



RECORDING
CONVERSATIONS WITH SPIRITS

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I suspect that people have always been able to converse in some manner with those who have died. Since recorded history many people have stated that they do, and the Scientific Community has now been able to prove this is true.

Ever since people learned how to record sound waves, people have been able to record conversations with those who have passed. They were able to do this by recording voices imprinted over the sound they were using. This could have been the static between radio stations, the sound of rain on the roof, the sound of the surf, etc. This has been called Electronic Voice Phenomenon or EVP. Recently this Modality has been improved by using the Human voice as the background. This is called Instrumental Trans Communication or ITC.

I started using ITC back in 2016, which is slightly more than three years ago. I discovered that not only could I talk to people who have DIED, but also those who were SLEEPING. A description of what I found is in this book, plus an opportunity to hear the some of the recordings yourself.



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1. INTRODUCTION

My introduction to “Recording Conversations With Spirits” using Instrumental Trans Communication (ITC) began in 2016. However before talking about that I believe I need to begin some years before.

Things really started to change for me when I changed from being an Agnostic to a Spiritualist and I finally understood that I am truly a Spirit having a human experience and that my Spirit Body is eternal. Now this change did not happen overnight and actually took over 10 years.

I had been reading all kinds of books on the afterlife, particularly those where Scientific work was being done. However, it was not until I found I had Bladder Cancer before things really started to accellerate. Although my Surgery was successful, I decided to find out if Herbs and Vitamins could help reduce the possibility of it returning. I decided to visit a Canadian Native Couple who had a very good reputation of suggesting what Vitamins and Herbs would help.

While visiting this Couple I found out that they were also very good at contacting people who had passed and, although I was a bit skeptical, I set up a meeting for a later date to have a “reading”. When we later met for the reading they asked me who had passed (died) that I wanted to reach. I told them my Mother and my Uncle Carl (who I call Punch). They were successful in contacting both of them and during the reading I was told things that only my Mother or Uncle Punch could have known.

In addition to subsequent readings with this Couple, both my Mother and Punch came through during Group Readings at two separate Afterlife Conferences I attended in the USA. In addition I also had other scheduled meetings with gifted Psychics where they both came through.

After the first reading, strange things started happening to me. The light on the table beside my bed started to turn on all by itself and, it always turned on when I was out of the house.

I live alone and once when I returned home from a Conference in the USA I went to take a shower. When I got into the tub I noticed there was a perfectly oval ring of moisture around the edge of the tub about 6-8 inches deep. Very strange since I am the only one in the house. In addition, when I turned on the water I was hit by a jet of ice cold water. Again very strange since my routine before taking a shower is to always run the water directly into the tub to adjust the temperature before switching the water to the shower head.

Again after returning home from another Conference in the USA, an even more unusual thing occurred. It was about 11PM and I decided to go to bed. Now this was in September and we did not have any rain for a number of days. As I got into bed and slid my legs under the covers to the bottom of the bed I felt that the sheets were wet. My first thought “I am imagining this” and tried to ignore the feeling. However the wet feeling continued so I got up, turned on the light and pulled down the sheet. To my amazement I found an exact oval circle of moist sheets at the bottom of the bed. I went downstairs, got my hair dryer and dried the sheets before I went back to bed. I left the Hair Dryer at the bottom of the bed to remind myself this was not just a lucid dream.

You will find that many People experience unusual things when those in Spirit are trying to contact them. Things like lights turning on without reason or telephone calls when no one answers or strange tapping, are common.

During many of my readings my “Spirit Guides” were mentioned and often made their own comments. I therefore decided to find out if I could contact my own Spirit Guide and contacted a lady in London Ontario for what she described as “Contacting my higher Self and Spirit Guides”. The three hour

Regressive Hypnotherapy session with her was very enlightening and I was able to meet my main Guide “Jared”. I later learned that we all have a Group of Guides who are with us at various times in our life, but our main Guide is with us at all times.

Early in 2015 I decided to take the free “Self-guided Afterlife Connections” Course devised by Craig Hogan. This course consists of a number of audio recordings which go from learning how to relax your mind to actually meeting and talking with relatives and friends who have passed. After each session you are asked to write a response describing what you have experienced. Craig or one of his Assistants will review your response and decide whether you need to repeat the exercise or move on to the next one. You will need a special code which is given to you before you can continue.

After completing all the audio sessions most people will have some type of contact. The type of contact can vary between sensing them, hearing them, seeing them, talking to them or even walking with them.

