



Spirit Guide Connection 101: Basics and Exercises for Beginners

Dee Woolridge

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Do you want to connect with your Spirit Guides? This book is based on the workshop, Spirit Guide Connection, taught by author Dee Woolridge, CIHt, CLC, RMT. For many years she taught students how to connect with their beloved spirit team and to begin to live a more aware, and in many cases, easier life. Now, this knowledge is available to everyone in the form of an easy to understand book. This book is a beginner's manual for those who are curious about and want to learn how to connect with their spirit guides. It answers questions about who your guides are, the type of guides you may have, and many other questions that beginners have about spirit guide communication. There are chapters on angels, ego versus intuition, animal guides and more. The book gives you prayers and guides you through grounding and centering exercises. To help you connect, it introduces journaling, automatic writing and other exercises to help tune-in, and communicate with your guides. The exercises teach you how to tap into your intuition and record what you feel, hear, see, smell and even taste. Once you connect and get familiar with your guides, your journey changes to a more enlightened and fulfilled one.

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