

———— CHAPTER SEVEN ————

how the dead send and receive messages

COMMUNICATION BETWEEN THE LIVING and the dead is natural, but it still is not easy. In fact, after-death communication is so challenging that both the living and the dead must learn and practice their techniques. There are schools that teach the dead how to communicate with the living, and schools that teach the living how to communicate with the dead.

Please know that the dead want to speak with their living loved ones every bit as much as we want to speak with them. While you are reading this book, one of your beloved dead might be reading over your shoulder. Remember, they study up on things, too! It can be helpful to know what a loved one in spirit is actually doing behind the scenes to communicate with you, since by understanding what they need you may be able to help them to better get through to you!

DRESS REHEARSALS

The Halls of Reunion have staging areas dedicated to helping

the dead rehearse how they will connect with their living loved ones. For them, it's live theater! There are stages for merging their energy with that of a butterfly, dragonfly, or bird. And other stages for doing practice dream visits and meditation visits. Higher vibrational beings—you might think of them as angels or extraterrestrials—lend their support as coaches and as gatekeepers between the worlds. They are volunteers who find pleasure in doing this work.

The dead thoroughly enjoy planning, rehearsing, and executing meditation visits and dream visits. Of course, they are excited about visiting with their loved ones on the Earth plane. But if the living loved one is still in the throes of extreme grief, it might not be possible to make the connection. Patience is required, since grief lowers the living person's vibration so much that it can obscure or temporarily block the connection.

If you follow the advice coming up for meeting your loved one in meditation, something amazing happens. The staging area inside the Hall of Reunion will become an exact duplicate of the place that you envision for your meditation visit. And then when it's ready, the meeting place that you have helped to construct energetically in a Hall of Reunion will be moved onto the astral plane. Here, your consciousness and your loved one's consciousness will ultimately meet during your meditation visit.

soul smart tip:

The more clearly you can visualize or imagine the meeting place, the more realistic the stage can be made,

as if it were a movie set. You will be synchronizing your vibration with that of your loved one in spirit.

The actual meeting with your loved one, whether it happens in your meditation or your dream, will take place within a dimension somewhere between the Earth plane and the dead community. This is what we refer to as the astral plane. Remember that an aspect of your consciousness will temporarily go out of body for this meeting. If you follow the instructions coming up, you won't really have to think about going out of body. It will happen!

By the way, if you would like to know more about the astral plane and how to travel out of body to the astral from Earth, I recommend the work of Robert Monroe, founder of the Monroe Institute. Also, check out author Cyrus Kirkpatrick, an emerging expert regarding out-of-body experiences.

LITTLE BIRD, BIG MESSAGE

In early April of 2016 I was meeting with Dr. Gary Schwartz on a video conference call. Gary is a Professor of Psychology, Medicine, Neurology, Psychiatry, and Surgery, and as if that were not enough he is also the Director of the Laboratory for Advances in Consciousness and Health at the University of Arizona in Tucson. He has published several hundred scientific papers, and written books about various kinds of scientific evidence related to the survival of consciousness. I am honored to work as a volunteer research medium with Gary and his gifted wife, Rhonda Eklund Schwartz, who also is a medium. Through this work, I

have met fascinating people both living and dead, and I have had some amazing experiences! For example, not long ago Gary and Rhonda invited me to stay at the home of the late science fiction icon, Forrest Ackerman. We were with a diversely talented group including my long-time friend, medium Jamie Clark; professor H. Dieter Steklis and Netzin Steklis; producer and filmmaker Paul Jeffrey Davids; professor John Allison; and the prolific paranormal author, Rosemary Ellen Guiley and her husband, Joe Redmiles. You can learn more about the Ackermansion investigation in the book, *An Atheist in Heaven*.

As my video conference call with Gary on that April day in 2016 was ending, somehow the topic came up of how the dead use birds and insects to send us signs. I said that what amazes me most is how the dead make it happen. One of their favorite methods is to use a device that looks like a remote control! In several of my readings, and in conversations with trusted friends in the dead community, I have been shown that sometimes, although not always, they like to use these special remote-control devices to control the movements of the birds or insects in order to give a sign. Before that happens, the dead person telepathically asks the bird or insect for permission. Once the soul-to-soul connection has been established, they use the remote-control device to give the bird or insect precise maneuvers to impress the living person that it's a sign!

After the sign has been given, the spirit and the bird or insect disconnect their soul-to-soul connection. The bird or insect who volunteered to help seems to experience a surge of positive energy that may linger for hours afterward. A nice reward!

Of course, Gary is a scientist so he listened that day and replied with his characteristic, “Hmm.” That was what I expected: not excitement, but just a “Hmm,” since this is anecdotal information and not intended to be scientific data. Then Gary surprised me! He said that he had recently heard very similar comments from another medium named Suzanne Giesemann. I didn’t know her, but now I wanted to meet her. And I was about to get that opportunity in an unexpected way.

Three weeks after that meeting with Gary Schwartz, I was finishing up a day of work at my office and hurrying to change clothes to attend an event. Part of the event would include an early evening hike in the Sonoran Desert foothills close by. But this was no ordinary hike; it was instead part of a ceremony to dedicate park benches as memorials to two young men who had died. The young men were Morgan Boisson (you read about Morgan in Chapter 6) and Kyle Erikson, the wonderful young son of Glenn and Nita Erickson.

Just as I was leaving my office, I thought about the two young men. They must be excited about their bench dedication! I asked, “Morgan, are you around? Are you coming on the hike?” I didn’t receive an immediate answer, and time was pressing, so I headed for the door. That was when I heard loud tapping sounds. I followed the tapping sounds, and I realized that something was tapping on the window directly across from my desk. The blinds were closed, so I opened them. And to my surprise, there was a cactus wren sitting on the ledge of my office window, tapping.