I was able to complete the course with no repeats. In my case I was able to see and have a few words with my Mother, my Uncle Punch and my ex wife’s father Glen. I was expecting that my Mother and Uncle Punch would come through since they always came through in previous readings with Psychics. Seeing Glen was a complete surprise.

In September of 2015 I decided to attend a Conference in Scottsdale Arizona sponsored by the Afterlife Research and Education Section of The Academy for Spiritual and Consciousness Studies, inc.

This Conference was the most interesting one I had attended. For example it featured the famous Physical Materialization Medium David Thompson, who through the use of Ectoplasm has had people like Harry Houdini, Arthur Conan Doyle and Louis Armstrong fully materialize in front of a group of

people. Another interesting participant was Scientist Gary Schwartz, who is working hard to prove the existence of the Afterlife using current Materialistic Science.

There were over 20 different presenters at this Conference with a wide variety of topics but the one I found most interesting (and as I later discovered was the most important to me) was the one by Carol Morgan.

Carol Morgan lost her Son at an early age. She learned to communicate with her son through the use of a Pendulum. Together with her Son she was able to write a book and spoke to us about how this happened. In addition, she offered to show anyone in the audience how to use the Pendulum. I had decided to bring a pendulum with me and decided to take her up on the offer.

The next day, those of us who were interested met to learn the technique. The first thing Carol instructed us to do was to ask the Pendulum to show us a “YES”. She said we should see either a straight back and forward motion or a side to side motion. To my surprise my pendulum went straight back and forth the first time I asked the question. I looked around me and it seemed that everyone else was waiting for the pendulum to move. I waited patiently for about 10 minutes. By then a few people were also getting some results. Carol continued with the instructions on how to get a “NO” answer and how to clear the Pendulum of any Negative Entities. For each stage of the lessons my response with the pendulum was immediate. The ability to use the pendulum would turn out to be a great help to me in the next few months.

When I returned home I decided to find out if I could talk to those who have passed on through the use of the Pendulum.

My first attempt was with my Mother. To my delight she came through immediately and answered any question that required a YES or NO answer from the Pendulum. Uncle Punch was next and the result was similar. I then

tried to contact my main guide Jared and as I expected he came through very strongly.

I grew bolder and decided to find out if I could contact other people who had passed on. A good friend of mine lost his wife a number of years ago. I decided to ask Jared if he could contact her and to my delight he was able to do so. She came through strongly.

I started to tell my friends what I was able to do with the Pendulum. Some of them accepted what I was telling them, but others thought I was manipulating the Pendulum manually to give the answer. It was very hard to hold the Pendulum absolutely still and I could understand why they might think this way. I felt that I must find a way to prove I did not manually manipulate the movement of the Pendulum.

To do this I took a metal Banana holder, clamped it to a table and suspended a Pendulum in the crook that holds the Banana. I put my fingers on the metal base of the holder and demonstrated that I did not manually manipulate the movement of the Pendulum. My Daughter Videotaped the whole procedure. When I tell people that “I do not consciously move the Pendulum” they now believe. If you would like a copy of this short Video, contact me at cawsiegner@gmail.com.

Early in 2016 I became aware of some new research being done by the Academy for Research and Education Institute (AREI) under the direction of Craig Hogan. They were looking for people who were interested in experimenting in contacting those who have passed on using a form of Electronic Voice Phenomena (EVP), called Instrumental Trans Communication (ITC). I contacted Craig and was accepted as a Researcher and a whole new and exciting phase of my life began.

When the AM and FM radios were introduced around 100 years ago, some people were able to hear Spirit Voices in the white noise that was in between the AM or FM Stations. When recording equipment was developed it was possible to record the answers given by the Spirits. This process is called Electronic Voice Phenomena or EVP.

As time went by people experimented with other sources of background noise such as running water, rain drops, waves, signal generated sound, etc.

At a recent Conference in Boston I met a grieving couple who decided to try and talk to their deceased son by using the Recorder on their cell phone. They started the recorder while driving and talked to their Son as if he was there, leaving space for an answer between each question. When they played the recording back they were amazed to hear answers from him (I also heard the answers). Obviously all that was needed was the engine noise plus the sound of the wind rushing by to create contact with the other side. So it proves that all you need to create an EVP is noise of some sort.

Recently the researchers have been able to use the human voice as the background noise for EVP recordings. This is called Instrumental Trans Communication (ITC). What happens is a recording of a human voice (male or female or both combined) is run through a computer program which scrambles the syllables of each word (like putting it through a mix-master) and it then becomes Gibberish. This Gibberish by itself is unintelligible. However, when used as background for an ITC recording, the Spirits can be heard and recorded. This type of background noise seems to be best suited to produce more human sounding recordings. I use this type of Gibberish for my ITC Recordings.

