Evidence-Based Answers to the 5 Most Commonly Asked Questions About Life, Death and the Afterlife  
by Mark Pitstick, MA, DC

Let’s face it . . . life on planet earth is not easy at times. However, *life is much easier and makes much more sense* when you know who you are, where you came from, why you’re here, what happens when you die, and Who walks beside you always.

For over 40 years, I’ve helped many thousands of suffering people. Throughout all this, I’ve assembled sensible, evidence-based solutions for your biggest questions and problems about life, death and afterlife. This special report answers questions I’ve received over the years from people around the world.

My *Soul Proof* book, e-book, audiobook, newsletters, personal coaching, and workshops are designed to help you *deeply know and show* that you are a wise, infinite, special and powerful being of energy/spirit/consciousness. Visit my website at [www.soulproof.com](http://www.soulproof.com) to learn more about these products and services.

You can attend my workshops in person or on-line and learn incredibly empowering techniques to lighten and enlighten your earth-experience. These include:

* **Ask Your Soul Technique** done under light hypnosis to get in touch with your inner wisdom and learn how to transform every aspect of your life for the better

* **Life Review Technique** to discover how you are doing so far in living the life you intended and how you can do even better so your life-review when you pass on will be heavenly and rewarding

* **Cyclical Life Experiences Technique** to recall other times, places and lessons that your essence may have visited during its journey through forever.

* to release old emotional and physical wounds and resume breathing in unison with God/Universe/Self.

* **Transformational Breathwork Technique, centering practices and other info** to help you live the greatest life of your dreams and fulfill your soul’s missions.

Mark Pitstick, M.A., D.C., has over 40 years experience and training in hospitals, pastoral counseling settings, mental health centers, and holistic private practice. His training includes a premedical degree, graduate theology/pastoral counseling studies, masters in clinical psychology, and doctorate in chiropractic. His books *Soul Proof* and *Radiant Wellness* were endorsed by Drs. Deepak Chopra, Wayne Dyer, Elisabeth Kubler-Ross, Bernie Siegel and others. A frequent radio and TV guest, Mark leads nationwide workshops on spiritual awareness and holistic health. Founder of the *Radiant Wellness Center*, Mark
continues a part-time practice using advanced holistic health care techniques to fine-tune body, mind and spirit.

**Convincing and Comforting Proof That No One Really Dies**

There are many scientific, clinical, religious and empirical indications of immortality for all. I especially emphasize validation cases that have been confirmed and are difficult or impossible to explain otherwise. Taken altogether, this evidence strongly points to the reality of our timeless soul natures and, hence, afterlife for all.

The nine categories of evidence include:
1. after-death contacts
2. near-death experiences
3. miraculous events and divine revelations
4. scientific input
5. paranormal experiences
6. religious and spirituality teachings
7. perinatal input
8. cyclical lifetimes evidence
9. firsthand experience and other ways of knowing

Keep in mind that only one event in one category need be true for the thesis of afterlife to be adequately proven. As noted philosopher and physician Dr. William James said, “In order to disprove the law that all crows are black, it is enough to find one white crow.” As you will see, there is no reasonable explanation for all this evidence unless, in fact, consciousness exists independent of the human body.

Let’s take a brief look at the first three categories of evidence.

**1. After-Death Contacts**
The phenomenon of after-death contacts is a fascinating category of evidence that humans survive bodily death. The term ADC describes contact with a deceased person who is in a nonphysical dimension. Such reports used to be considered weird and many people did not share them for fear of being considered crazy. Now more people are openly sharing these surprisingly common experiences. After-death contacts have been reported by 25 percent of Americans, 66 percent of widows, and 75 percent of parents whose children have passed over.

I first became aware of ADCs when I worked in hospitals as a respiratory therapist. Several elderly and completely lucid patients reservedly told me, “I don’t know why I’m telling you this, but there’s something about you. Last night I was visited by my late husband. He stood right there by the foot of the bed, smiled, and told me I would see him again.” Each time, these patients passed on within forty-eight hours. Reports of this type involved a visit by their departed spouse or parent. These
patients were very excited about their experiences, but hesitant to tell others for fear of being thought they were crazy.

ADCs often occur during dreams, probably because the person receiving the communication is deeply relaxed and the usual hectic brain activity is dampened. These dreams seem more vibrant and real than usual. The dreamer awakens with a strong sense that actual contact was made with a departed loved one. The eminent psychiatrist Dr. Carl Jung related a personal dream ADC: “Six weeks after his death my father appeared to me in a dream... It was an unforgettable experience, and it forced me for the first time to think about life after death.”

There are four ADC subcategories: shared, evidential, transformational and facilitated.

