



Sandra's 19 Reasons to Believe in the Afterlife



Lots more info can be found on my radio show website:

<http://wedontdieradio.com/>

1. Evidential Mediums - Like tuning into a radio station, evidential mediums tune into the vibration of our loved ones in the spirit world. I believe we all possess the capability to do this. Becoming a good medium takes work though. It takes dedication, commitment and practice. You don't have to spend a lot of money either. One of my favorite resources is recommending people join <http://www.snui.org/> for under \$30 US dollars per year. You will find online church services and education by the Spiritualists' National Union. They give several free readings at the end of every service.

2. Spirit Artists - are mediums who can draw. Reverend Rita Berkowitz (now retired) <https://www.thespiritartist.com/> has many photographs and portraits of the spirit people she has seen on her website. After my dad passed, Rita drew a portrait of my father how he appeared in in his 20's and told me we all get to be our favorite age in the hereafter. [Sandy Ingham \(episode #116\)](#) says he has no artistic abilities, but she will go into a trance-like state, and a spirit artist named Leo uses her hands to draw pictures of those in the spirit world. She has been filmed drawing two different portraits at the same time, one with her left hand and one with her right!

3. IADC - Induced After Death Communication and Grief Reattachment Therapy - both [Allan Botkin \(episode #108\)](#) and [Rochelle Wright \(episode #158\)](#) have perfected methods to induce after death communication between you and a loved one. It is a timely procedure for those intensely grieving. Using counseling and EMDR (Eye Movement Desensitization and Reprocessing), therapists effectively move you into a state of mind where you may talk and touch your loved ones.

4. Death Bed Visitations - Just before death we often hear of people looking up, seeing and talking to those in Heaven. I especially love the stories of people who have been in a coma, not knowing their friends had passed away, then they see them in a death bed visitation! [Dr. Penny Sartori \(episode #29\)](#), [Dr. Pam Kircher \(episode #31\)](#) have some great stories. Thomas Edison whispered to his physician just before death *"It is very beautiful over there."* Steve Jobs final words while looking over the shoulders of his family were *"Oh Wow. Oh Wow. Oh Wow."*

5. Electronic Voice Phenomena - Using technology we are able to record sounds of raindrops, radio static or other "white noise" and have voices appear when we play it back. I have recorded several hundred of these messages that have been heard by many and are very healing. For my story listen to [episode #1](#). [Tom Butler \(episode #114\)](#) and his wife Lisa taught me about EVPs and you'll also enjoy [Sonia Rinaldi \(episode #169\)](#) and [Sheri Perl \(episode #107\)](#). Not to be missed is technology currently being created called The SoulPhone® with [Dr. Mark Pitstick \(episode #151\)](#) and [Dr. Alan Hugenot \(episode #161\)](#)

6. Visual ITC - (Instrumental Transcommunication) records faces, places and images from the afterlife on photographs and video recordings. [Tom Butler](#), [Sonia Rinaldi](#), [Rebecca O'Donnell \(episode #138\)](#) and [Keith Clark \(episode #163\)](#) have great stories of what they have captured with Visual ITC.

7. Heaven talks to Children - When our minds are young and not fully developed very often we can see "beyond the veil" into heaven. Children have told parents who they see, and they are just as real to them as alive human beings. Parents are mystified that these children often know names and descriptions of people that they have never heard about. [Christine Duminiak \(episode #23\)](#) has written a book on this subject and psychic medium [Leo Bonomo \(episode #154\)](#) clearly remembers his childhood visitations.

8. Guardian Angels and Spirit Guides - It is very comforting to believe that we have invisible souls looking after us while we are on earth. It is also said that we work with these beings to choose the life we wish to live and the experiences/life lessons we wish to have. [Lorna Byrne \(episode #130\)](#) has been seeing angels since childhood and have communicated with her and taught very profound things. Different mediums have described the same Spirit Guides around people and have stepped in to help us in times of need.

I've heard stories of peoples' lives being saved by these helpers, only to find out that no person was physically there.

9. Reincarnation - [Dr. Ian Stevenson](#) spent his life interviewing and documenting the stories of over three thousand children around the world. They had memories from their past lives. I am grateful to have interviewed [Susan Masino \(episode #85\)](#) who tells the story of her very young son having nightmares of dying on a sinking ship. His drawings were replicas of the ship Titanic, a blueprint of the ship complete with the stairwells and layout of the actual vessel.

10. Near Death Experiences - have been documented by millions of people worldwide. While their experiences can greatly differ, there are some similarities. These may include moving toward a bright light, the feeling of unconditional love, seeing relatives and having a life review. While our skeptical mind often thinks this is just a part of our brain's shutting down before death, the stories of NDE survivors can be shocking. [Ken Ring's studies](#) on blind people who have not had vision with their human eyes have accurately "seen" events that have taken place in hospitals. People remember their NDE clearer than any other memory they have had. All those I've spoken with now have no fear of dying and make their lives about helping others. [Dannion Brinkley \(episode #62\)](#), [Dr. Penny Sartori \(episode #29\)](#), scientist [Nancy Rynes \(episode #121\)](#), [Dr. Mary Neal \(episode #14\)](#) are some of my favorite NDE episodes.

11. Out of Body Experiences - are similar to the NDE, however you don't have to be near death to have one. Through meditation and practices we have the opportunity to see into Heaven. [Sean McNamara \(episode #91\)](#), [Luis Minero \(episode #7\)](#) and author [Cyrus Kirkpatrick \(episode #140\)](#) share some fabulous stories on OBEs.

