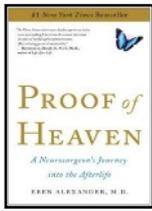


# Conscious spirituality in search of truth...



## **DR EBON ALEXANDER: PROOF OF HEAVEN AND 12 ADCs**

*Dr Ebon Alexander was a medical academic and practising neurosurgeon who believed concretely that the human brain holds all the answers relating to medical and scientific knowledge. However, whilst undergoing a major medical procedure himself under anaesthetic, Alexander would profoundly change his known view of the world.*

*His experience, later described in “Proof of Heaven” published in 2012 as a ‘Near Death Experience’ NDE would challenge current medical or scientific understanding of the human brain for the good doctor. The NDE experience itself was profound. As a result Dr. Alexander would lay the foundations to explore this and related phenomena through [eternea.org](http://eternea.org) with other medicos, scientists, general public to explore areas of consciousness further. An extract from the above book appears below. Further, an example of twelve After-Death-Communications experiences as identified in the J&B Guggenheim research follow.*

*—Philip Crouch, Tasmania, 2020*

### **A NEUROSURGEON’S JOURNEY INTO THE AFTERLIFE**

‘Near-death experiences, or NDEs, are controversial. Thousands of people have had them, but many in the scientific community have argued that they are impossible. Dr. Eben Alexander was one of those people. A highly trained neurosurgeon who had operated on thousands of brains in the course of his career, Alexander knew that what people of faith call the “soul” is really a product of brain chemistry. NDEs, he would have been the first to explain, might feel real to the people having them, but in truth they are simply fantasies produced by brains under extreme stress.

Then came the day when Dr. Alexander’s **own brain was attacked by an extremely rare illness**. The part of the brain that controls thought and emotion—and in essence makes us human—shut down completely. For seven days Alexander lay in a hospital bed in a deep coma. Then, as his doctors weighed the possibility of stopping treatment, Alexander’s eyes popped open. He had come back.

Alexander’s recovery is by all accounts a medical miracle. But the real miracle of his story lies elsewhere. While his body lay in **coma, Alexander journeyed beyond this world and encountered an angelic being** who guided him into the deepest realms of super-physical existence. There he met the Divine source of the universe itself. This story sounds like the wild and wonderful imaginings of a skilled fantasy writer. But it is not fantasy. Before Alexander underwent his journey, he could not reconcile his knowledge of neuroscience with any belief in heaven, God, or the soul.



That difficulty with belief created an empty space that no professional triumph could erase. Today he is a doctor who believes that **true health can be achieved only when we realize that God and the soul are real and that death is not the end of personal existence but only a transition.**'

### **J&B GUGGENHEIM: AFTER-DEATH COMMUNICATION: ADC EXPERIENCES**

–IS THERE LIFE AFTER DEATH?

–WILL WE BE REUNITED WITH OUR DECEASED LOVED ONES WHEN WE DIE?

–CAN THEY COMMUNICATE WITH US NOW?

**'Hello From Heaven!** A new field of research ~ After-Death Communication confirms that life and love are eternal by Bill Guggenheim and Judy Guggenheim was published by Bantam Books, New York, in 1996. The authors founded, defined, researched, and named an entire new field of human experience that may be as old as mankind. © 2012 W.G.III. ADC text and descriptions below used by permission.

### **DEFINITION**

An After-Death Communication, or ADC, is a spiritual experience that occurs when someone is contacted directly and spontaneously by a family member or friend who has died. An ADC is a direct experience because no psychics, mediums, therapists, rituals, or devices are involved. And an ADC is a spontaneous event because our deceased loved ones always choose when, where, and how they will contact us.

### **RESEARCH HISTORY**

**During their seven years of research, the authors interviewed 2,000 people, who were living in all 50 American states and the 10 Canadian provinces. They collected more than 3,300 firsthand accounts from people who believe they have been contacted by a deceased relative or friend. The subjects range in age from children to the elderly (from 8 to 92 years old) and represent diverse social, educational, economic, occupational, and religious backgrounds.**

**The Guggenheims conservatively estimate at least 60 million Americans - or 20% of the population of the United States - have had one or more ADC experiences. And some polls indicate the actual numbers are double these figures - that more than 125 million Americans, or 43% of the population, have had an ADC. As a result, after-death communications appear to be the most common form of spiritual experiences that people have.**



## J&B GUGGENHEIM: TYPES OF AFTER DEATH COMMUNICATION-12 ADC'S

Hello From Heaven! contains 353 accounts of ADC experiences, and each one is a complete short story told in the experiencer's own words.

Based upon the Guggenheims' research, the following are brief descriptions of the twelve most frequent types of after-death communication people report having with their deceased loved ones. These may occur individually or in combination with other types of ADCs. They can **happen in a home, at work, at a funeral, in a car, aboard a boat or Aeroplane, in a department store,** and virtually anywhere else - and at any time of the day or night.

