisdom about staying in touch. Some of what Roberta Grimes writes has been scientifically documented, some is based upon carefully researched historical accounts, and some is her own amazing experiences. It is in the nature of our after-death communications that they are personal and anecdotal. But the fact that the dead survive has been well established, including through extensive documentation in my own laboratory, and each of the kinds of signs that Grimes describes has been repeatedly reported.

As you will find as you read this delightful book, it really can be fun to stay in touch with those “on the other side.” I first learned this lesson from my dear friend Susy Smith, both before and after she “crossed over.” When I first met Susy she was 85 years old. She quickly became a mentor and an inspiration for me, fondly calling me her “illegitimate grandson.” Susy told me she had developed the capacity to communicate with her deceased mother, Elizabeth, and that communication had continued almost nightly for more than 40 years. She was happily staying in touch, just as this book suggests. Susy also believed that she had developed a close professional and personal relationship with Professor William James, M.D., of Harvard University, a relationship that had begun decades after he had physically died. Professor James had been an internationally recognized scholar in experimental psychology, which included pioneering research on life after death. Amazingly, long

before I met Susy she had written two books in collaboration with what she claimed was Professor James's spirit, the first of which, *The Book of James*, had been a best-seller in the 1970s.

As a serious academic scientist with a Ph.D. from Harvard University and on the faculties of Harvard, Yale, and now the University of Arizona, I couldn't take Susy's claims at face value. But I was intrigued, so I conducted controlled research with Susy and with a number of other mediums that provided overwhelming evidence that the mediums were indeed in contact with the dead. We established that staying in touch after death is possible, as I revealed in my 2002 book, *The Afterlife Experiments*. Susy told me often that she couldn't wait to die so she could prove she was still here, and after her death she has been as good as her word. My wonderful friend still continues to assist me from the other side in my ongoing research into how we can better stay in touch with our dead loved ones.

Not everyone can have contact with someone like Susy Smith, whose eternal friendship I treasure. But with the help of this little book you can begin your own journey into communicating with loved ones you had thought were lost to you. I hope you enjoy *The Fun of Staying in Touch* as much as I have!

Gary E. Schwartz, Ph.D., is Professor of Psychology, Medicine, Neurology, Psychiatry, and Surgery at the University of Arizona, and Director of the Laboratory for Advances in Consciousness and Health. His books include *The Afterlife Experiments*, *The Truth about Medium*, and *The Sacred Promise*.

Introduction

“The statistical probability that organic structures and the most precisely harmonized reactions that typify living organisms would be generated by accident, is zero.”—Ilya Prigogine, Physicist and Chemist, winner of the 1977 Nobel Prize in Chemistry

“I want to know how God created this world. I am not interested in this or that phenomenon, in the spectrum of this or that element. I want to know His thoughts; the rest are details.” – Albert Einstein, winner of the 1921 Nobel Prize in Physics

“In considering the value of evidence for supernormal phenomena the importance of the cumulative character of the evidence must be taken into account. It is the undesigned coincidence of witnesses who have had no communication with each other that constitutes its value taken as a whole, whilst a single case may be doubtful or disproved, just as a single stick may be broken but a faggot may defy all our attempts at breaking a bundle of sticks.”—Sir William Barrett in *Deathbed Visions* (1926)

“Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; he who seeks finds; and to him who knocks, the door will be opened.”—Jesus (Matthew 7:7-8)

“First they ignore you, then they laugh at you, then they fight you, then you win.”—Mahatma Gandhi

This is an exciting time to be alive! After thousands of years during which humankind has been struggling to try to make sense of things, the truth about what we are, what reality is, and what actually is going on apparently is now being revealed. And it is going to change everything! We now know that *you* are an eternal being. You never began and you never will end. The material reality in which you think you live is just a small part of a greater reality that is even now coming into view. And it is all good! We now know that you and everyone you love are together forever and safe in everlasting arms.