2. WHAT IS INSTRUMENTAL TRANS COMMUNICATION?

Instrumental Trans Communication (ITC) is an Electronic Voice Phenomena (EVP) method of contacting and communicating with those who have passed.

Once people discovered they could record sound waves, EVP was born. People found out that if the radio was tuned to the static between stations then on occasion voices could be heard within the static. Later on they used a tone generator instead of the static and started to produce more consistent results. When these conversations were able to be recorded more people could listen to these recordings. This provided another step in proving that life existed beyond the physical.

One of the problems with the earlier methods is that the words sounded very mechanical (certainly not like a Human voice). ITC solves that problem since it uses human voices as the background for the recording.

Initially I used the gibberish provided by Craig Hogan's Website. I later found out how to create my own gibberish.

3. HOW ARE ITC RECORDINGS MADE?

I believe anybody can learn how to make these recordings whether they have Psychic gifts or not. However the fact that I had previously learned how to communicate with the other side using a Pendulum, made the learning experience easier.

For example, Sonia Rinaldi has been doing this work for over 30 years. I understand she made no contact at all in the first two years, but now receives very clear recordings and currently receives pictures of some of the people she has contacted (Nicola Tesla being one of them). How is that for being patient.

To start the process you will need a computer of some sort. You will also need a method of playing the gibberish and recording over it. This can be done in various ways. However the method I prefer is using a free recording software called “Audacity”. The advantage of Audacity is that you can play the Gibberish and record over it at the same time. This saves the step of having a separate audio source.

Sheri Perl is an ITC Researcher who has had great success in communicating with deceased children. In her website she demonstrates how she uses the computer to do this work. Her Website is “www.sheriperl.com”. This is a good way to see how an ITC recording is made.

If you wish to learn more about this form of communicating with those on the other side check out the AFTERLIFE RESEARCH & EDUCATION INSTUTE website at “afterlifeinstitute.org.”

4. MY EARLY RECORDINGS

I learned very early on that you need a good dose of patience if you want any degree of success with this Modality. I made recordings every day for at least a month before I started to hear some responses. This is a relatively short period of time when you consider that Sonia Rinaldi tried for two years before she had any success.

The first responses came as a result of me asking the Spirits to repeat certain words. I would use words such as Mother, Uncle Punch and Canada and ask to have them repeated.

I then started to ask questions. When I asked “what is my son’s name?” I got the correct answer “TODD”. Similarly my daughter’s name “CHERYL”. When I asked “what my uncle’s name was”, I correctly got “UNCLE PUNCH”. When I asked “what my dog’s name was”, I correctly got “MISTY”.

I was having a problem hearing the answers clearly and decided to have a hearing test. Two weeks later I had hearing aids and picking out words from the Gibberish became much easier for me.

Another change I made was to incorporate my ability to channel those on the other side through the use of a Pendulum. I asked my Guides Jared, my Mother and my Uncle Punch if they would be willing to help me to contact others who have passed and also help me identify the answers in the Gibberish. They agreed and now they are a part of my ITC Research Team. They have made this work so much easier for me. I am so grateful for their help.

I then decided to start asking specific questions such as asking them to confirm a specific object I was holding in my hand, name a child or a friend, where their home was, etc.

I TALK TO PEOPLE I DID NOT KNOW PERSONALLY

I decided to find out if I could contact some of the well known people of the past and was thrilled to discover I could talk to some very well known people. Here are some of the more notable answers I received from some of them.

When I ask ELVIS PRESLEY if “he has any comments concerning those people who mimic his singing” he answers “LOVE THEM”.

When I ask SIR ARTHUR CONAN DOYLE if “he is present” he answers “I AM”.

When I asked HARRY HOUDINI to tell me “the secret code word he gave to his wife prior to his death” he said “BELIEVE”. It is on record that this is the code word he and his wife agreed upon while he was still alive. After his death this word was given to his wife during a Seance in Niagara Falls.

When I ask LOUIS ARMSTRONG to “identify what I am holding, he answers “THAT’S A CANDLE”, which was correct”.

When I ask FRANK SINATRA to name “a member of the Rat Pack” he correctly answers “DEAN MARTIN”.

NICOLA TESLA was probably the greatest Scientist our world has produced over the last 200 years. He is the father of a great many inventions including the development and transmission of Alternating Electric Current. When I

asked him “if he would say something to me” he says “I TALK FOR MANY”.

