

**Leslie Kean**  
**Excerpt from Chapter 19**  
**“After-Death Communications”**  
*Surviving Death: A Journalist Investigates Evidence of an Afterlife*  
**(Crown Archetype)**

Jane Katra holds a PhD in public health, was a professor at the University of Oregon, and coauthored two books on nonlocal consciousness and healing with physicist Russell Targ, who was a pioneer in the development of the laser. In 2002, psychiatrist Elisabeth Targ, her close friend and Russell’s daughter, died. Elisabeth had spent a decade at Stanford University, becoming a certified Russian translator and then earning her medical degree. In January 2002, she was awarded a National Institutes of Health grant of \$1.5 million to carry out two distant-healing prayer studies, one on patients with glioblastoma multiforme, a rare and aggressive brain tumor. Two months later, Elisabeth received the devastating diagnosis of a fast-growing tumor of the same type she was about to study. She died at the age of forty, in Palo Alto, California.

Coming from a “science-minded family” of intellectuals, Jane did not accept that communications could come from someone who had died. That changed for her and others after Elisabeth seemingly sent so many messages and signs to such a range of people that the source of the communications became incontestable. Jane explains:

I have been the recipient of or witness to over thirty surprising and spontaneous communications from Elisabeth. The most evidential ones were those received by more than one person at the same time; a communication in a foreign language unknown to the recipient; lights flashing on and off or books about healing moving themselves off shelves when people talked about her; messages to two people regarding serious health problems unknown to either of them; and a prediction wherein several people received different, incomplete communications, and when we put them together, they completed an idea.

One of the more striking examples occurred only a few days after the memorial service for Elisabeth. Elisabeth’s husband received a letter from Kate, a close friend of Elisabeth’s, who lived in Washington State. Kate said that she had had a dream in which Elisabeth asked her to give him a message. She said Elisabeth began chanting nonsense syllables to her over and over, first in the dream, but then so persistently that Kate was awakened from a sound sleep. She continued to hear the syllables, so she got up and wrote them down, as if she was taking dictation. Kate had no idea what they meant or

how they were spelled, but they were repeated so many times that she was able to transcribe them phonetically. To her they were simply odd sounds. She wrote:

YAA TEE BAA VEE SHOO.

YAA TEE BAA LOO BLUE. YAAZ DEE YES. YAAZ DEE YES.

Since she was told the message was for Elisabeth's husband, Kate mailed it to him. He brought out the letter when he was eating lunch together with Jane and Russell Targ, and suggested that Jane read it aloud for all to hear. After Jane had read the sequence of nonsense syllables out loud a few times, Russell exclaimed, "Wait a minute! Those words aren't nonsense! They're Russian!" It meant:

I see you (YAA TEE BAA VEE SHOO)

I love you (YAA TEE BAA LOO BLUE)

I'm here! I'm here! (YAAZ DEE YES, YAAZ DEE YES)

The actual Russian is:

Я тебя вижу

я люблю тебя

Я здесь

Kate verified that she had never spoken any Russian, been to Russia, or heard people speaking Russian. A specific after-death message in a foreign language had been delivered through a third person who did not understand a word of it.

"I wanted to make my mark in the world by being intelligent," Jane says. "Science and good research were my framework. We didn't do religion. I did not believe in survival of consciousness after death, or in ADCs. I certainly did not believe that they happened to people like me. But eventually it became clear to me and many others that these communications were indeed coming from Elisabeth Targ. I no longer had any doubt."

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