But for many people, even that is not the best news. No, the very best news of all is the fact that we are entering an age in which communication between the living and the dead will become ever easier. Things are happening in this field so quickly that I have hesitated to write this book, since to talk about the current state of play feels rather like describing a ball in flight. But it is important that you know what is going on. Our intention is to begin now with a stake in the ground and then update this book every few years, which means that if the edition you are reading is more than five years old, there may be a later version available.

The dead have always been much more aware of us than we are of them. They have been trying for millennia to get our attention, if only to assure us that those we love have survived their deaths. There are reasons why the dead have had so much difficulty making

their presence known, some of which have to do with the nature of reality itself and some of which have to do with human nature. When the leaders of mainstream science and mainstream Christianity have spent the past two thousand years battling over which of them possesses the truth, they both have naturally been unwilling to consider the possibility that neither of them has it right.

We are blessed to live in an age in which old beliefs are reaching what seem to be their natural dead ends. And as the old theistic and atheistic belief systems lose their strangleholds on our flow of information, more and more people are venturing into the vast and fertile valley of afterlife evidence that has accumulated between mainstream Christianity and mainstream science over the past two centuries. Working independently, these pioneering researchers are assembling an understanding of reality that is consistent with both quantum physics and the teachings of Jesus. How amazing is that? It turns out that scientists and religionists have long possessed portions of the truth, but in ignoring so much important evidence, each of them has missed the big picture. **As you will see, the truth about reality is beyond-belief wonderful!** And it is about to become common knowledge. We do indeed live in exciting times.

Of course, advocates for mainstream Christianity and mainstream science have substantial interests to protect, so as information becomes ever more widely available, their impulse will be to fight its dissemination. In an effort to minimize that, here is a message for each:

To Christians: I know of no one in the field of afterlife research who wants to interfere with your beliefs.

To Scientists: Researchers in the field of afterlife studies are delighted to share with you what they are learning. The information that can be gleaned from the evidence that you have been walking past will very much enhance your own efforts to better understand reality.

To people still trying to murder this baby in its cradle: Your day is past. Scientific debunkers have managed to mischaracterize the afterlife evidence sufficiently to delay this breakthrough for a hundred years, but the sea cannot be held back forever. Eventually the truth will win.

This book is meant to be an overview for those with little knowledge in this field. Rather than footnotes, it includes a brief study guide and also a comprehensive list of resources that you might use to duplicate my research. And if you are curious about the place from which the dead are communicating with us, you might read *The Fun of Dying* for a similar overview of the death process and the glorious realities that we enter at death.

It may surprise you to learn that we have been receiving abundant, consistent, and independently verified communications from the dead for nearly two hundred years. Even one such proven communication from someone who is documented to be dead should have settled the question of whether or not our minds survive our deaths, and by now we have many hundreds. **It is no longer possible for an open-minded person who**

examines the best evidence to have any doubt that the dead survive.

Sadly, though, for more than a century, both mainstream scientists and mainstream Christians have done all they could to disparage these proven communications from the dead and to demonize those who investigate them. It is little wonder that what is the greatest news in human history has been hidden under a bushel for so long. I came across this information only because I had had two extraordinary experiences of light in childhood, so I knew there was *something* behind the curtain. I wanted to figure out what it was. And because I knew what had happened to me was real, I wouldn't settle for comforting pap. I wanted the truth! So I was (and remain) highly skeptical of each new bit of afterlife evidence. It took me decades of studying communications from the dead and relevant aspects of mainstream science before I was convinced that I had figured things out.

As you begin to learn the truth for yourself, you will find that the war against it continues. The greater reality that we enter at death is so amazingly different from this limited material universe that scientists trying to protect their careers have long used three dishonest techniques in an effort to keep you from wondering about it:

1. **They ignore the afterlife evidence.** This worked for the entire 20th century. If scientists and the news media won't talk about something, then obviously it must not exist. The rise of the Internet has scotched this method, but scientific stonewalling explains why

what has been known among researchers for more than a century is only now coming to your attention.