When I ask MARILYN MONROE “if her death was an accident” she answers “YES IT WAS”. I believe that most people think she committed suicide.

The famous Scientist STEPHEN HAWKING did not believe in an afterlife. Shortly after his death he came through and when I asked him to “confirm what I was holding” he correctly answered “CANDLE”.

I also asked him “if he had any suggestions for those people studying Science” he answered “DON’T GIVE UP”.

When I ask CHARLES DICKINS “is there anything you would like to say to us”, he answers “COMFORT, LOVE”.

Shortly after the famous evangelist BILLY GRAHAM passed I asked him “if he would like to say something to his followers”. He answered “CHANGE FOR THE BETTER”.

When I ask EMANUAL SWEDENBORG “if he is currently reincarnated as a teacher” he answers “YES I AM”.

When I asked KONSTANTINE RAUDIVE “if he had spoken to Sonia Rinaldi during a physical Seance held in Arizona”, he answered “CONFIRM”. Note- this man was one of the early pioneers of EVP.

Most people know that ROBIN WILLIAMS the famous actor and comic committed suicide. When I ask him “if he would like to say something to his wife” he answers “LOVE, I CAN DEFINE IT”. More about him later on.

When I ask WALT DISNEY “if he would like to say something to his fans” he responds “SOMETHING TO TAKE WITH YOU, HAVE FUN”.

Please note that I am only listing one or two of the recordings I have with these people. I usually have at least half a dozen legible recordings with each of them.

I was also able to help a number of people who were grieving the loss of a loved one by contacting the loved one in spirit and recording their response. These people were extremely grateful to hear that their loved one in spirit is happy and doing very well.

At the point of writing this book, in a little more than three years I have recordings with 74 people who have died, 20 living people while they slept, and 2 dogs who had died. This included over 1400 individual questions.

5. MY CONVERSATIONS WITH JESUS

History has recorded that many respected Mediums have talked to Jesus (also called Jeshua) and recorded messages from him. I know that Erik Medhus has brought Jesus through a skilled Medium to his Mother Elisa and his answers were recorded by her. They are available to view on the internet.

I decided to find out if I could contact Jesus and to my delight he came through and told me he wanted to give us some “Guidelines for our own Spiritual Growth” through ITC Recordings.

Before starting to record with him I wanted some form of communication that I was actually talking to him. His response was the word “TAVISTOCK” (where I live) and “PRESENT”. His responses took about three months to complete and are organized in the order he considered the most important.

1. His first suggestion is “LOVE”. He did in fact mention love in three separate recordings.
2. His second suggestion is “WALK IN PERFECT LOVE”.
3. His third suggestion is “PERFECT LOVE”.

He wants us to concentrate on the true meaning of Love. I suggest you first put on the “mantel” of love every morning and decide you are going to love every one you meet that day whether you like them or not.

Love can be broken down into two main categories. The first is “love yourself”. If you cannot love yourself how can you love others? If you find yourself in this position it will benefit you to find out why and change so you can truly Love and Respect yourself. The second category is to love ALL others, whether that be people, animals, fish, trees, plants etc.

4. His next suggestion for our Spiritual Growth is “FAITH IN YOU”. This means is to have faith that following these Guidelines will help you to grow Spiritually.

5. The next Guideline he gives is “BE STRAIGHT”, which means to be truthful at all times.

6. The next Guideline is “SEARCH FOR HIM”, meaning search for what you believe is the Source of All. This could be God, Allah, Buddha or the Great Spirit.

7. The next Guideline is “VOIDING COMPANY, meaning stay away or avoid people who you know affect you negatively.

8. The next Guideline is “PARDON”, meaning you should pardon yourself and forgive all others. You must pardon yourself for hurting others and recognize that the mistakes you have made in your life are lessons to be learned from. Be determined to correct them.

You must forgive others who have hurt you. To carry resentment in your heart hurts you much more than it hurts them and severely limits your ability to move forward Spiritually.

9. The next guideline from Jesus is “CONFIDENCE”, which means that you must have confidence that these guidelines will help you to move further Spiritually.

In a message channeled through Pamela Kribb, Jesus says

“At this point in History, it is time for Humanity to ascend to a new level of consciousness. It is time for Humans to recognize their Oneness, even if they

are of different races, genders, or cultural backgrounds. This time is a time of crisis and opportunity. The crisis your world faces in economics and ecology are due to a lack of heart-based awareness in these areas. Both the interactions among and the interactions with nature are often seen in terms of profit and personal gain. This is ego-based consciousness. I do not judge this type of consciousness. It has served a purpose, as all expressions of consciousness do. It is now time, however, to rise above ego-based consciousness. Earth is calling out for humans to reinstate the natural harmony between all that lives on the Planet. The spirit of humanity is called upon to heal the wounds that centuries of fear, struggle, and separation have caused. The crisis humanity is facing are to be solved, not by inventions of the mind like new technologies, but by awakening the heart, one human at a time”.

