

## After-Death Communication (ADC)

ADC is a spontaneous phenomenon in which a living person has a feeling or sense of direct contact with a deceased person.

ADC may occur as any of the following types—alone or in combination: visual, auditory, tactile, sense of presence, olfactory, dream, symbolic (song on radio, butterfly), deathbed vision (nearing-death awareness), and telephone. Dream ADC may be the most common—and might better be termed “sleep” ADC because people who report ADC (ADCrs) often report the “dream” was actually real or was more real than typical dreams.

Who has ADCs? According to 35 research studies between 1894 and 2006 involving over 50,000 people from around the world:

**About one-third (1/3) of people report having experienced ADC some-time in their lives.**

- Both bereaved and non-bereaved people, but bereaved more than non-bereaved: about three-fourths (3/4) of people within one year of the death of a loved one.
- Both sexes, with women reporting more ADC than men.
- People of all ages, with older people perhaps slightly more likely—probably because the older a person is, the more likely the person has experienced others’ deaths.
- People of all nationalities, with those from ADC-affirming cultures reporting more.
- People of all ethnicities, with some perhaps slightly more than others. From highest to lowest among Americans: African-American, Mexican-American, Caucasian-American, and Japanese-American.
- People of all education levels.
- People of all incomes, with people with relatively lower incomes perhaps slightly more likely to report ADC.
- People of all religious affiliations and practices.
- People no matter what their physical condition.
- People no matter what their mental condition. The great majority of ADC researchers have noted that ADCrs in their studies were mentally healthy. There is no evidence that ADC alone indicates psychological disorder or mental illness.

People usually find ADC to be beneficial, using descriptive words like pleasant, positive, mystical, serene, elating, helpful, comforting, healing, spiritual, and a good experience. Most ADCrs report that, as a result of the ADC, they feel reassured and comforted that the deceased continues to exist—and in a state of wellbeing and

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happiness, and the relational bond of love between the ADCr and the deceased continues—albeit in a different form. In summary, the ADCr feels affirmed that neither the deceased nor the relationship with the deceased has ceased; rather, both have transformed and continue.

People sometimes experience distress related to ADC, almost always fear and confusion from lack of information or misinformation about ADC rather than from the contents or experience of the ADC itself.

### Suggestions

- Because distress related to ADC is almost always the result of lack of information or misinformation about ADC, reading about it is likely to be helpful. I have read virtually everything published about ADC up to 2010. If someone asks me what one book I most recommend for people wanting to learn about ADC, I suggest:

Guggenheim, B., & Guggenheim, J. (1995). *Hello from heaven*. New York, NY: Bantam Books... and a helpful website might be the After-Death Communication Research Foundation's at [www.adcrf.org](http://www.adcrf.org).

- Reports of ADC diminish over the course of time following a death. In fact, if asked if they ever experienced an ADC with a particular deceased person, some people say “yes” within a few months of the death and “no” a year later—perhaps because they had integrated the experience and it no longer “stood out” to them. If you have ADC and want to be sure to remember it—for the benefit of yourself and/or others—journal the experience as soon as possible after it occurs.

- Though ADCs are ultimately spontaneous experiences, they can be facilitated through processes such as psychomanteum—a particular kind of mirror-gazing in darkened surroundings—and Induced After-Death Communication. A source I suggest is:

Botkin, A. L., & Hogan, R. C. (2005). *Induced after death communication: A new therapy for healing grief and traumatic loss*. Charlottesville, VA: Hampton Roads... and Dr. Botkin's website: <http://induced-adc.com/>

Whether or not someone has experienced ADC, some people are interested in communication with the deceased through a medium. Research indicates that some mediums appear to be accessing information from the deceased. Such research is ongoing, for example at the Windbridge Institute: <http://www.windbridge.org/>.

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