

contacting your spirit guide sylvia browne

Contacting Your Spirit Guide Sylvia Browne: A Journey Into Spiritual Guidance

Contacting your spirit guide Sylvia Browne is a fascinating and deeply personal experience that many seekers of spiritual wisdom aspire to explore. Sylvia Browne, a renowned psychic and spiritual medium, has helped countless individuals connect with their inner selves and the otherworldly realms. If you're curious about how to reach out to your spirit guide with the essence or teachings of Sylvia Browne, this article will guide you through practical steps, insightful tips, and the spiritual mindset necessary for a meaningful connection.

Understanding the Role of a Spirit Guide

Before diving into contacting your spirit guide Sylvia Browne, it's essential to understand what a spirit guide actually is. Spirit guides are non-physical entities believed to assist us on our life journey. They offer wisdom, protection, and encouragement, often communicating through intuition, dreams, or subtle signs. Sylvia Browne often spoke about these guides as loving presences that help us navigate challenges and discover our true purpose.

Who Was Sylvia Browne?

Sylvia Browne was a prominent psychic and author known for her ability to connect with the spirit world. Her teachings emphasized the importance of trusting your intuition and recognizing the presence of spirit guides in everyday life. While she herself acted as a medium, many people today seek to channel her wisdom or connect with their own guides inspired by her methods.

Preparing Yourself to Connect with Your Spirit Guide

Contacting your spirit guide Sylvia Browne style means adopting a calm, open, and receptive state of mind. The process is as much about inner preparation as it is about external rituals.

Create a Quiet, Sacred Space

Find a comfortable and quiet place where you won't be disturbed. This space can be enhanced with items that resonate with you spiritually, such as candles, crystals, incense, or images that remind you of Sylvia Browne or other spiritual figures. A peaceful environment helps quiet mental chatter and makes it easier to tune into subtle energies.

Practice Meditation and Grounding Techniques

Meditation is a powerful tool for connecting with spirit guides. Sylvia Browne often emphasized the importance of calming the mind and focusing your energy. Try deep breathing exercises or guided meditations aimed at opening your third eye or enhancing psychic awareness. Grounding yourself by visualizing roots growing from your feet into the earth can also stabilize your energy and create a strong connection to both the physical and spiritual realms.

Methods for Contacting Your Spirit Guide Sylvia Browne

There are several approaches you can take to establish communication with your spirit guide in a way that aligns with Sylvia Browne's teachings.

Intuitive Visualization

One effective method is intuitive visualization. Close your eyes and imagine yourself in a serene place where you feel safe and open. Invite your spirit guide to come forward. You don't have to see them immediately—sometimes their presence is felt as warmth, a gentle voice, or a sudden knowing. Trust whatever sensations or impressions arise. Sylvia Browne encouraged trusting these subtle cues as genuine spiritual communication.

Ask Clear, Open-Ended Questions

When attempting to contact your spirit guide Sylvia Browne recommends asking clear, open-ended questions rather than yes-or-no queries. Questions like "What guidance do you have for me today?" or "How can I improve my spiritual growth?" invite more detailed and meaningful responses. Write down any impressions, feelings, or images you receive during or after your session. Over time, this practice can deepen your connection.

Use Divination Tools

Sylvia Browne was known for her psychic readings that sometimes incorporated tarot cards, pendulums, or other divination tools. You can use these to help facilitate communication with your spirit guide. For instance, shuffling a tarot deck while focusing on your guide can produce cards that symbolize messages or insights. Remember, these tools are aids rather than sources of absolute truth—the key is your intuitive interpretation.

Signs and Symbols from Your Spirit Guide

Once you begin contacting your spirit guide Sylvia Browne style, you might start noticing signs and symbols in your everyday life. These are subtle messages meant to guide and reassure you.

Common Spiritual Signs

- Repeated number sequences like 111, 444, or 777
- Sudden feelings of warmth or calm during meditation
- Dreams featuring symbolic imagery or voices
- Unexpected encounters with animals or objects that hold personal meaning
- Hearing a familiar phrase or song that seems to convey a message

Sylvia Browne often taught that paying attention to these moments with gratitude strengthens your connection and builds trust.

Overcoming Challenges When Contacting Your Spirit Guide

It's natural to face obstacles when trying to reach your spirit guide, especially if you're new to psychic or spiritual practices.

Dealing with Skepticism and Doubt

Many people struggle with skepticism, which can block spiritual

communication. Sylvia Browne encouraged openness and patience. Remember that connecting with your spirit guide is a skill developed over time, and initial doubts are normal. Practicing regularly, maintaining an open heart, and journaling your experiences can help ease skepticism.

Clearing Negative Energy

Sometimes, negative energy or emotional blockages interfere with your connection. Techniques such as smudging with sage, using healing crystals like amethyst, or taking salt baths can cleanse your energy field. Sylvia Browne emphasized the importance of maintaining a positive mindset and protecting your spiritual space to enhance clarity.