In my opinion, the best way to handle any difficult situation in your life, is to adopt the creed used by Alcoholics Anonymous (AA) “What Would Jesus Do (WWJD) to handle this situation if he were here?”. The answer will become apparent.

6. DO SPIRITS VISIT US DURING LUCID DREAMS?

Although my second wife and I are divorced, we have maintained a friendship over the years which continues to this day. Her Mother (Mary) lived with her until her death in 2018. Mary was a very Christian lady who did not believe I could contact people who have passed. She would not listen to a recording from her Husband (who passed earlier) whose response when I asked him “to say something to her” was “WE RESERVE A PLACE”.

Within two days of her death she visited me in a Lucid Dream. When I woke up I contacted her using the Pendulum and to my surprise she came through, and wanted to say something to her children. I arranged for a recording and the results follow:

1. Mary confirms “she is here” by saying she is “PRESENT”.
2. When I ask her to “say something to her Children” Mary says “LOVE YOU”.
3. When I asked her “who was there to greet you” she says “WATCH THE PARTY GOING THERE”.

At her request I sent these recordings to her Children.

Later on I decided to ask her to “confirm she did actually visit me in a lucid dream”. Her response was “I DID”.

Another example confirming the visit by a spirit in a Lucid Dream involves two friends of mine Dunc and Norm. I have known these two friends since I

started working way back in 1954. The three of us often played golf together over the years and they were both much better Golfers than I.

Dunc passed away early in 2018 and shortly thereafter I contacted him and made some recordings which were passed on to our mutual friends.

Shortly after Christmas that year I received a phone call from my friend Norm. Among other things Norm told me he recently had a Lucid Dream about Dunc and they played Golf. I thought I would try to contact Dunc and ask him to confirm if he did indeed contact Norm in a dream. The recordings follow:

1. When I asked Dunc “if he could confirm he visited Norm in a dream” he said “I DID”.
2. When I asked Dunc “if he played Golf with Norm during that visit” he replied “I COULDN’T”. I am not sure I know what that meant.

7. PEOPLE WHO DID NOT BELIEVE IN AN AFTERLIFE

At the date of this writing I have contacted three people who died and did not believe in an Afterlife. All three came through very shortly after they have passed. All three seemed very anxious to set the record straight.

Earlier I discussed the case of Stephen Hawking. When I asked him what the environment was like since his human death, he said “LOVE IT”.

For a number of years I have been a member of a Harmonica Band. Our Group played mainly the older popular recordings from the 40's to the 70's. Our audience was usually residents in Retirement and Nursing Homes.

Our Leader, Irene was a former High School Teacher and determined the type of music our Band would play. She was an avowed Atheist and would resist any conversation that would imply that life continues after our Physical Death. Her whole family felt the same way. In fact She and her husband wrote instructions to their Children suggesting they ignore any suggestion that life would continue after they had died.

Shortly after Irene passed I was able to contact her. When I asked her “if she was present” she replied “YES I AM”.

I also asked her if she would like to “say something to the members of the Harmonica Band”, She replied “REPEAT THE PRESIDENT”. Strange answer one might think, but in fact the Band would soon hold elections for a new Executive and Irene was suggesting that the current Band President be re- elected. Interesting that she retained an interest in her Band after her death.

I met Don shortly after joining an Insurance Company when I was eighteen. We worked in the Actuarial Department and he was studying to become an

Actuary. We became close friends and had a mutual interest in Music and Sports (Golf in particular). We remained friends until his death a few years ago.

Don was what I would call a closed minded Atheist. Now that I think of it I know that his thinking on this subject had an influence on my own thoughts and solidified my decision to become an Atheist as well. Fortunately I was not closed minded on the subject and as I started to “see the light of truth” I realized that I was simply a Spirit having a human experience.

As my understanding grew I had many discussions with him on this subject but he would never budge. He asked me to read his copy of the book written by the famous critic Richard Dawkins. I agreed but this book did not change my opinion. I then asked him to read my copy of Victor and Wendy Zammit’s book but he declined, saying he did not have the time to read such garbage. At that point I saw no point in discussing this any further and we both agreed not to bring up the subject again. Although we remained friends until his death, I saw very little of him in the remaining years.