“Shared ADCs” is a term for those after-death contacts experienced by more than one person at the same time. Many after-death contacts occur with only one person at a time and, while those may be personally convincing, they may lack verifiable aspects. Being perceived by more than one person simultaneously, shared ADCs provide an additional validation component. This enhanced authenticity strongly indicates that the contact is not wishful thinking or an over-active imagination but an actual contact with departed loved ones.

The next category of validation ADCs is termed evidential and includes experiences in which a person learns something he or she did not know before and, in fact, had no way of knowing. Information revealed by evidential ADCs provides stronger documentation that these encounters are not illusions. Visiting spirits may tell about long lost objects that are subsequently discovered. Even more impressively, they may relay information that was not known to anyone, but is later verified.

Transformational ADCs, although not confirmatory in nature, are proof enough for the person involved. These are experienced by only one person so there is no shared or validation component to it. Nonetheless, those who experience such ADCs are changed radically and their stories often ring true to listeners. I've received many of these reports from those whose lives I've touched with my books, newsletters and workshops.

I was trained by Dr. Raymond Moody to conduct what I call facilitated after-death contacts, FADCs. In the early 1990s, Moody developed this technique as described in his books *Reunions* and *The Last Laugh*. Many grieving persons had told him, “If I could only talk to my departed loved one again—even for just five minutes...” This motivated him to research practical ways to facilitate contact with those in spirit world.
FADCs involve mirror gazing in a totally quiet and nearly darkened room. Sensory deprivation and the mirror’s clear optical depth provide an optimal environment for detecting and communicating with nonphysical beings. As the name implies, this technique attempts to set up or facilitate a meaningful contact with departed loved ones. Perceptions may involve the standard senses of sight, sound, touch and smell or more subtle variations of these such as mind-sight, an inner feeling, and telepathic communication.

After-death contacts—whether shared, evidential, transformative, or facilitated—constitute a remarkable body of evidence for the continuation of consciousness after crossing over. These strong indications that we and our loved ones don’t really “die,” but merely change worlds are immensely comforting and healing. The frequency of these phenomena and the many associated validation aspects further contribute to the evidence that we are, in fact, timeless spiritual beings.

2. Near-Death Experiences
Many near-death experiences have provided impressive evidence for the continuation of consciousness beyond the grave. Most recently, neurosurgeon Eban Alexander, M.D., has written the best-selling book, *Proof of Heaven*, describing his near-death experience during a week long coma.

That many of these cases have been validated by respected scientists further points to the authenticity of nonphysical realities. The abbreviation for near-death experiences is NDE; the plural is NDEs and those who experience these states are termed NDErs. Tens of thousands of NDE cases, many of them documented by doctors and scientists, have demonstrated the persistence of awareness after physical death.

Although NDEs were first described thousands of years ago, they are much more common now because of advances in medical resuscitative capabilities. Many more people are now successfully brought back from the brink of biological or irreversible death. These NDErs were temporarily clinically dead, that is, had cessation of their heart, lung, and/or brain functions. During that time, a significant percentage of them have fascinating and life-changing experiences.

NDEs have been reported independently across time in various cultures, a fact that further increases the credibility of this phenomenon. They were first reported thousands of years ago, as described in *The Tibetan Book of the Dead*, *The Egyptian Book of the Dead*, and *The Aztec Song of the Dead*. These descriptions were lost or little known for centuries, yet score remarkably high on modern NDE measures such as the “Near-Death Experience Validity Scale” by Ken Ring, Ph.D. Their reports of what souls encounter after death also mirror those of other cultures and
transcendent experiences by consciousness altering substances.

In *The Light Beyond*, Dr. Raymond Moody states that there have been cases of NDEs far back in history, dating to references by Greek philosopher Plato in 347 B.C. Pope Gregory the Great’s sixth-century Dialogues are a set of deathbed visions, ghost stories and near-death accounts providing evidence of the soul’s immortality. Dr. Carol Zaleski, author of *Otherworld Journeys*, says the literature of the Middle Ages is filled with such accounts.

A massive amount of NDE literature exists, thanks to Moody, Ring, Greyson, Morse, Grof, Sabom, Grosso, Ritchie, Lundahl, Osis, Haraldsson, Wade, Tart, Atwater, Cooper, Becker and others. Current studies of diverse age groups in other cultures show the same patterns or universality of reports.

NDE evidence with verifiable aspects strongly points to the existence of awareness surviving physical death. In *Lessons from the Light*, Ken Ring, Ph.D., says that many people “...tell of leaving their bodies for a moment and having a panoramic and detailed perception of the environment around their body. Suppose, then, these descriptions could be checked independently and verified. If one could show that these patients could not possibly have seen what they did naturally or acquired this information by other means, we would have some fairly impressive evidence to support the objectivity of NDEs.”

