



## Direct, Spontaneous After-Death Communication

Twelve Forms of After-Death Communication (ADC):

1. Sensing a presence
2. Hearing a voice
3. Feeling a touch
4. Smelling a fragrance
5. Partial appearance
6. Full appearance
7. External and internal glimpses of the beyond
8. ADC in alpha state (at waking or falling asleep)
9. Sleep-state ADC (“real” dream)
10. Out-of-body ADC (less common)
11. Asleep or awake telephone ADC (rarest ADC)
12. Unusual physical experience ADC

Common message: I’m fine; all is well.

Authors’ conclusion: “The greatest power is love. It transcends all barriers of time and space, including death.”

Source: Bill Guggenheim and Judy Guggenheim, *Hello From Heaven*