Shortly after his death, I was able to contact Don through an ITC recording. He said the following to me:

1. He confirmed he “was talking to me” by saying the word “PRESENT”.
2. When I asked him “what his current environment was like” he said that it was “BEAUTIFUL”.
3. When I asked him to “say something to others” he said “HAVE FUN”.
4. When I asked him to “say something to me” he said “LOVE YOU GUY”.

8. DOES OUR SPIRIT LEAVE OUR BODY DURING SLEEP?

Many “Out of Body” explorers like Luis Minero and William Buhlman have stated that when they immediately left their body they noticed that a duplicate copy of the person sleeping in the same room was visible and was floating inches directly above their human body. In addition they could converse directly with the body duplicate. I then decided to find out if I could talk to the Spirit of Sleeping People and found that I could.

One of the first people I tried this with was Kathryn. She is a very gifted Psychic and is the first person I had an afterlife reading with. While she was sleeping I asked her to “tell me the name of her Daughter”. She answered “ANGENI”. I did not know this was her daughter’s name and she later confirmed that it was. So I was told something I had not previously known which was later proved to be correct!!

Another person who told me something that was later confirmed was Jim McQuitty. Jim is an author who has written many books about the afterlife. Jim resides in the UK and he very graciously helped me in publishing my previous book “Whose Program are You Running”.

In my early recordings with a sleeping Jim he would confirm things I already knew. We then decided to find out if he could tell me something I did not previously know. We had a couple of failed early attempts.

On the third attempt I asked him to “tell me the name of his mother”. He said “BETTY”, which he later confirmed was correct. Another confirmation of something I had not previously known.

I have a Chinese friend named Nacey. Over the past two years she has visited her Relatives in China more than once, and in the fall of 2018 went once again to China to visit her sick Mother.

During the times she has been away in China I have had 38 conversations with her while she is sleeping. I contacted her again while she was sleeping in China on October 1 2018, and asked her “when she was expecting to return to Toronto”. She replied “NEXT WEEK END”.

On October 2 2018, I telephoned her in China and asked her the same question and she said “next week”. On October 10 2018, she telephoned me from Toronto saying she had just returned to Toronto. Another confirmation of something I had not previously known.

These recordings represent cases where I was told information that I initially did not know the answers to but later found out they were true. To me this represents a provable case of the Scientific legitimacy of the ITC Modality. Of course this Modality needs to be tested under a strict Scientific environment, including double and even triple blind tests.

There have also been a number of tests I have performed with sleeping friends that have produced good responses, but most of them were answers I already knew. Sometimes when I would ask for the name of a relative I did not know I got a name of a relative but not the one I asked for. As mentioned earlier I have talked to 20 people who were sleeping.

Sometimes the answers are completely unexpected. For example when I asked the sleeping wife of my good friend Ron “if she was present” she answered ‘I MUST BE’.

9. TALKING TO MY BEST FRIEND BEFORE AND AFTER HE DIES

My best friend Dennis and I had known each other for over 50 years. A best friend is someone who will stick with you through thick and thin, through all the good times and particularly the bad times as well. He was always there as a friend, a buddy and a confidant at all times.

We met a few years after I started work at an Insurance Company in Waterloo Ontario, way back in 1954. He was previously working at one of our Branch Offices and was transferred to our Head Office in Waterloo.

We were drawn together by our mutual interest in Golf and Badminton and the friendship “clicked” immediately. Our families also quickly bonded when we first got together and we used to spend a lot of our vacation times together Camping, Golfing, or at the Cottage.

During our later years I noticed that his memory was getting worse and eventually turned into Dementia. He started losing weight and even lost interest in playing golf. I sensed that he was on his way out and would be passing soon.

Early in January 2019 Dennis was sent to a Hospice and I knew that Death was near. I decided to try and contact him while he was still with us and on January 26th I was successful. His answers follow:

1. He first “confirmed he was with me” by correctly saying I was holding a “CANDLE”.
2. I then ask him “are you in pain” and he says “I MIGHT BE” which to me is a clear indication that he is not aware of his body at that time. I was talking to his Higher Self.

3. When I ask him “who used to win when he, uncle Punch and I used to play golf” he answered “I DID”, which is correct. He was the better Golfer.

4. When I ask him “if he can see Uncle Punch where he is” he says “PROBABLY”.

5. When I ask him if he “expects to play Golf with Uncle Punch when he passes” he answers I AM”.

6. When I ask him “if there is anything he would like to say” he answers “ICE CREAM, COFFEE”. He must have been hungry!

Unfortunately Dennis passed away a few days after these recordings. I was able to contact him once again and his answers follow:

1. When I ask him “who was the first to greet you after you passed” he answers “THE BIRTH MOTHER”. This is typical of the answers I get when I ask others the same question.

