



The Understanding Your Angels and Meeting Your Guides

John Edward

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On this fascinating audio program, the incomparable John Edward shows you how to use tools such as meditation and visualization to contact your guides. He emphasizes that the foundation for any serious psychic/spiritual work is being able to work with energy through meditation. John goes on to discuss the seven chakras, the vital energy centers located within the etheric body that enable you to process the universal energies around and within you; and you'll also learn powerful techniques to help you contact your spirit guide.

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