### SENSING A PRESENCE:

**Sentient ADCs.** This is the most common form of contact. But many people discount their experiences, thinking, "Oh, I'm just imagining this." It's a distinct feeling that your loved one is nearby, though he or she can't be seen or heard. Though most often felt during the days and weeks immediately after the death, you may **sense or intuit his or her presence months or even years later** - which is true of all other types of ADCs as well.

### HEARING A VOICE:

**Auditory ADCs.** Some people state they hear an external, audible voice with their ears, the same as when a living person is speaking to them. **The majority of communications are by telepathy,** however - you hear the voice of your relative or friend in your mind. When you have two-way communication, it's usually by telepathy, which is also called mind-to-mind contact or thought transference. A large percentage of the messages received are brief and to the point, like telegrams of 25 words or less. On the other hand, a few experiencers are able to have entire conversations by telepathy.

### FEELING A TOUCH:

**Tactile ADCs.** People who have a very close physical and emotional relationship recognize the distinctive and familiar touch of their family member or friend. **You may feel your loved one touch you with his or her hand, or place an arm around your shoulders or back or waist, for comfort and reassurance.** You may feel a tap, a pat, a caress, a stroke, a kiss, or even a hug. These are all forms of affection, nurturing, and love.



## SMELLING A FRAGRANCE:

**Olfactory ADCs.** You may smell your relative's or friend's favorite cologne, after shave, or perfume. Other common aromas are: flowers, bath products, favorite foods, tobacco smoke, and his or her personal scent. Two or more people who are together at the same place - and at the same time - may share this type of ADC experience.

## PARTIAL APPEARANCES:

**Visual ADCs 1.** There are a wide variety of visual appearances, which are divided into two general categories: partial visual and full **visual ADCs**. **Appearances range from a "transparent mist" to "absolutely solid,"** with many gradations in between. Partial appearances include seeing only a colored light, an outline of their body, or just the head and shoulders of your relative or friend. And he or she may be transparent, translucent, or almost completely solid. Quite a few visual ADCs occur in the bedroom, next to or at the foot of the bed.

## FULL APPEARANCES:

**Visual ADCs 2.** Someone you love may make a full appearance to you, and you will see his or her entire body, from head to foot, and **that person will look and feel fully solid and lifelike to you.** Typically he or she will be expressing love, well being, and happiness with a radiant smile. They virtually always appear healed and whole regardless of their form of death. It's quite common to see people who died in their later years return at a much younger age - often in the prime of their life. **Verbal communication may take place, but not always.** They are trying to assure you they are okay, and you don't need to be concerned about them. Visual ADCs provide a great deal of comfort and relief.

## A GLIMPSE BEYOND:

**ADC Visions.** You may see an image of a deceased loved one in a "picture" that is either two-dimensional and flat, or three-dimensional like a hologram. It's like seeing a 35 mm slide or a movie suspended in the air. These are usually in radiant colors and may be seen externally, with your eyes open - or internally in your mind, while your eyes are closed. You're seeing your loved one in heaven, and communication may occur, **especially during meditation or prayer.**



## HOMeward BOUND:

**Out-Of-Body ADCs.** OBE ADCs happen while you are asleep or in a deep meditative state. They are very dramatic experiences during which you leave your physical body and visit your loved one in a place nearby, at another location on Earth or within the physical universe, or in the spiritual dimension called “heaven.” The latter contains beautiful flowers, birds, and butterflies; lovely gardens and stately trees; sparkling water, radiant lighting, and other magnificent aspects of nature; and it’s filled with love, happiness, peace, and joy. **Out-of-body travel is accomplished at the speed of thought.** Many of these accounts read like near-death experiences, but those who have them are in good physical health at the time.

## PERSON-TO-PERSON:

**Telephone ADCs.** This type of ADC can occur during sleep or when you are fully awake. **You will hear a phone ringing, and when you answer it, your deceased loved one will give you a short message.** Two-way conversations are also possible. His or her voice will usually be clear, but may sound far away. If you are awake when the call on a physical phone is completed, it will seem that the line has been severed, for you won’t hear a hang-up sound, a disconnect click, or a dial tone.

## MATERIAL MATTERS:

**ADCs of Physical Phenomena.** Those who are bereaved often report receiving a wide variety of physical signs from their deceased relative or friend, such as: **lights or lamps blinking on and off; radios, televisions, stereos, mechanical objects, and toys being activated; photographs, pictures,** and various other items being turned over or moved; and a very long list of “things that go bump in the night.” Messages are sometimes left on computers, telephone answering machines, and other electronic devices.



### Suggested resources:

Proof Of heaven - Dr Ebon Alexander, 2013, Simon and Schuster, USA, ISBN 10: 1451695195, ISBN:13 9781451695199.

<http://ebenalexander.com/books/proof-of-heaven/>

<https://www.bookdepository.com/Proof-of-Heaven/9781451695199>

<http://www.eternea.org>

Judy and Bill Guggenheim: <http://www.after-death.com/>

<http://iands.org>

<http://www.rhine.org>