2. When I ask him “what is your current environment like” he answers “NICE, PERFECT”. Again a typical answer.

3. When I ask him “if he has met Uncle Punch” he says ”YES”.

4. When I ask him “did you attend the Celebration of Life Ceremony they had for you” he answers “COURSE I DID”.

5. When I ask him “if he would like to say something to me” he says “HI”.

6. When I ask him “if he would like to say something to the friends who attended the celebration”, he says “I LOVE THEM”.

7. When I ask him “if he heard what I said about him” he answers “YES”.

8. Don Keith was a close friend of Dennis who, incidentally, I also have ITC conversations with. Don did not believe in an Afterlife while alive, but that obviously changed when he realized he is still conscious after his human body died.

When I asked Dennis “have you met Don Keith after you passed” he responded “YES”.

10. TALKING TO MY SOUL MATE DIAN?

I heard about someone having a Soul Mate early in my career with the Insurance Company I worked for. Gil was one of the people who worked with me in the Actuarial Department. We became good friends and besides working together during my whole career in the Group Pension area, also played many games of Golf together over that period.

In the early years we would often pick each other up to play Golf. One day after a round of golf when I was dropping him off, he invited me in for a drink. Once inside his wife Eileen joined us and during our subsequent conversation we talked about a mutual acquaintance who it looked like would be destined to remain a bachelor. She then surprised me by saying that this person was a member of their Church and they believe each person has a Soul Mate. She went on to say they believe that if you do not meet your soul mate in this life you will meet him/her when we die.

Gil and his wife Eileen were members of what is currently known as the New Church, which developed as a religious group influenced by the writings of Emanuel Swedenborg. I consider this man to be one of the most important explorers of life beyond our normal human experience. He taught that we all have a life mate that may or may not be with us in our current life as a human. When we are together either here or in Spirit, our life mate will counter our Negativity with Positivity, and vice versa. Sort of like balancing the +'s and -'s within each of us by exchanging unconditional love.

Now at that time I was an Agnostic and thought “this was really a nice thought, if it was true”, but of course there was no scientific proof that it was. Now, many years later, I have come to the conclusion that it is.

In February 2018, using my pendulum, I decided to ask my Spirit Guides if I did indeed have a Soul Mate, since I did not feel I had ever contacted her in my current life. Jared confirmed the following:

1. I have a Soul Mate currently in Human Form.
2. She Lives in British Columbia, Canada.
3. We have lived five human lifetimes together.

With the help of my Guides I contacted her using the pendulum on three separate occasions since then, while she was sleeping, and I have recordings where she has confirmed the following:

1. To my question “what is your name” she answers “DIAN”.
2. To my question “are we soul mates” she answers “YES”.
3. To my question “how many times have we been human soul mates” she answers “FIVE TIMES”.
4. In one of the pendulum sessions she confirms that she has a daughter and then asks me a question. To my question “what is the name of your daughter” she answers “PAMELA”, and then says, “HOW’S YOUR DAUGHTER”? Interestingly I do not remember telling her I had a daughter.
5. To my question “can you tell me your current age” she answers “TWENTY SIX”.
6. To my question “are you planning to have more children” she answers “I’M NOT SURE”.
7. To my question “are you happy with your current situation” she answers “MUCH BETTER”.

8. To my question “do you have any suggestions for people who are searching for their soul mate” she answers “DON’T HAVE ANY”.

9. To my question “is there anything else you would like to say” she answers “LOVE ENTIRELY.”

10. When I say “thank you for talking to me” she answers “ANY TIME”.

11. DO ANIMALS HAVE SOULS?

A few years ago at an AREI Conference in Arizona I became acquainted with a lady named Marsha. She was interested in ITC and was one of the first people I shared my recordings with.

In the following year, again at an AREI Conference, we met and she shared with me the fact she had been able to speak with her DOGS using ITC. She told me they conversed in English.

This made sense to me since our pets have to learn what the simple English words we used with them mean. In addition I know that on the other side those who have passed communicate mainly by thought (instead of the air waves we use as humans). Therefore a beloved pet should be able to talk to us in the simple English words they learned while they were with us.

My friend Jim McQuitty confirms my thinking on this and states “I believe that “thought” rather than words has a way of finding “translation” through the consciousness, so language represents no obstacle in spirit life or to someone on Earth when sent as as thought, so animals can effectively “speak” to us and us to them”.