Much research has been done and the evidence is clear. As Ring concludes, “We now have good evidence, and from multiple sources, that the NDE is indeed an experience that has its own objective character and is, in a phrase, ‘on the level.’ (After considering evidentiary cases) I hope you will be reassured that the doubts about the validity of the NDE can be safely dispatched on purely scientific grounds.”

Young children, who describe the sequence of events during NDEs just as adults do, provide an especially impressive category of evidence. The literature is rich with verifiable accounts of pediatric NDEs that include many complex details about resuscitative procedures that are incomprehensible to young children. Children have not been exposed to religious or cultural views about what happens after death. They tend to view death as a vacation and something the departed will return from. Oh, from the mouth of babes. They’re not far off.

NDEs occasionally provide glimpses into the future as well. These so-called life preview experiences provide another validation aspect since, in a number of cases, the events foreseen did come true. Bruce Greyson, M.D., states that about one third of those recalling a life review during an NDE had visions of personal future events.
NDEs reported by those who are blind constitute particularly impressive evidence for the survival of consciousness beyond physical death. In *Books of the Dead*, Stan Grof, M.D., discusses, “… reported cases where individuals, who were blind because of medically confirmed organic damage to their optical system, could at the time of clinical death see the environment… Occurrences of this kind, unlike most of the other aspects of near-death phenomena, can be subjected to objective verification. They thus represent the most convincing proof that what happens in near-death experiences is more than the hallucinatory phantasmagoria of physiologically impaired brains.”

A common and enduring aspect of NDEs is the accompanying transformative effect. NDErs have such a strong belief in afterlife that any fear of death is nearly or completely extinguished. Survivors of NDEs typically reorder their life priorities and often change to more meaningful jobs involving service to others. They also view their bodies as vehicles for their souls and take better care of themselves.

A deep faith and internalized belief about the Divine and afterlife are common after NDEs. These dramatic lessons impart a lasting hope and assurance of things not seen but nevertheless vitally real. Says Nancy Bush, past-president of the International Association for Near-Death Studies, “Most near-death survivors say they don’t think there is a God. They know.”

The existing NDE research successfully refutes skeptics who claim that NDEs can be explained solely by physiological changes such as lack of oxygen. Likewise, various aspects of NDEs, such as verified vision by blind persons, cannot be satisfactorily explained by psychological dynamics. The evidence in this section is very difficult to explain unless there is indeed an ongoing transcendent component to the human experience.

**3. Scientific Input**

There is a wealth of diverse scientific evidence that strongly supports the existence of a spiritual reality. The nature of this subject does not easily lend itself to double blind studies although some serious research exists. As such, I will cite scientific findings and quote numerous scientists.

Since the 19th century, many respected scientists have investigated and demonstrated the existence of unseen realities. Societies for psychical research were formed in the U.S., England, and France. Some of the best minds of that era, for example, Drs. William James, Frederick Myers, and J.B. Rhine, were involved.

After many years of investigating the validity of communicating with those who had passed on, world renowned scientist Sir Oliver Lodge concluded, “Basing my
conclusions on experience, I am absolutely convinced, not only of survival, but of
demonstrated survival, demonstrated by occasional interaction with matter in
such a way as to produce physical results.”

There are numerous published experimental and case studies exploring survival after
death. In addition, supporting empirical evidence, which is based on direct personal
experience, is as strong as that of any science. However, spiritually based topics are often
held to an unjustly higher standard of proof.

Max Planck, founder of quantum physics, said “Spirit is the original basis of all matter,
reality, true existence.” Albert Einstein stated, “Everyone who is seriously involved in the
pursuit of science becomes convinced that a Spirit is manifest in the Laws of the
Universe.” Thomas Edison believed in life beyond death and apparently visited beatific
realms just before death. After momentarily awaken from a coma, he stated: “It is very
beautiful over there.”

Dr. Friedbert Karger, German physicist at Munich’s Max Planck Institute, has
extensively studied afterlife phenomena and states: “The consciousness—or soul—of a
man lives beyond the body. The body is a tool that consciousness uses. When the body
dies, the soul remains… Death is not an end but a transition from one state to another.”
He says that many famous physicists have expressed an interest in the spiritual world.

Willis Harmon, Ph.D., emeritus professor at Stanford, author of *Global Mind Change,*
and founder of the Institute of Noetic Sciences stated: “There is a tremendous amount of
empirical, anecdotal, clinical, and traditional evidence suggesting that in some sense the
essence of the person survives physical death… death appears less as an extinction than
as an awakening to ’where one was all along’. At death, the center of awareness shifts
from the physical to higher planes (with perhaps a period of confusion and/or sleepy
resting in between). We don’t go somewhere at death; we are already there. As this new
view becomes real in our lives, fear of death disappears. We couldn’t nonexist if we
wanted to.”