12. Shared Death Experiences - Similar to NDEs, loved ones of people transitioning often share the experiential journey into the Hereafter. They can see, hear and feel what their loved one is experiencing as their bodies die. [Dr. Raymond Moody \(Episode #118\)](#), who coined the term "Near Death Experience" has a wonderful book called [Glimpses of Eternity: An Investigation Into Shared Death Experiences](#)

13. Life Between Lives & Past Lives - [Dr. Brian Weiss](#), author [Many Lives, Many Masters](#) has done much work in the field of survival of the human soul.

During hypnotic regression, people have experienced who they were in past lives. [Dr. Michael Newton](#), author of [Journey of Souls](#) offers excellent evidence that our consciousness survives physical death. Currently Life Between Lives and Past Life therapies are available. Hear [Dr. Ann Clark \(episode #180\)](#).

14. Trance Mediums - are people that go into a deep meditative state and blend their energy with the energy of a deceased person. While there are many types of trance mediums, I have personally witnessed three. 1) Trance speaking: a different personality than the person in trance speaks through the mouth of the medium. The messages are filled with inspiration and often poetic about love, life and the afterlife. 2) Trance Communication: a person's deceased loved one actually uses the medium's mouth to speak, having a conversation with their loved one face to face, similar to Patrick Swayze's character using Whoopi Goldberg's character to speak in the movie "Ghost." 3) Trance writing: with the medium in a trance state, he or she may draw, write poetry or words of inspiration or write in the hand-writing of someone's deceased loved one. I talk about my personal experiences with trance in [episode #149](#) and [episode #155](#). Tutor of trance, Caz Dukes tells her journey in [episode #168](#).

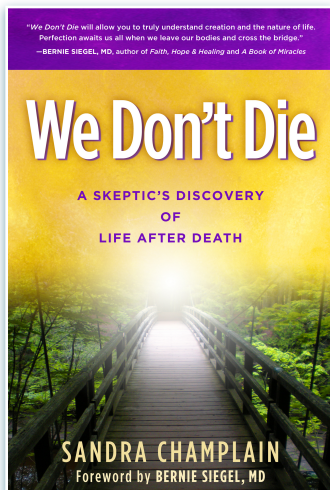
15. Physical Mediums & Apports - Back in the old days people would speak of seances, levitations and deceased people appearing real within a cloth-like substance called ectoplasm. While certainly there are many frauds who prey on the grieving, there are some current physical mediums who have mind-blowing stories. I have witnessed "the impossible" myself and do believe in it. Apports are when things appear out of nowhere during these seances. For example, a newly printed newspaper from the 1940s appeared in the seance room in the 1990s. It was inspected and proved to be legitimate. Coins, jewelry and more have appeared out of thin air. [Scott Milligan \(episode #188\)](#), [Nic Whitham \(episode #189\)](#), SCOLE Experiment's [Robin Foy \(episode #172\)](#), [Karl Jackson-Barnes \(episode #183\)](#), and Physicist [Jan Vandersande \(episode #150\)](#) have jaw-dropping stories! This [book about Alec Harris](#) is awesome!

16. Precipitation Mediumship - is a form of physical mediumship however it is unique. Blank cards, white pieces of fabric or simply a blank canvas may be present before sitting with a medium. Faces of your loved ones and messages often appear on these objects at the end of the meeting. [Reverend Kevin Lee \(episode #185\)](#) is an expert on this subject.

17. Miracle Healings - are just that, miraculous. I believe they are proof that we are so much more than just bodies. Author [Anita Moorjani](#) was cured of cancer while on her deathbed but promised she'd tell her story of the afterlife in exchange for being healed. [Alex Hermosillo \(episode #54\)](#) now helps others heal after his NDE. [Bryan Basket \(episode #115\)](#) and [Chris Ratter \(episode #167\)](#) are different kinds of healers both using energy from the spirit world. Absolutely fascinating!

18. Signs - We all wish to have some sort of proof that our loved ones live on. Medium [Susanne Wilson \(episode #159\)](#) talks about how our loved ones learn to communicate with us in the "Halls of Reunion." Manipulating energy is not an easy thing and must be learned. Also, we must have positive energy to help our loved ones. You may speak with them even if you cannot see them, ask for signs, quiet your mind and listen. You may see lights flicker or the television turn on and off, you may hear messages in music or a favorite song you shared suddenly comes on the radio. You may find coins or feathers or have butterflies or birds come close. Your loved ones may enter your dreams. I do believe we must talk to our loved ones in spirit and help them know how to communicate. Ask for the signs we wish to have then expect them and watch for them. Oh, listen to [Christine Duminiak](#) also!

19. Faith - Simply have faith that the afterlife is real. Most of the world's religions believe in the afterlife and you can too. Have faith that life after death is real, you will see your loved ones again and that your life is for a purpose. With faith you can go after your dreams, be courageous, make a difference for other people in their journeys and rest assured that when you close your eyes on earth that final time, there will be a welcoming committee to greet you, love you, embrace you and welcome you Home.



Sandra Champlain is the author of the #1 international, best-selling book, [We Don't Die - A Skeptic's Discovery of Life After Death](#) and host of [We Don't Die Radio](#). She is the subject of the documentary film, [We Don't Die](#). Sandra is keynote speaker, a proud member of the Afterlife Research and Education Institute (<http://afterlifeinstitute.org/>) and empowers people globally to live their lives fully.

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