Incorporating Sylvia Browne's Wisdom Into Your Practice

Sylvia Browne's legacy offers timeless advice for those seeking spiritual guidance. She believed that spirit guides are accessible to everyone and that with faith, love, and practice, anyone can develop this connection.

Embrace Compassion and Patience

One of Sylvia's core messages was compassion—not just for others but for yourself. When contacting your spirit guide Sylvia Browne's approach teaches you to be gentle with your progress and patient with the unfolding journey. Spiritual growth is not linear, and every experience, whether clear or confusing, holds value.

Journal Your Experiences

Maintaining a spiritual journal can be incredibly helpful. Write down your meditations, messages, signs, and feelings. Over time, patterns will emerge that deepen your understanding. Sylvia Browne often used personal records to validate her readings and refine her abilities—this practice can do the same for you.

Exploring Further: Books and Resources Inspired by Sylvia Browne

If you want to deepen your knowledge, Sylvia Browne authored numerous books

and hosted TV shows that delve into spiritual communication and psychic development. Exploring her work can offer additional insights and inspiration for contacting your spirit guide.

Some recommended reads include:

- *"Life on the Other Side"* – Exploring the afterlife and spirit communication
- *"Secrets of the Spirit World"* – A guide to understanding spirit guides and psychic phenomena
- *"Sylvia Browne's Book of Angels"* – Insights into angelic guidance and protection

These resources enrich your spiritual toolkit and help you approach your connection with confidence.

Connecting with your spirit guide Sylvia Browne is an invitation to explore the unseen with openness and curiosity. By creating sacred space, practicing meditation, and embracing Sylvia's compassionate teachings, you lay the groundwork for a transformative relationship with your spiritual allies. Whether you receive clear messages or gentle nudges, the journey itself deepens your awareness and brings a comforting sense of guidance through life's complexities. Keep nurturing that connection, and watch how your spiritual path unfolds with greater clarity and peace.

Frequently Asked Questions

Who was Sylvia Browne and how is she related to spirit guides?

Sylvia Browne was a well-known psychic and spiritual teacher who claimed to communicate with spirit guides and the spiritual realm. She often spoke about connecting with spirit guides for guidance and insight.

How can I contact my spirit guide according to Sylvia Browne's teachings?

Sylvia Browne advised quieting your mind through meditation or prayer, asking your spirit guide for communication, and being open to receiving messages through intuition, dreams, or signs in daily life.

What are common signs that a spirit guide is trying to contact me?

According to Sylvia Browne, signs include sudden intuitive feelings, repetitive numbers, dreams, hearing a voice or feeling a presence, and unexpected synchronicities that seem meaningful.

Is it possible to communicate directly with Sylvia Browne's spirit guide?

There is no verified way to communicate directly with Sylvia Browne's personal spirit guide. Instead, individuals are encouraged to connect with their own spirit guides through meditation and spiritual practices.

What tools did Sylvia Browne recommend for enhancing communication with spirit guides?

Sylvia Browne recommended meditation, prayer, journaling, and creating a quiet, sacred space to enhance spiritual awareness and facilitate communication with spirit guides.

Can anyone contact their spirit guide as Sylvia Browne suggested?

Yes, Sylvia Browne believed everyone has spirit guides and can learn to contact them by developing spiritual awareness, practicing meditation, and trusting their intuition.

How do I know if the messages I receive are from a spirit guide or just my imagination?

Sylvia Browne suggested that genuine messages from spirit guides often feel clear, loving, and insightful, providing guidance that helps you grow. It's important to trust your feelings and discernment while remaining open-minded.

Are there any risks involved in contacting spirit guides as per Sylvia Browne's advice?

Sylvia Browne emphasized approaching spirit guide communication with respect, positive intent, and protective practices like prayer or visualization to avoid negative energy or misunderstandings.

Additional Resources

Contacting Your Spirit Guide Sylvia Browne: An Investigative Review

Contacting your spirit guide Sylvia Browne has intrigued many seekers of spiritual insight and metaphysical guidance over the past few decades. Sylvia Browne, a well-known psychic and spiritual medium, claimed the ability to communicate with the spirit realm, including spirit guides who provide wisdom and direction. This article examines the phenomenon of contacting your spirit guide through Sylvia Browne's teachings and methods, analyzing the credibility, practices, and cultural impact of such interactions.

The Legacy of Sylvia Browne in Spiritual Guidance

Sylvia Browne emerged as a prominent figure in the psychic community during the late 20th century, gaining widespread recognition through her books, television appearances, and psychic readings. Her approach to spirit guides was rooted in the belief that each individual has one or more spiritual entities assigned to help navigate life's challenges. Browne often spoke about these guides as benevolent beings offering comfort, advice, and foresight.