Impressive scientific research has been performed at the University of Arizona by Gary
Schwartz, Ph.D. and his team. Dr. Schwartz, a former professor at Harvard and Yale, has
had over four hundred scientific papers published in peer-reviewed scientific
journals, presented over six hundred papers at scientific meetings, edited eleven academic
books, and co-authored, with Linda Russek, Ph.D., *The Living Energy Universe.*

As described in *The Afterlife Experiments: Breakthrough Scientific Evidence Of Life
After Death,* Schwartz investigated five mediums and their abilities to truly communicate
with souls of departed people.

Of the findings, Schwartz comments: “Scientists and nonscientists alike are experiencing
a test of faith— in this case, whether we can put our belief in the scientific method itself. Because if we are to put our faith in the scientific method, and trust what the data reveal, we are led to the hypothesis that the universe is more wondrous than imagined in our wildest flights of fancy . . . the totality of the findings are surprisingly consistent with the concept of life after death and what we call the ‘living soul hypothesis’ . . . ”

After examining much evidence and many firsthand reports, attorney Sidney Freeman’s reply to the question, “Can life after death be scientifically proven?” was: “Yes, it has been—to a number of those who seriously delved into it, including some of the world’s greatest scientists, as well as many prominent physicians, psychiatrists, psychologists, professors, businessmen, statesmen, lawyers, clergymen and major Church organizations . . . I have concluded, from the evidence, that life after death is a scientific fact. All of us, without exception, will find ourselves in another, strange and intriguing new world when our physical body expires.”

Peter Russell, DCS, author of Waking Up in Time, was a protégé of Stephen Hawking at the University of Cambridge and is one of the world’s foremost mathematicians and physicists. He says that time, space and matter are only relatively real; only light can be considered absolutely real irrespective of surrounding conditions. Light and consciousness, he notes, exhibit important parallels. Russell defines consciousness as the ability to have experiences; it is like a screen that the movie projector needs for the movie to be experienced.

Science, Russell says, may soon be forced to accept that consciousness is primary just as Eastern philosophies have long taught. The Christian mystic Meister Eckhart was attacked for his statements that he was part of and one with God, but now science is pointing to the inseparability of consciousness. Russell encourages meditative and centering practices for a firsthand experience of time’s relative reality.

The First Law of Thermodynamics, the Law of the Conservation of Energy, states that energy cannot be destroyed but merely changes form. Things may change from one form to another but that is not the end of them. For example, the potential energy in a piece of wood changes to thermal energy when it is burned. Ashes remain as freed heat energy radiates in all directions. The total energy of the system is the same despite outward changes.

The collective evidence indicates that the same law applies to humans who, despite dropping their physical bodies, continue to exist.

There are six more categories of evidence discussed in my book Soul Proof and in the Soul Proof documentary film. You can be assured that the collective is very clear: no one really dies. Only the body dies and that is much less than 1% of who you really are. The rest—energy, consciousness, spirit, light—continues on in a never-ending but often changing eternity. When you can wrap your head around that, you can relax into another
Let me know if I can assist you and your loved ones with sensible, evidence-based solutions to your biggest questions and problems about life, death and afterlife. The world needs your greatest gifts. You can best share them when you clearly know that you are a wise, infinite, special and powerful being of energy/spirit/consciousness AND your earth-experience is a totally safe and magnificent adventure amidst eternity.

**Cyclical Life Experience: Do You Live More Than Just This One Life?**

Four prominent men believed in the concept of what they called reincarnation. It just made sense, they said, and explained many mysteries of life. It seemed to be part of a universal plan that conserves energy and knowledge from one lifetime into another. They believed that never-ending but changing lifetimes would assist soul growth and found that model to be a guiding light in their lifetimes. These men are highly respected in American history, but you may not have known about their beliefs. Who were they? Benjamin Franklin, Henry Ford, Thomas Edison, and General George Patton.

Reincarnation is the theory that we experience not just one, but many, many lives in the course of eternity. Although this concept may seem strange or foreign to some people, it answers a number of questions that people of all ages wonder about.

When I was ten years old, I sat in church and looked through its stained glass windows while the minister talked about heaven. “One day,” he said, “we will walk on golden streets and play golden harps—forever.” Even at that young age I thought, “Wouldn’t that get old after a while?”

Think about it with an open mind for just a moment. How long could you play a harp—even a golden one—before you would be ready for a piano, a guitar—even an accordion? Novelty and challenges make life more interesting and rewarding. A concept of never-ending but often changing life experiences successfully addresses many questions.

