# Dr Raymond Moody revitalises ancient scrying to offer real encounters with the dead



The longing to communicate with deceased loved ones resonates deeply across cultures, eliciting feelings of nostalgia, love, and closure. While popular films and dubious practitioners often portray these encounters, Dr. Raymond Moody, a respected philosopher and psychiatrist, presents a compelling argument for their potential reality through a more systematic approach. He believes that with the right setting—a dark room and a mirror—anyone can experience a reunion with those they have lost.

At 80 years old, Dr. Moody's views have evolved significantly from his earlier scepticism. Born into a family not particularly religious, he once dismissed the concept of an afterlife as little more than comedic fodder. However, an educational journey through ancient Greek philosophy and a pivotal meeting with Dr. George Ritchie, who shared his own near-death experience, propelled Moody into the realm of metaphysical exploration.

Dr. Moody has dedicated decades to studying metaphysical phenomena and has coined the term "near-death experience." His pivotal work revolves around the psychomanteum, a concept he popularised, which serves as a modern adaptation of ancient scrying practices used by Greek oracles to communicate with the dead. The psychomanteum consists of a controlled environment, where participants focus on their thoughts of deceased loved ones while gazing into a mirror, encouraging altered states of consciousness for potential contact.

In a darkened chamber, a mirror serves as a portal—a tool for reflection both literal and metaphorical. Participants are encouraged to meditate on their relationships, holding mementos as anchors to their memories. Several case studies illustrate the efficacy of this method. One man experienced a vision of his mother, appearing vibrant and happy, assuring him of her well-being. Another participant felt a profound spiritual presence of his nephew, urging healing messages for his grieving mother. Moody notes that these encounters are often described as "realer than real," suggesting an impact that transcends making peace with loss.

Despite the successes observed, Dr. Moody approached the psychomanteum with caution, initially viewing the practice as bordering on quackery. His skepticism, however, was challenged dramatically when he conducted a session himself. After focusing on his maternal grandmother with no immediate result, he unexpectedly encountered the spirit of his paternal grandmother. This experience not only transformed his perspective on life and afterlife but also helped mend feelings towards a once-estranged figure.

Dr. Moody believes that the spirit communicated is not always the one sought, but rather whom the participant needs to encounter, potentially offering transformative insights or healing. He underscores this point by referring to Dr. William Roll, a notable figure in apparition studies, who confirmed the generally positive nature of these experiences, stating he had never witnessed harm resulting from encounters with the deceased.

In an era where technology can digitally recreate our loved ones—sometimes eerily so—Dr. Moody's psychomanteum offers an alternative avenue toward healing. Rather than relying on simulations or artificial replicas, this method embraces the authenticity of human experience and memory, positioning itself as a tool for emotional resolution. As he compiled his findings and encounters in his book "Reunions: Visionary Encounters with Departed Loved Ones," Dr. Moody highlights the normality of these experiences and their potential to alleviate grief and provide comfort to those navigating the complex terrain of loss.

The desire to communicate with the dead is not merely a whimsical cultural fascination but a profound need rooted in human experience. Through the psychomanteum, Dr. Moody invites anyone willing to explore the possibility that love and understanding may transcend the bounds of mortality, allowing healing not just from loss, but towards an enriched understanding of life itself.

## Reference Map:

* Paragraph 1 – [[1]](https://www.dailymail.co.uk/news/article-14716997/You-speak-dead-loved-ones-living-proof-you-how.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[2]](https://en.wikipedia.org/wiki/Psychomanteum)
* Paragraph 2 – [[1]](https://www.dailymail.co.uk/news/article-14716997/You-speak-dead-loved-ones-living-proof-you-how.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[4]](https://near-death.com/trigger-of-psychomanteum/)
* Paragraph 3 – [[3]](https://breath4balance.com/2025/02/18/the-black-mirror-and-the-psychomanteum-experience-of-dr-raymond-moody/), [[5]](https://www.ghostvillage.com/legends/2003/legends25_08232003.shtml)
* Paragraph 4 – [[6]](https://www.gaia.com/article/psychomanteum-mirror-gazing), [[7]](https://paranormalforum.net/threads/the-psychomanteum.17312/)
* Paragraph 5 – [[1]](https://www.dailymail.co.uk/news/article-14716997/You-speak-dead-loved-ones-living-proof-you-how.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[3]](https://breath4balance.com/2025/02/18/the-black-mirror-and-the-psychomanteum-experience-of-dr-raymond-moody/)

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## Bibliography

1. <https://www.dailymail.co.uk/news/article-14716997/You-speak-dead-loved-ones-living-proof-you-how.html?ns_mchannel=rss&ns_campaign=1490&ito=1490> - Please view link - unable to able to access data
2. <https://en.wikipedia.org/wiki/Psychomanteum> - The psychomanteum is a small, enclosed area designed for communicating with spirits, featuring a comfortable chair, dim lighting, and a mirror angled to reflect only darkness. This practice was popularised by Dr. Raymond Moody, who believed it could help resolve grief. He compared it to the Greek Necromanteion, a form of scrying. ([en.wikipedia.org](https://en.wikipedia.org/wiki/Psychomanteum?utm_source=openai))
3. <https://breath4balance.com/2025/02/18/the-black-mirror-and-the-psychomanteum-experience-of-dr-raymond-moody/> - Dr. Raymond Moody revived the ancient practice of mirror gazing, known as scrying, by creating the psychomanteum—a darkened room with a black mirror to facilitate encounters with deceased loved ones. This method draws inspiration from ancient Greek oracles and has been used for centuries to facilitate communication with the deceased. ([breath4balance.com](https://breath4balance.com/2025/02/18/the-black-mirror-and-the-psychomanteum-experience-of-dr-raymond-moody/?utm_source=openai))
4. <https://near-death.com/trigger-of-psychomanteum/> - Dr. Raymond Moody developed the psychomanteum technique, a form of mirror gazing, to facilitate communication with the deceased. Participants sit in a dark room with a mirror, focusing on a loved one, to induce altered states of consciousness and potentially encounter apparitions. This method is inspired by ancient Greek practices. ([near-death.com](https://near-death.com/trigger-of-psychomanteum/?utm_source=openai))
5. <https://www.ghostvillage.com/legends/2003/legends25_08232003.shtml> - Dr. Raymond Moody discusses the psychomanteum, a modern adaptation of ancient Greek practices, where individuals gaze into a mirror in a dark room to communicate with deceased loved ones. This method has been used to facilitate encounters with the deceased, drawing inspiration from ancient Greek oracles. ([ghostvillage.com](https://www.ghostvillage.com/legends/2003/legends25_08232003.shtml?utm_source=openai))
6. <https://www.gaia.com/article/psychomanteum-mirror-gazing> - Dr. Raymond Moody's psychomanteum is a modern adaptation of ancient Greek practices, where individuals gaze into a mirror in a dark room to communicate with deceased loved ones. This method has been used to facilitate encounters with the deceased, drawing inspiration from ancient Greek oracles. ([gaia.com](https://www.gaia.com/article/psychomanteum-mirror-gazing?utm_source=openai))
7. <https://paranormalforum.net/threads/the-psychomanteum.17312/> - Dr. Raymond Moody's psychomanteum is a modern adaptation of ancient Greek practices, where individuals gaze into a mirror in a dark room to communicate with deceased loved ones. This method has been used to facilitate encounters with the deceased, drawing inspiration from ancient Greek oracles. ([paranormalforum.net](https://paranormalforum.net/threads/the-psychomanteum.17312/?utm_source=openai))