2. **They try to debunk the afterlife evidence.** With more people now taking the afterlife evidence seriously, some self-appointed defenders of the scientific faith have adopted a more aggressive technique. These folks generally call themselves skeptics, but their whole focus is on finding some way to explain a single aspect of some unusual phenomenon, to prove fraud, or otherwise to discredit whatever elements of afterlife research might be catching the public's eye. All of us should be skeptical! But anyone who calls himself a skeptic and then proceeds to demonstrate a minimal understanding of some phenomenon while he tries to explain it away is a debunker. Ignore him.
3. **They assert without support that some afterlife-related phenomenon has been debunked or some researcher is a fraud.** It is easy now to debunk the debunkers. Thanks to the Internet, so much good information has become so widely available that the efforts of debunkers look amateurish. In desperation, those who would deny you these truths have taken to declaring without analysis or support that phenomena and researchers have been debunked or proven fraudulent. So widespread has this practice become among online encyclopedias and science-defender websites that any resource that declares that anything has been debunked should be presumed to be lying to you until your own research has proven otherwise.

The fact that mainstream scientists and their partisans still refuse to investigate the afterlife evidence as they might investigate any other interesting phenomenon surprises me, frankly. The search for the truth is not a game to be won, but rather it is a shared effort by all of us to better understand what is going on. The longer they lie about the afterlife evidence, the more our most trusted sources of information are going to damage their own credibility, and knowing that saddens me. Their continued stonewalling means that humankind's dawning understanding of the fact that our minds are eternal is going to be a bottom-up effort. Those who should have been the leading discoverers of these truths will in the end be the last to acknowledge them.

Nothing that is said here is based on anyone's beliefs or dogmas. As should be true of every open-minded investigation of the truth, everything said in this book can be found in original source material or comes from trusted researchers. When I guess at something, I will tell you it's a guess. You have spent your life trying to make sense of competing theistic and atheistic belief systems. The least you deserve now is to have the facts presented to you without a beliefs-based gloss.

Some readers of *The Fun of Dying* have said that they would like to know more about the realities where our dead loved ones reside. For them, *The Fun of Growing Forever* will be the third volume in this trilogy. It should be in your hands in 2017. As you will see, the best is yet to come!

Dead communicators tell us that it was never intended that physical death should come between loved ones. And thanks to the efforts of dedicated researchers now living on both sides of the veil, our illusory separation seems to be ending.

CHAPTER 1

Why Is Communication Between the Dead and the Living So Difficult?

“I regard consciousness as fundamental. I regard matter as derivative from consciousness. We cannot get behind consciousness. Everything that we talk about, everything that we regard as existing, postulates consciousness.” – Max Planck, winner of the 1918 Nobel Prize in Physics

“The Universe begins to look more like a great thought than like a great machine.” – Physicist, Astronomer and Mathematician Sir James Jeans

“A new command I give you: Love one another. As I have loved you, so you must love one another.” – Jesus (John 13:34)

“All you need is love, love. Love is all you need.” – The Beatles

We have nearly two hundred years of abundant and consistent communications from the dead that tell us in considerable detail what happens at death and what the afterlife is like. When they are taken together and combined with some insights from mainstream science, these communications give us a picture of reality that is very different from the reality that we think we see. It is too early to say for certain, but there is considerable evidence now that there is no such thing as “solid” matter. Quantum physicist Max Planck was exactly right.

What then is real?

It is impossible to fully understand or express any of this in human terms, and what I say here is limited just to aspects of reality that bear on communication between the dead and the living. With those caveats, let’s talk about what open-minded researchers are learning about the nature of reality.