Once a word has become well established in a culture, it is difficult or impossible to change its intrinsic meaning. I use various synonyms for “God” and “soul” because those words have such entrenched and limiting meanings for some people. The same challenge exists for the word *reincarnation* that isn’t ideal for several reasons:

1. Some people associate the word with the occult or cults. The word reincarnation can negatively trigger those with very conservative religious beliefs and who haven’t researched the topic for themselves. It also feels overly simplistic to some.

2. It implies a series of deaths and rebirths. A more accurate image of life that emerges
from the collective evidence, however, is that of a seamless series of life experiences throughout eternity.

3. The reincarnation model suggests that souls experience lives as different people in linear time, and separate places. Some evidence suggests otherwise.

For example, your soul’s energy does not have to manifest in just one place at a time. Part of it is obviously energizing your current physical body; another part might be experiencing parallel lives in formed or formless dimensions simultaneously; another percentage might never have left Home. In this third vantage point, life is but a dream. All the supposed physical events may be better described as a series of visualizations or energetic visitations to other times and places.

As such, I will alternately use the following word combinations as synonyms for reincarnation: cyclical life experiences, multiple lives, varying life experiences throughout eternity, limitless number of lives, infinite life experiences, perpetual change, never-ending but often changing lifetimes.

The evidence for varying life experiences throughout eternity is vast and varied. Categories of proof include religious and spirituality input, philosophical arguments, and clinical evidence. The third category is further delineated into the subsections of: classic proofs, curative evidence, similarities between lives, past life regressions, past life memories, and Dr. Ian Stevenson’s research.

Many religions, denominations and spiritual traditions have a belief in a cyclical series of lifetimes. This enduring belief surfaced independently across the world among billions of people in every continent on our planet. A belief in multiple lifetimes is a major tenet of Hinduism, Buddhism, and Sufism—a mystical branch of Islam. This belief is also part of several Jewish and Christian denominations. Native spirituality sources across the world recognize the cyclical, unending nature of life.

Throughout history, great philosophers, authors and famous people—along with a majority of the world’s population—have believed that we have not just one but many lives. Famous people who believed in reincarnation include: Plato, Socrates, Pythagoras, Plotinus, Origen, St. Augustine, Cicero, Marcus Aurelius, St. Francis of Assisi, Hume, Kant, Hegel, Schopenhauer, Nietzsche, William James, Henri Bergson, Goethe, Hugo, Sand, Blake, Wordsworth, Whitman, Shelley, Kipling, Voltaire, Tennyson, Browning, Alcott, Emerson, Thoreau, Poe, Whitman, Wagner, Leonardo da Vinci, Benjamin Franklin, Luther Burbank, Edison, Henry Ford, Edgar Cayce, and George Patton.

Cycles in nature logically suggest a similar series of life stages for humans beyond death. Consider nature’s seasons, ocean tides, sunrise and sunset, lunar stages and metamorphoses of moths and butterflies. Surely your awareness/spirit has as much a chance to return again if it wants or needs to. Look at the stages between physical birth and death: infancy, childhood, adolescence, adulthood, and the senior years. Why shouldn’t this
succession of stages continue after death?

The phenomena of child prodigies, familiarity, and xenoglossy have long been identified across cultures and further suggest the existence of multiple lifetimes. Over time, a number of child prodigies have demonstrated amazing abilities in mathematics, music and other fields. Some have displayed virtuoso musical abilities despite little or no practice at that instrument. Mozart, for example, composed a concerto at age four. Xenoglossy is the phenomenon of being able to speak one or more languages fluently without any exposure to them in the present lifetime.

Familiarity is another occurrence that is puzzling unless a greater nonphysical awareness exists independently of time and space. Familiarity involves having detailed knowledge of a particular historical period, place or person one has never studied, visited or met. For example, some people, upon arriving at a city for the first time, intimately know directions and locations of landmarks. Even more common is the occurrence of meeting someone for the first time and having a strong sense of having known each other before. This may partially account for the instant fondness or dislike we feel toward new acquaintances. Familiarity has been demonstrated and validated many times after past life regressions and spontaneous past life memories.

Healing of various emotional and physical disorders by past life regression or spontaneous recall contributes additional evidence for reincarnation. The existence of unexplainable phobias, for example, a severe fear of guillotines in the 21st century, suggests that negative tensions may have been carried over from past lives. Cures of these difficult disorders are especially impressive since they are often spontaneous and occur after numerous orthodox approaches have failed. These therapeutic recoveries are also often total and lasting.

In his book, Where Reincarnation and Biology Intersect, Ian Stevenson, M.D., discussed the occurrence of similarities between lives. He showed pictures of people in present and purported past lives, noting physical resemblances such as present day birth marks or deformities associated with past life injuries.

Walter Semkiw, M.D., also researched this phenomenon extensively. He holds that, from lifetime to lifetime, people tend to exhibit similar physical characteristics and persistent personality traits. Many of the physical resemblances Semkiw shows are striking and eerily similar.

