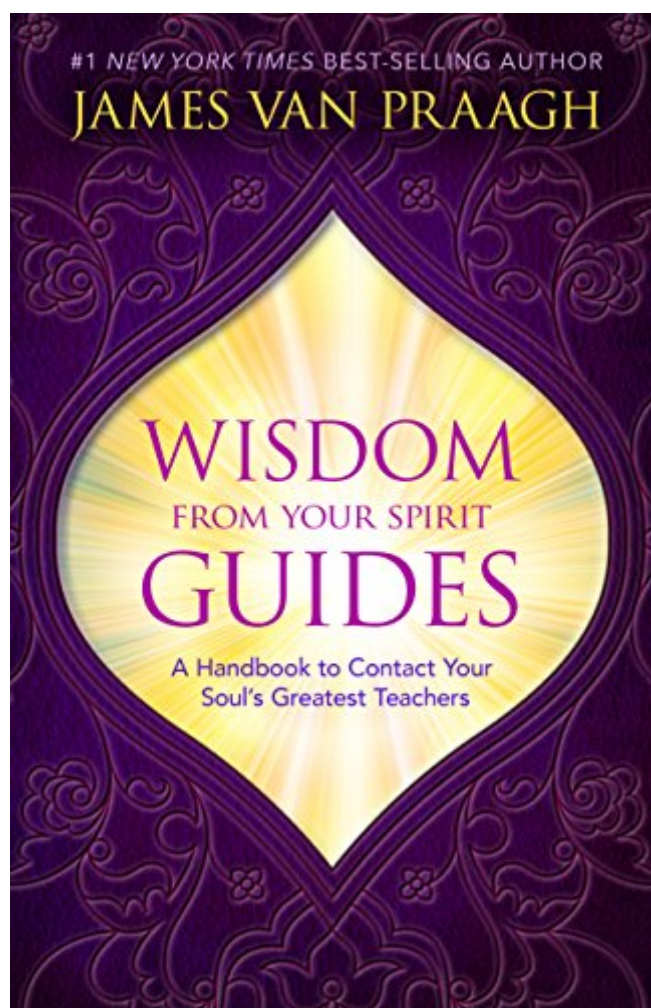


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# Wisdom From Your Spirit Guides: A Handbook To Contact Your Soul's Greatest Teachers



## Synopsis

Your Spirit Guides Are Waiting to Talk to You! Whether you realize it or not, you're in constant contact with your spirit guides. Your spirit guides, a team of energetic beings, are ever-present spiritual teachers offering guidance, support, wisdom, and love. In this book, world-renowned spiritual medium James Van Praagh shares the benefits and rewards of having a conscious relationship with your guides. You'll explore the many different guides you can encounter over the course of your life and lifetimes, including earth guides who have physical bodies and those who reside in the Spirit realm. Since our soul's energy is constantly changing, our guides, too, are changing, making for a rich and infinite array of possibilities. You will also discover where the guides come from and what they are here to do. James offers insights from the guides that deal with common situations, and shows you how to make contact with your own inner guides and protect yourself from unwanted energies. The book features a series of powerful energy-raising exercises and meditations to enrich your journey to understanding your guides and the assistance they can impart on your life. In doing so, you'll learn how to work with your chakra points, increase your heart space, and ground yourself to receive messages from your guides. "From the moment we take our first breath, our unseen support team is always nearby to assist and take care of us. Even in the most desperate of moments, we are never alone. There are many beings encouraging you to rise up and believe in yourself, or to find an aspect of yourself that you have forgotten which can strengthen your resolve."

## Book Information

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