Mind Is All That Exists

Apparently, the basis of reality is an infinitely powerful and infinitely creative energy-like potentiality without size or form that is alive in the sense that your mind is alive, and is highly emotional and therefore probably self-aware. That’s it. That is all there is. You might call this energy-like potentiality Consciousness. You might with justification call it God, although that name carries a host of misleading religious connotations. In honor of Max Planck, the father of quantum physics and

a primary proponent of the theory that human consciousness is primary and pre-existing, I have taken to calling it Mind. Your own mind is inextricably part of Mind. Your mind is not just made by Mind, but it *is* Mind. It is every bit as creative, as powerful, as emotional, as without size or form. If you are using the term “God,” then your mind is part of God.

Stop and think about that for a moment.

One reason I am reluctant to refer to the base creative potentiality as “God” is that we are taught that God expresses a range of emotions. The potentiality at the base of all reality seems to express just one emotion, and that is the intense affinity that you and I experience as love.

We are used to thinking of our minds and souls as different things. I have seen experts define mind, soul, and spirit separately, but there is no accepted set of definitions, and for our purposes it doesn’t matter. The evidence I have seen indicates that the base creative force includes your mind, and your mind includes your soul and spirit. We will be using the terms interchangeably from here on.

Your mind is so complex that I don’t think anyone alive understands it. It is clear, though, that just a part of your mind is accessible to your awareness while you are in a body. Much of it—perhaps most of it—is what scientists call your subconscious mind, but you and I might term your oversoul. Your mind is vast, it is eternal, and it is powerful. So therefore:

- **Nurturing your mind is a responsibility.** You are living in it forever! In my case, knowing these truths

has meant no more cruel or violent entertainments and no unkind thoughts. I practice learning to love and forgive as if my life depended on it.

- **The dead live with expanded and more powerful minds.** One of the many things that we don't know is how much more of their minds the dead can access, but clearly their reach is greater than ours. They can use their minds to manipulate our reality in ways that for us are impossible.

Your mind is not generated by your brain. Instead, your brain is something like a two-way radio in the head of a meat-robot. Think of Jake's blue body in the movie *Avatar*. While the real you is safe in eternal Mind, your awareness is sufficiently connected to this alien body in an alien place to be able to move it and to pick up whatever its sensory organs are detecting. That's it! That is how little the real you is connected to this material universe, and how little your temporary body here matters.

Where your mind actually is, there is no matter and there is no time or space. Matter with its associated energy and the concepts of time and distance are all just aspects of this Mind-created material universe. Physicists tell us that the universe probably began in a Big Bang that expanded it from the size of a pencil-dot to its present apparently infinite size. How likely is that? For so much matter to have come from nothing makes no sense to you and me unless we realize that the universe is something like a thought. The fact that everything we think of as real is like a complex thought in eternal Mind is an important

concept for us to grasp if we want to make sense of how afterlife communication might work.

Time is a constant only in this material universe. People living in the afterlife levels of reality can choose to experience time, but it doesn't rule their lives as it rules ours. It is for the dead both optional and elastic. There is no such thing as objective time, and without objective time, your mind is eternal. That is true by definition.

Mind Has Constructed a Multi-layered Set of Material-Seeming Realities

The dead consistently describe seven-ish additional realities that exist precisely where this one is, and are separated from this material universe only by their higher rates of spiritual vibration. We have no way of knowing whether these eight or so primary realities are all that exist, and I have a suspicion there are many more; but again, for our purposes, it doesn't matter. Our minds and the minds of those we love exist eternally in these levels of mind-created reality, and we move among the levels according to what amount to the laws of spiritual physics.

The easiest way for you to envision the multi-level greater reality that the dead describe is to think of your mind as a television set. The distinction among these various realities is based upon their rates of spiritual vibration, just as the difference between television Channels Four and Seven is based on their different vibratory frequencies. Some of these levels of post-death reality are as solid-seeming as this one is. And as is true of all the channels that your TV can access, all these energy-

levels of reality exist in the same place. Each level also has apparently infinite gradations of signal within that larger level's vibratory rate, and that detail allows each of us to have unique experiences in individual bodies.