Hypnotically induced past life regressions are designed to help hypnotized people remember supposed past lives. Brian Weiss, MD, says that he has received thousands of phone calls and letters from psychiatrists, psychologists, and other therapists who have done past life regressions for up to twenty years. He states, “The letters describe detailed accounts of past-life recall, of patients recalling names, dates, and details of lifetimes in other cities, countries or continents. Some patients have found their ‘old’ names in the official records of places they have never even heard of, let alone visited, in this lifetime. Some have found their own tombstones.”

Past life memories occur spontaneously, that is, without the aid of hypnosis, while the
person is awake or dreaming. There are many validated cases of this type in the literature. The massive amount of objective research by Ian Stevenson, M.D., is the most impressive reincarnation evidence to date. Stevenson’s books include *Children Who Remember Previous Lives, Cases of the Reincarnation Type, Twenty Cases Suggestive of Reincarnation, Where Reincarnation and Biology Intersect,* and *Reincarnation and Biology.* The world’s leading authority on the subject, he is the author of more than a dozen scholarly books and 250 articles.

Stevenson, who headed the department of psychiatry at the University of Virginia, spent most of his sixty-year career perfecting methods for verifying the past life memories of children. His work is not better known because he writes for other academicians, a fact to which anyone who has read his books can attest.

He and his staff compiled over 3,000 cases from around the world. Nearly 900 of these were stringently verified and 35 percent of these had birthmarks or birth defects that matched injuries from previous lives. Eighteen of these cases involved two or more matching birthmarks. Stevenson calculated the chances that two matching sets of birthmarks—from a purported past life and the present one—would randomly occur only 1 in 25,600 times. The odds against this happening by chance eighteen times are astronomical.

The large amount of varied evidence for never-ending but often-changing lifetimes is another indication of our underlying spiritual natures.

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*Let me know if I can assist you and your loved ones with sensible, evidence-based solutions to your biggest questions and problems about life, death and afterlife. The world needs your greatest gifts. You can best share them when you clearly know that you are a wise, infinite, special and powerful being of energy/spirit/consciousness AND your earth-experience is a totally safe and magnificent adventure amidst eternity.*
New Evidence That You Will—Without a Doubt—See Your Departed Loved Ones Again

Death is the number one fear in any poll and most people worry about their loved ones dying. People wonder if they really will ever see their beloved departed ones again, or if that’s just wishful thinking and religious BS.

The great news is that several factors clearly show that you will see your departed loved ones again.

It’s been well established that each person is, at his or her core, an eternal being of energy/consciousness/spirit. That essence preceded birth on earth and survives physical death. So both you and your loved ones are indestructible energetic beings.

But what if you are on one side of the universe and your departed loved one on the other side. No problem. Time and space are not barriers to nonphysical beings. You each are only a thought away and the desire to be with your beloved soul makes it so.

What if you are in heaven and your departed loved one is in hell? First, there is no such thing as a fiery eternal hell. There are temporary disconnects from the Source and self-induced hells, but those can be changed when a soul is ready for higher ground.

Neither heaven nor hell is a physical place with a zip code way up in the sky or at the core of the earth. We’re not in the Middle Ages anymore and it behooves us to update our images of afterlife scenarios. Both are states of consciousness, levels of energy, degrees of love and connection with Life Itself. So that’s not a barrier.

Those who have had near-death experiences often report being greeted by departed loved ones on the other side. This reunion feels wonderful and those who dropped their bodies take on an appearance so the visiting soul can recognize them.

Authentic mediums have accurately described communications from loved ones who passed on. Esteemed doctors such as Raymond Moody, Bernie Siegel, Brian Weiss, Gary Schwartz, Carolyn Myss, and Melvin Morse. Dr. Schwartz has even conducted double-blind university-based studies that clearly show these messages come from visiting nonphysical beings.

Furthermore, many people have had after-death contacts with those who passed on before. Some of these visits are evidential, that is, revealed information that could not have been known unless the departed person truly made contact. Other ADCs
have been experienced by more than one person at a time. The sheer numbers of ADCs—33% of the general population, 66% of widows, and 75% of bereaved parents—make an irrefutable case for visitation by departed loved ones and thus future interactions.

Some people who have been abused understandably don’t want to see others in the afterlife. That’s why I worded this section with “departed loved ones.” You don’t have to see someone else after you die unless you both want to. The higher, finer energies of nonphysical dimensions would not support an abusive relationship.

On the other hand, you might find that an abusive person in your life was just acting that part to push you in a positive direction. Every good story needs a villain so those negative people in your life may well be beloved soul mates who purposely took on limiting roles to help you.

