



# **Wisdom from Your Spirit Guides: A Handbook to Contact Your Soul's Greatest Teachers**

*James Van Praagh*

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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."*

## Wisdom from Your Spirit Guides: A Handbook to Contact Your Soul's Greatest Teachers Details

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# **From Reader Review Wisdom from Your Spirit Guides: A Handbook to Contact Your Soul's Greatest Teachers for online ebook**

**Heather says**

**Good, but a little fluffy**

This is a good book, but it's not exactly what I was expecting. It was a lot of stories from his life and his experiences with guides. Toward the end there are several good meditations, though some seem like they would open you up to all kinds of spirits coming to you if you aren't specific with your intentions.

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**Stephanie says**

**Good read**

This was my first book by James Van Preach and I really enjoyed his down to earth approach to a topic that can be somewhat confusing. He laid out his techniques in ways that are relatable and easy to do your own. I will be reading more of his other books.

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**Gaylene goudreau says**

**He is authentic and totally resonates with my natural spiritual intent.**

I would recommend this book to anyone who wants to advance their spiritual travels with themselves and their spirit guides.

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**Barbara A Naremore says**

**So informative**

A really great book for practical and understandable instructions to get to know and begin contacting spirit guides. Everything was laid out to proceed calmly and joyfully. I hope there is a development circle in my area.

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**Becky Boyd says**

## **Great guide to develop your own spiritual practice**

There are some great meditations and information in this book for your own spiritual development. I will be referring back to James Van Praagh's instructions.

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