So at this moment, your eternal mind is tuned to that particular body on this material level of reality. It is that simple. When you die, your mind will change channels and tune to the vibratory frequency of a new body at a higher vibratory level, and it will there pick up a whole new solid reality.

There is evidence that this material universe is at the lowest vibratory frequency—it is something like Channel One—but nobody knows that for sure. We do know that in order to keep our powerful minds from messing with the matter on this level, there is a mathematics-based, clockwork sort of physics that operates here. Try moving matter here with your mind. You can't do it. Minds can affect matter on other vibratory levels of reality because everywhere beyond this material universe, the physics that governs reality is consciousness-based. The quantum physics that Max Planck and his fellows discovered more than a century ago seems to be a kind of plug that connects the Newtonian physics of this material universe with the mind-controlled physics of most of reality.

The levels of reality that we enter at death seem as solid to their inhabitants as this one seems to us, with the wonderful difference that on those levels, the matter can be created and manipulated by the minds of their more advanced inhabitants.

Love is What Determines Spiritual Development

Here is where we may lose a few readers. I understand how corny this will sound to some, and how too-good-to-be-true it will feel to others, but I don't make the rules. The afterlife evidence consistently and overwhelmingly reveals that the greatest sages in human history, including notables as varied as Jesus and the Beatles, have been right all along: **Love is all you need.**

It is a fact of the infinitely powerful energy-like potentiality that we here call Mind, of which each of our minds is an integral part, that the better it expresses the affinity that human beings in bodies experience as love, the higher is its vibratory rate. That is an oversimplification, but for our purposes it is good enough. After death, the minds of beings whose loving faculties are better developed live at higher vibratory frequencies—at higher channels, if you will—although they can readily lower their personal vibrations to visit those living at lower levels. For less loving beings to visit higher vibratory levels is impossible. These less-developed souls tell us that the more intense vibrations at higher levels are unbearable for them to experience. But since going to lower vibratory levels is easy for non-material beings, for millennia there have been dead people who were visiting their grieving loved ones on earth and desperate to reassure them that everything was fine.

Most of the inhabitants of the higher vibratory levels of reality of which we are aware are people who have occupied material bodies at least once. They are our

dead. And I will here refer to them as “dead” because in our matter-obsessed culture, death has gotten an undeservedly bad rap. In fact, a properly-executed death is perhaps the best time of your life, and most of your eternal existence is lived gloriously as a dead person in realities that are far more wonderful than your most optimistic imaginings. So death is a good thing! Let’s use the word cheerfully.

Putting it All Together

Think again of those television signals always ready in the room around you. They all exist together in the same place, just waiting for you to turn on your television set and pick up one of them. You might then choose another channel, and another and another, all of which are seemingly solid realities that exist simultaneously in that spot, but are undetectable without a TV. That is the difficulty and the promise of afterlife communication. The dead are exactly where we are, but you might say that their minds are tuned to Channel Four, while our minds are on Channel One.

Let’s here summarize what all of this means from the perspective of afterlife communication:

- **The only thing that independently exists is an infinitely powerful and highly emotional energy-like potentiality** of which all human minds are an integral part, and from which as something like a thought comes all of what we think of as real.

- **The eternal minds of our dead loved ones are exactly where we are**, but they are tuned to a higher vibratory or frequency level.
- **Minds at higher levels are easily able to visit lower levels**, so the dead are much more aware of us than we are of them.

So near, and yet so far! We all are eternally part of Mind. Our minds remain connected with the minds of the dead, but we are living on different planes of reality. Imagine your Channel Five newsman trying to communicate with your Channel Seven newsman live, on-air, and without electronics and you can better appreciate the problem. We all are on nearly the same frequency, true, but where energy levels are concerned, close is not enough.