Love is one of the highest energy emotions. Just as energy cannot be destroyed but can only change form, love cannot be destroyed even though the outward appearances change.

Consider, too, that all religions have reported the potential for seeing your departed loved ones again. While those teachings are based on faith, not evidence, they still contribute to the overall picture.

From a common sense perspective, those who have experienced love firsthand know that there are no good-byes between those who love each other. “See you later,” yes. But not good-bye.

You can read more about NDEs, ADCs and authentic medium reports in the Soul Proof book. The bottom line? You will see your loved ones who passed on before you again. Count on it.

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Let me know if I can assist you and your loved ones with sensible, evidence-based solutions to your biggest questions and problems about life, death and afterlife. The world needs your greatest gifts. You can best share them when you clearly know that you are a wise, infinite, special and powerful being of energy/spirit/consciousness AND your earth-experience is a totally safe and magnificent adventure amidst eternity.
After-Death Contacts: 3 Ways to Know If You’ve Had a Visit from the Other Side

Respected views from science and religion support the possibility of communication from beyond the grave. For example, Rev. Dr. Norman Vincent Peale, who earned worldwide respect for his sensible application of religious principles, stated: “I firmly believe that when you die you will enter immediately into another life. They who have gone before us are alive in one form of life and we in another.”

Some religious denominations believe that the deceased sleep until a judgment day. A number of other religions and denominations, however, describe an uninterrupted continuation of consciousness. Much evidence is consistent with Peale’s view that life continues on seamlessly after death.

Why do some departed souls make contact and others don’t? They may be healing, busy with other demands, may have reincarnated already, or may not be able to energetically make the contact. Reports from spirit side say that much energy and determination are required for a spirit-being to make significant contact in physical dimensions. The receptivity of those on earth is also a very important factor since being calm and open-minded improves chances of an ADC.

What is the difference between ghosts and those souls who visit loved ones during ADCs? Ghosts are in limbo between earth and spirit world as a result of several possibilities. These include intense addictions; strong emotions such as revenge and anger; a sudden or violent death; and limited spiritual knowledge with resistance to entering the Light. Being stuck in this netherworld is like a purgatory described by some religions. Ghosts can enter the Light anytime they choose, but may be afraid or ignorant about this possibility. Visitations by these forlorn spirits may be ongoing, feel scary or sad, and be accompanied by physical coldness. Their energy is slow, looks darker, and feels hopeless.

Souls who visit during ADCs, on the other hand, usually make brief visits and exude energies of peace and joy. They are not stuck but, rather, have successfully made the transition into spirit world. Like those briefly on the corner jail square in Monopoly, they are “just visiting” the physical dimension. Their visits are voluntary and are motivated by love and the desire to relay comfort and hope. Recipients of ADCs consider them to be sacred and are often transformed by the experience.

Three ways to know you’ve had an ADC include:
1. You experience very clear dreams that have a pronounced effect on you afterwards. These dreams seem more real than usual and the dreamer awakens with a strong sense that actual contact was made with a departed loved one. ADCs often occur during dreams, probably because the person receiving the communication is deeply relaxed and the usual frenetic brain activity is dampened. The eminent psychiatrist Dr. Carl Jung related a personal dream ADC: “Six weeks after his death my father appeared to me in a dream... It was an unforgettable experience, and it forced me for the first time to think about life after death.”

2. Sensing a departed loved one’s presence via the usual senses or more ethereal ones. You may see a visiting soul who appears solid or more gauzy or filmy. For no reason, you may suddenly smell a fragrance that you strongly associate with your loved one. Hearing a departed loved one’s voice can sound just like hearing a fellow human. Finally, you may feel a physical touch when no one else is around and that you associate with a visiting spirit.

More ethereal sensations can also occur: you might see in your mind’s eye, hear a telepathic message being relayed, or have a feeling that a loved one is present.

3. Unexplainable events can occur that make you think someone is visiting from spirit-side. Pictures or mementos of the deceased may repeatedly tilt, fall over, or move. Pillows can fly off a bed while you’re thinking of your loved one. Some have felt their mattress crunch down as if someone is sitting on the bed. Others notice electronic devices stopping, starting, or changing function. Lights may go on and off. The possibilities are endless. In my experience, the more of a “rascal” your loved one was, the more frequent and creative his or her after-death contacts may be.

As discussed in an earlier section, these visits may be shared or evidential and therefore carry additional proof. The proof of the pudding, however, is the lasting impact made on the person who has the ADC. Whether in dreams or awake, a valid ADC feels transformative. Those who experience ADCs feel more peace about the death of their loved ones. They feel more assured that they will see them again, just as they experienced them on earth. They fear death less and trust more in how life unfolds—even if it turns out differently than expected.

