Visitation Dreams of Deceased Love Ones

Understanding Their Meaning and Transformative Power
Also by Preston C. Ni

*How to Let Go of Negative Thoughts and Emotions*
*How to Reduce Anxiety and Increase Certainty in Difficult Situations*
*How to Communicate Effectively and Handle Difficult People, 2nd Edition*
*Are You Too Nice? How to Gain Appreciation and Respect*
*How to Successfully Handle Narcissists*
*A Practical Guide for Narcissists to Change Towards the Higher Self*
*How to Successfully Handle Aggressive, Intimidating, and Controlling People*
*How to Successfully Handle Passive-Aggressive People*
*How to Successfully Handle Manipulative People*
*Seven Keys to Long-Term Relationship Success*
*Seven Keys to Life Success*

For more information or to purchase, visit [www.nipreston.com/publications](http://www.nipreston.com/publications).

Preston Ni is a professor, author, presenter, and private coach. For more information, write to commsuccess@nipreston.com, or visit [www.nipreston.com](http://www.nipreston.com).

Copyright © 2016 Preston C. Ni. All rights reserved worldwide.

No part of this document shall be reproduced in any form whatsoever, stored in a retrieval system, broadcasted, transmitted, or translated into any kind of language, in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without the express prior written permission from the author.

No responsibility for the loss occasioned to any person acting or refraining from action as a result of the material in this publication can be accepted by the author or publisher.

No patent liability is assumed with respect to the use of the information contained herein. The author and publisher assume no responsibility for errors or omissions. Neither is any liability assumed for damages resulting from the use of information contained herein.
“Thou...dost visit oft my midnight dream;
Thy glory meets me with the earliest beam
Of light, which tells that Morning is awake.”

— William Wordsworth

"Sometimes dreams are wiser than waking."

— Black Elk
# Table of Contents

Eight Characteristics of Visitation Dreams  

Understanding the Meaning and Purpose of Your Visitation Dream  

Are Visitation Dreams Real?  

How to Deal with Difficult Dreams  

Dream Interpretation Exercise  

Revisiting (Visualizing) Your Visitation Dream  

Supplemental: Visitation Dreams of Deceased Pets  

Select Bibliography
Eight Characteristics of Visitation Dreams

Many years ago, shortly after my friend Janet unexpectedly passed away, I had a vivid and intense dream about her. During her life, Janet was disabled and wheelchair bound. In my dream, however, I saw Janet moving freely and joyfully. She looked young and healthy. Her entire body basked in radiant light, and she smiled warmly at me. Happy to see her, I exclaimed: “Janet, you look beautiful!”, and reached out to touch her face. The instant I made contact, I woke up, trembling in amazement. I knew that a profound experience had just taken place.

Clinical psychologist Jennifer Shorter defines visitation dreams as “Striking emotionally intense dreams in which a recently deceased loved one returns to provide guidance, reassurance, and/or warning.” These experiences are unique, powerful, and sometimes life-changing. Based on Shorter’s doctoral research, as well as other scholarly writing, below are eight common characteristics of visitation dreams.

1. “It Feels So Real”

One of the most common descriptions of visitation dreams is that they are much more intense, vivid, and kinesthetic than ordinary dreams. “It feels so real” is a common refrain, characterizing experiences both during and after the dream. The intensity of the dream may stay with the dreamer for months or even years, as if the dream had happened only recently.
There’s more to this excerpt!


Boost your communication success at www.nipreston.com with information on:

— Free resources, articles, and tips
— Private coaching and organizational training
— College courses
— Public workshops
— Information on other books, DVDs, and publications by Preston Ni

Questions and comments? E-mail commsuccess@nipreston.com