Another situation that I believe confirms this, is when I contacted the deceased father of a friend of mine. Now this man lived in China all his life and I was told could not speak English. When I contacted him he responded in perfect English.

I decided to put my theory to the test and decided to contact the dog my son and I raised. Her name is Misty.

I was successful in contacting Misty and her recordings follow:

1. When I ask MISTY to “say the word present” she responds “PRESENT”.
2. When I ask MISTY to “say something to our son Todd” she says “LOVE YA”.

I then decided to see if I could contact my Grand daughter’s dog Emma. Again I was successful. Her answers follow.

1. EMMA also confirms she is here by saying the word “PRESENT”.
2. When I ask EMMA to confirm “if she was in pain just before she died” she says “I CONFIRM IT”.

When Emma was but a few years old she developed a rare form of cancer in her abdomen. My grand daughter Samantha and her husband Spencer decided to go ahead with a very expensive operation to remove it. The operation seemed to be a success but to everyone’s consternation returned again a few years later. After much thought they decided to see if a second attempt would permanently remove the cancer and a second operation was performed. It also seemed to be a success.

You can guess what happened next. A few years later the cancer returned again and the poor dog seemed to be in pain. They decided the best thing to do was to put the dog down.

3. When I ask EMMA to “please say something to Samantha and Spencer” she replies “EMMA BETTER”.

What a relief to know their beloved pet is now pain free.

12. PEOPLE WHO HAVE COMMITTED SUICIDE

It is my belief that most people who commit suicide eventually end up regretting it.

It is well known that ROBIN WILLIAMS took his own life. When I asked him “do you have any advice for others who a contemplating suicide” he says “STOP IT”.

One of my friends named Al committed suicide in the spring of 2018. When I initially ask him to “say something to his wife”, he says “I CAN’T REPENT”.

A few months later I ask him “do you now regret taking your own life” he answers “YES”.

I also realize there may be instances where people will never regret taking their own life. Some of the reasons may be because of being tortured, pain from an incurable disease, etc. However in these two cases they both realized they had made a mistake.

13 CLOSING COMMENTS

Dear Reader, I realize that I have made many statements about receiving messages from people who are both sleeping and those who have died. Having been a former Atheist myself I can understand why some of you would like further proof that what I say is indeed the truth. I have therefore prepared a short MP3 Audio file with many of the conversations mentioned in this Book. If you would like a free copy, please Email me at cawsiegner@gmail.com and I would be happy to send a copy to you.

I would also like to take this opportunity to thank Jim McQuitty, Betty Anne Millar and Don Goodwin for all their help in proof reading and editing this book. Also Jim McQuitty for his invaluable help in the printing of the book.

I would also be remiss if I did not thank my ITC Spirit Team, my Daughter Cheryl, and Betty Anne Millar for all their help in developing this work.

Before leaving you I would like to point out that anyone who allows him/herself to be closed minded about anything, will run the real risk of never knowing the truth about any subject.

Therefore my advice to you is “ASSUME NOTHING IS TRUTH and QUESTION EVERYTHING”, including what I have written in this book.

Remember not that long ago, most people believed the world was flat.

SOME BOOKS YOU MIGHT BE INTERESTED IN

- *A lawyer presents the Evidence for the Afterlife – written by Victor & Wendy Zammit.
- * Your Eternal Self – Written by Craig Hogan.
- * Demystifying the Out of Body Experience – written by Luis Minero.
- * Higher Self Now, The Secret of the Soul, Adventures in the Afterlife, all written by William Buhlman.
- * Consciousness Beyond the Body – by Alexander Defoe.
- * Light from Silver Birch, Guidance from Silver Birch, Silver Birch Questions and Answers – some of the many terrific books downloaded directly by the Spirit Silver Birch.
- * Vistas of Infinity – written by Jurgen Ziewe.
- * Why Science is Wrong about almost everything – written by Alex Tsakiris.
- * Proof of Heaven, The Map of Heaven – both written by Eben Alexander.
- * Answers About the Afterlife – by Bob Olson.
- * Your Soul’s Gift – by Robert Schwartz.
- * Beyond Religion – written by the Dalai Lama.
- * How to Regress Yourself to your Past Lives – by George Schwimmer.
- * The Evolvment of the Soul, plus many others – By James McQuitty.
- * The Field – Lynne McTaggart.
- * The Biology of Belief - by Bruce Lipton.
- * Witnessing the impossible – by Robin P Foy.
- * Awaken from Death – by Emanuel Swedenborg