Let me know if I can assist you and your loved ones with sensible, evidence-based solutions to your biggest questions and problems about life, death and afterlife. The world needs your greatest gifts. You can best share them when you clearly know that you are a wise, infinite, special and powerful being of energy/spirit/consciousness AND your earth-experience is a totally safe and magnificent adventure amidst eternity.
6 Keys to Identifying and Fulfilling Your Soul’s Missions/Higher Purposes

“How can I know what my soul’s missions are?” is a very important question since a vast and varied amount of evidence clearly shows we are spiritual beings.

“Margaret,” an older female in North Carolina, told my workshop group that she didn’t know what her mission was. “I’ve tried and tried to figure it out,” she stated, “and I can’t come up with anything.” In an attempt to help clarify her life purpose, I asked how she spent her time. “Over the last seven years, I’ve helped eight friends and family members who were very ill and stayed with them until they passed on. I’ve been so busy that I don’t have time to figure out my soul’s missions.”

If only all questions were so easy to solve.

Realizing your nature as an infinite soul bestows many gifts. One is trusting yourself enough to follow your greatest joys. What clearer way could Creator reveal your unique path than by what you are excited and passionate about? As Joseph Campbell said: “If you follow your bliss, you put yourself on a kind of track that has been there the whole while, waiting for you, and the life you ought to be living is the one you are living.”

Follow your heart, do what you feel called to do. Trust your intuition, that wise inner voice that guides you about every aspect of your life. The pieces of life’s puzzle will fall in place as more and more people—starting with you—pursue their bliss. It’s like the old hide the button game: when you’re enthusiastic, you’re getting hotter.

Your soul, in alignment with Divine order, chose missions before you came to earth. Clues to those missions are revealed by your greatest dreams and desires. You and everyone else have life visions and special talents to share. Universe totally supports those who assist God’s plan to bring peace, joy, love and light on earth.

This is not just lofty, impractical spiritual advice; it’s useful information that can increase the quality and quantity of life. For example, the most common time for heart attacks is early Monday morning. Day after day, year after year of following a path with no heart or soul literally compromises one’s anatomical heart.
I’ve counseled a number of persons who hated their work but were afraid to follow their bliss. “After I retire, then I’ll start that little business I’ve always dreamed of,” they say. When I ask about their life’s dream, they invariably pause for a moment. Then their eyes light up as they describe what they would do “if only...” The truth is, each person can follow his or her calling. Doing so, at least part-time, is a key to experiencing Heaven on earth.

Attending to the soul’s mission is usually a multi-dimensional process. We each have numerous roles in life—family member, significant other, friend, worker, church member, community participant, and individual. Following your bliss doesn’t mean forsaking all other roles and just focusing on one aspect. On the contrary, being totally successful and achieving our soul’s mission means meeting all our roles impeccably.

Fulfilling your various roles can be challenging, but it’s possible. Making a commitment to identify and pursue your dreams is a first step. Some people have the circumstances and chutzpah to make abrupt changes and follow their bliss full time. Others may choose to make a more gradual transition over time. Whichever path you choose, start now!

Let your self dream for a moment using your fullest imagination, then answer this question: “If you knew you could not fail, how would you live?” Let the images flow and feel the excitement as, perhaps for the first time, you become aware of your soul’s callings. Following them will put you in touch with the joy and purpose that is your birthright.

At the same time, be wise about it. A Middle Eastern saying about this is: “Trust Allah, but tie up your camel.” Daily living requires a certain income to survive; don’t rush off and quit your day job prematurely. Stay with your current work and expand your services until you naturally grow into your higher calling.

To begin identifying your soul’s purpose, close your eyes, let yourself become relaxed, and ask for assistance from God and the Heavenly host. Give thanks for guidance and assistance in realizing your soul’s missions. Then listen quietly for that still small voice within. Note any clues that arise spontaneously, such as words, pictures, feelings, colors, people and places. Now answer the following questions by noting the very first response that spontaneously arises:

♦ What are you naturally good at?

♦ What would you do if money were no object?
♦ What would you do if you had only one year to live?

♦ What would you do without pay because you enjoy it?

♦ What do you read and talk about in your spare time?

♦ What chokes you up, gives you goose bumps, cold chills, and tears in your eyes or pressure over your chest?

♦ How do you feel called to assist global transformation?

Some people think that their soul’s mission has to single-handedly change. The old church hymn, “Brighten the corner where you are” lends a hint. Do the best you can within your sphere of influence and know that’s enough. Let your compassionate heart show you who needs help and how. And don’t forget to put yourself on your list of priorities.

Someday you will fly away from this demanding but wonderfully instructive classroom. Until then, your task is to learn, love, serve, enjoy, and leave this planet a better place than when you arrived. Why not do so with style and grace—a totally successful human who clearly remembers your magnificent soul nature!

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