When we talk about developing ways to communicate with minds on higher vibratory levels of reality, four big caveats also must be mentioned:

1. **Not all of the dead are able to be in touch with us.** Rarely, the newly-freed minds of the dead can go off-track for a time, and until they have completed their transition to their new bodies on a higher vibratory plane, they are unlikely to be able to communicate with us. Or they may be unwilling to communicate. The dead remain the same people they were in life, and since communication is a two-way street, we can't talk with them unless they want that connection.
2. **Time and other differences can further complicate communication.** We are obsessed with time in this clockwork universe, but where the dead reside there is

no objective time. And in order to communicate with us, apparently our dead loved ones have to lower their rate of vibration to be very close to our own. There may be other impediments, too, of which we are not yet aware, but it is likely that dead researchers are aware of them and are even now working to solve them.

3. **The intentions of researchers are all-important.** Since mind-energy is a highly emotional as well as an infinitely powerful potentiality, only open-minded researchers have a chance of achieving success in this field. Quantum physicists understand that the intentions of researchers can affect the results of their experiments, and what is true in quantum physics is true in spades when it comes to working with the minds of the dead. Open-minded, objective curiosity is essential. Closed-minded skeptics and debunkers get nowhere.
4. **Grief can act as a barrier to communication.** Here is a sad piece of irony! Hatred, anger, fear, and other negative emotions can make communication with the dead more difficult. Grief is among the strongest of negative emotions, and as such it seems to make effective communication between the dead and the living nearly impossible. It is imperative that you convince yourself soon after a death that your loved one is alive and fine. Get your grief tamped down to a wistful sadness, because the most effective communication tends to happen fairly soon after a death. If you are still wallowing in grief a year later, then in your case communication with that particular dead loved one may not happen.

A Word About Coincidence

Many of the signs of their survival that the dead have been giving us for millennia might be explained as amazing coincidences if the dead were not telling us through mediums that what we have experienced was their handiwork. Indeed, some of our dead friends insist that there is no such thing as coincidence, but everything that seems coincidental is engineered from a higher level of reality. I don't know about that, but I do know that the odds against chance for a specific set of events are often surprisingly long. For example, finding one penny means nothing. Finding dozens of pennies in various random places over two days' time soon after a loved one's death when you haven't been finding pennies either before or since is almost certainly not coincidental, since the odds against chance for it are prohibitive.

When it comes to spontaneous signs from the dead, the possibility of coincidence is ever-present. Many of these signs are so spectacular, though, that it is impossible for all of them to be coincidence. An honest statistician would find that some of these signs carry odds against chance in the multiple millions. My task here is not to offer proof, but rather to summarize for you what your own research would indicate. Of course, I don't expect you to take my word for anything. Instead, if this field interests you, I urge you to begin with the four core books in Appendix I and move on to the resources in Appendix II. Discovering these truths for yourself can be a wonderful hobby!

My Examples

It was only as I began to write this book that I realized that some of the most amazing signs from the dead that I have to share have happened to me personally. Apparently, the dead friends who have been nagging me to write about signs realize that I am skeptical of anything I have not personally experienced. Most afterlife researchers are skeptics, actually. We have found parts of one gigantic truth, and since we know that the rest of what is true must still be out there, we won't settle for less. So in recent years, I have been given a set of wonderful signs that I will share with you under their appropriate categories. I experienced these events myself, so I can swear to you they actually happened.

The Dead Can Manipulate Our Reality

People at higher vibratory levels of reality have always been very aware of the living, so apparently there have long been dead researchers working out ways to communicate to their living loved ones the fact of their survival. In the process, they have learned to use their minds to manipulate our reality. The next section of this book is devoted to cataloguing these types of signs from the dead, most of which are intended to convey some variant of a single message: we are alive, all is well, and when you die you will join us in a loving new world. Following the first section detailing signs from the dead, the second section of this book is a summary of some of the ways in which the living can initiate communication

with the dead, ranging from the ancient and familiar to the cutting-edge.

Human minds are eternal. Human love is forever. And now, thanks to the work of brilliant and dedicated researchers, both living and dead, we are at last learning how to stay in touch with those we love, even when someone's bodily death temporarily seems to get in our way.