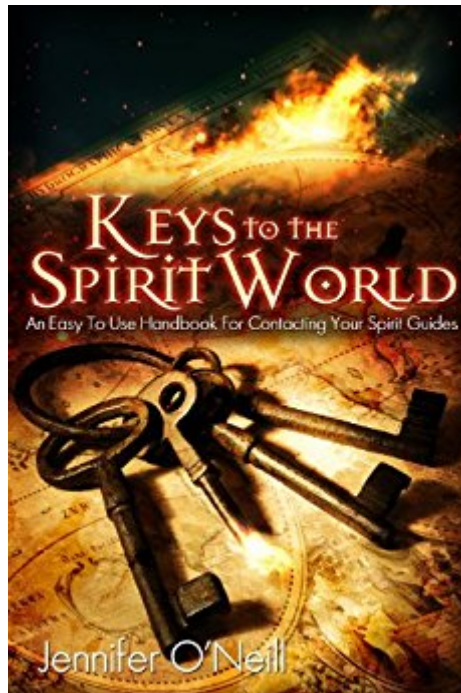


The book was found

Keys To The Spirit World: An Easy To Use Handbook For Contacting Your Spirit Guides



Synopsis

Who are your Spirit Guides? This book does not only cover who your Spirit Guides are, but you will also learn why you have Spirit Guides. *Keys to the Spirit World* covers: What do Spirit Guides look like? How do Spirit Guides communicate? What is it like to receive communications from spirits or Spirit Guides? Chakras and spirit communication 10 Tips for working with spirits and Spirit Guides Communication with Spirit Guides through writing Spirit communication through dreaming Spirit Guide communication meditation 5 Common blocks that keep people from developing spirit communication Not only does *Keys to the Spirit World* teach you what roles Spirit Guides play in your own life, but it also teaches you how to communicate with them yourself. You will learn how to develop your own communication system with spirits and Spirit Guides, as well as develop an understanding of what they are trying to communicate with you right now! Spirit Guides are always trying to communicate with you; many times you just do not have a complete understanding of how this communication system works. There are many forms of spirit communication and it is important for you to find out what particular system works best for you. This will allow you to communicate with your Spirit Guides most effectively.

Book Information

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Customer Reviews

"Keys to the Spirit World" simplifies the process of communicating with your spirit guides, who are always there to help you navigate your path through the physical world. This book helps you use all the spiritual tools and gifts you were born with, but most likely forgot. As a child, you may have heard your spirit guide(s) through your "inner ear," but blocked them out as you grew older and more conditioned by society's rules of what is reality and what isn't. This book is a breath of fresh air, saying "Yes, you can take guidance from your dreams, inner and outer voices, thoughts, and visualizations." Plus, O'Neill offers guidance on how to relax and allow communication with your spirit guides to happen. She even includes exercises to help you tear down the walls to spirit communication. I especially liked the section on chakras and their correlation to spirit communications. O'Neill explains how chakras, our energetic centers, allow information to be received from the spiritual realm. She takes you one by one through the chakras, with special emphasis on the Heart Chakra, which is elevated and expanded through higher consciousness, the Throat Chakra, used for channeling information during spirit communications, and the Third Eye Chakra, which opens you to clairvoyance and clear seeing. The author shares some of her own experiences as a child growing up with psychic abilities and the sensations she felt in these chakra areas before she understood their relationship to the spiritual realm. Have you tried automatic writing, dream journaling or spirit guide meditation? O'Neill offers advice on how to use these tools to connect with your spirit guides.

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