Not only wasn’t the little bird afraid, but it quickly became clear it was trying to communicate! “Is that you, Morgan?” I asked

aloud as I placed my fingertips on the glass. The bird turned his head slightly to the side and pressed his cheek against the glass on the exact spot where my fingertips rested. We held that position for more than a minute, which is a pretty long time for a wild bird and a human to be so close to one another. Finally the bird sat up again, but it didn't leave the ledge. It continued to look directly at me. Then, thinking of the other young man, Kyle, I asked aloud, "Kyle, are you here too?" Before I could finish the sentence, a woodpecker appeared and sat next to the cactus wren! I said, "Hi Kyle, thank you!" I watched the birds in awe for a while as they simply stared back at me. I told them thank you and goodbye, then left for the dedication ceremony.

Dozens of people showed up for the ceremony. When all the hikers had arrived at the benches, Morgan's mother, Elizabeth, introduced me to Suzanne Giesemann. She was the medium I wanted to meet! I can't tell you how wonderful it was to have a kindred soul, another medium, there at this beautiful and emotionally-charged event. I saw spirit children as well as angels gathered with us. We enjoyed the waves of unconditional love that washed over us, and we felt the love of Morgan and Kyle!

Suzanne and I were chatting in my office two days later when we both heard tapping on my office window. That cactus wren was back at the exact same spot! Here, I would like to point out that my office consists of three rooms, all of which have multiple large windows, but the bird chose a particular spot on the window that perfectly matched a direct line of sight from my chair. This time, both Suzanne and I were able to connect with the bird by placing our fingertips on the glass while the bird touched

the glass with his beak or with the side of his head exactly where our fingertips were. The experience made us both smile.

For all of that next day I kept glancing at my office window to see if the little bird would appear again, but there was no sign of it until 5:10 pm. This time the bird would not stop tapping, even when I pressed my fingertips to the glass. It was an insistent, robotic regular tapping that lasted for a full fifteen minutes, after which the bird flew away. It never returned. It didn't feel like Morgan or Kyle this time, and frankly, I was a bit annoyed by the persistent noise since I cherish the peace and quiet at my office.

But what happened next was amazing!

A little after 6:00 p.m. I received a text from Suzanne Giesemann. She asked me if anything had happened that day, because she had been conducting an experiment of which I was unaware. I texted her back that, yes, something did happen: that little bird came back, but the bird's behavior was quite different from what it had been when it was being controlled by Morgan's spirit two days earlier. I explained that the bird had tapped incessantly for fifteen minutes. Suzanne asked me at what time this had happened. I replied, "About 5:10 p.m." She then texted me a screen capture of a notation she had made at 5:00 p.m. that day, stating that she had begun an experiment. Okay, Suzanne, what experiment? I was ready for the punch line.

Suzanne explained that she had intended to "send a portion of my own soul to visit you, as I had been reading a Seth book and he mentioned that one can send his own soul to actually materialize in front of others. I thought that if anyone could sense this presence, it would be you." She later added that when she had

sent her soul to me, Suzanne had thought, “*Hi, Susanne. It’s me. Can you see me?*”

I discussed Suzanne’s experiment with a trusted friend, author and afterlife researcher Craig Hogan. He pointed out that when Suzanne sent a piece of her soul to me, she did not choose the cactus wren or try to control the outcome. She set a clear intention, and her spiritual team assisted. They must have known that the cactus wren would get my attention. **Always remember that spirit is like water: it will travel the path of least resistance. Keep your heart and mind open, and pay attention to whatever is getting your attention!**

soul smart tip:

Your loved ones in spirit can see you when you “send your soul” temporarily to meet with them! Here is a list of several ways to make it happen:

First, when you think of your loved one in spirit, he or she can receive your thought.

It is helpful to say the name (first name will do), and then think the thought that you want to send. Or say it out loud. For example, say, “Cindy, it’s me. I just wanted to say I’m thinking about you and I love you.” Depending upon how Cindy prefers to receive my thought, she will hear it in my voice; but she may also see my thought like a little pop-up window that appears in her aura next to her, where she can read it as well.

Second, when you talk out loud to your loved ones in spirit, they are delighted.

This gives them bragging rights! It's a source of pride that you do this for them. They will receive your message in much the same way that we receive voicemail. In the dead community, some say it is easier to hear you more clearly when you speak to them out loud.

Third, when you wish to send a card or note to a loved one in spirit, you can act on that desire.

Go ahead—buy your loved ones birthday cards and write letters to them. When you are finished writing, seal the envelope and write your loved one's name on it. Next, hold it to your heart for a moment, saying the name, and adding that you have a card or a note for them: "Hi Bob! I love you and I'm sending you this card!" As amazing as this sounds, your loved one will receive it! In fact, we have been told time and time again that an exact duplicate will be delivered to them. And some of them will be so excited that they can't wait; they will read over your shoulder even before you have finished!

If you're wondering what to do afterwards with the card or letter, you can keep it, although there is an exception if your letter concerns forgiveness. **If you are requesting forgiveness from your loved one, or if you are giving forgiveness to your loved one in spirit, it is advisable to shred or burn the note when you are truly ready to let it go.** Then only the love will remain. It may surprise you to find how much lighter you feel after you have released the burden of needing to give or to accept forgiveness. Your loved one will feel better, too!

Now, are you ready to meet your loved one in meditation? Great! Let's turn the page.
