



Handbook to the Afterlife

Pamela Rae Heath, Jon Klimo

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In *Handbook to the Afterlife*, two seasoned experts with decades of experience working with channeled material describe the stages that spirits go through, focusing on the details that these accounts have in common. Just as life itself has different stages of growth and development, so most accounts of the afterlife are consistent with the authors' view that dying and rebirth are also continuous processes. Beginning with the moment of death itself, progressing through different transitional stages, and ending with the return of spirits to the physical plane, authors Pamela Heath and Jon Klimo define the purposes and pitfalls of each stage. They look at the kinds of adjustment problems that occur in each phase, and how spirits can be helped to move forward. Questions of pain and emotional state at the time of death, karma, and reincarnation are sensitively addressed. The book includes practical techniques for opening up communication with those who have passed on to the other side. While of interest to anyone seeking a general overview of the subject, *Handbook to the Afterlife* is particularly useful for those dealing with spirits who have not moved on, such as ghosts.

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