Her teachings on contacting spirit guides are framed in a blend of New Age spirituality and traditional psychic mediumship. Browne's method typically involved meditation, prayer, and a receptive mental state to facilitate communication with these non-physical helpers. For those exploring contacting your spirit guide Sylvia Browne's way, understanding her background and the context in which she operated is crucial.

Understanding Spirit Guides According to Sylvia Browne

Spirit guides, in Sylvia Browne's philosophy, are not random spirits but purposeful entities connected to an individual's soul journey. They may be ancestors, ascended masters, or other spiritual beings who have transcended earthly existence. Browne often emphasized that spirit guides communicate through subtle signs, dreams, or direct psychic impressions rather than overt voices or physical manifestations.

In her books, Browne described techniques such as:

- Quieting the mind through meditation to become receptive to spiritual messages.
- Asking specific questions aloud or mentally to invite guidance.
- Paying attention to symbols or synchronicities that may represent the guide's communication.

These methods align with broader spiritual practices but are personalized through Browne's insights and anecdotal experiences.

Techniques for Contacting Your Spirit Guide Sylvia Browne Style

Engaging with spirit guides is often portrayed as a deeply personal and subjective experience. Sylvia Browne's approach, while accessible, requires patience and consistent practice. Here is a breakdown of core steps based on her teachings:

Creating a Suitable Environment

Browne advocated for a calm and distraction-free space. This includes dim lighting, comfortable seating, and sometimes the use of incense or soft music to enhance relaxation. The environment sets the tone for a focused spiritual session, minimizing external interruptions.

Meditation and Mindfulness

Central to contacting your spirit guide Sylvia Browne taught is meditation. This involves deep breathing exercises and clearing the mind of intrusive thoughts. The goal is to reach a receptive state where intuitive impressions can be perceived more clearly. Browne suggested starting with short sessions and gradually increasing duration as comfort with the process grows.

Intent and Questioning

Clear intent is vital when seeking communication. Browne emphasized formulating specific questions or areas of concern to focus the interaction. Vague or overly broad intentions may lead to unclear or confusing messages. Asking direct questions helps facilitate more meaningful responses from spirit guides.

Interpreting Signs and Messages

Sylvia Browne taught that spirit guides often communicate symbolically. This could be through recurring numbers, animals, dreams, or sudden insights. Developing an awareness of personal symbols and their meanings is part of the practice. Browne warned against forcing interpretations and encouraged

openness to subtle guidance.

Comparing Sylvia Browne's Methods with Other Spiritual Practices

While Sylvia Browne's techniques share similarities with general New Age and shamanic traditions, some distinctions are noteworthy:

- **Accessibility:** Browne's methods are designed for everyday individuals without specialized training, making spirit guide contact approachable.
- **Focus on Personal Guides:** Unlike some traditions that invoke external deities or collective entities, Browne concentrated on individual spirit helpers.
- **Integration with Psychic Mediumship:** Browne's background as a psychic medium influenced her emphasis on receiving clear messages rather than solely symbolic communication.

However, critics argue that Browne's approach can sometimes blur the lines between subjective intuition and external spiritual contact, a common debate in psychic and mediumship circles.

Pros and Cons of Following Sylvia Browne's Guidance

Pros:

1. **User-friendly Techniques:** Her step-by-step instructions are easy to follow for beginners.
2. **Encourages Personal Empowerment:** The methods promote self-trust and personal spiritual growth.
3. **Wide Availability:** Books, recordings, and online materials make her teachings accessible.

Cons:

1. **Subjective Experience:** Outcomes rely heavily on personal interpretation, which may vary widely.
2. **Lack of Scientific Validation:** There is no empirical evidence supporting

the effectiveness of contacting spirit guides as described.

3. **Controversies Surrounding Browne:** Sylvia Browne faced criticism for some high-profile predictions and ethical questions, which may affect credibility.

The Cultural and Spiritual Impact of Contacting Spirit Guides Through Sylvia Browne

Sylvia Browne played a significant role in popularizing the concept of spirit guides in mainstream culture. Her blend of psychic mediumship with practical advice on contacting spiritual helpers helped demystify the process for many. Books like "Life on the Other Side" and her numerous television appearances contributed to a broader acceptance of metaphysical exploration.

Moreover, Browne's influence extends to contemporary spiritual coaching, where contacting your spirit guide remains a popular theme. Various workshops, online courses, and spiritual communities reference her methods or build upon them.

Modern Adaptations and Digital Age Influence

The digital era has transformed how people engage with spirit guides, including Sylvia Browne's legacy. Online forums, social media groups, and apps dedicated to meditation and spiritual communication often incorporate her teachings. Virtual guided meditations inspired by Browne's style offer accessible ways to attempt contact with spirit guides.

However, the proliferation of spiritual content online also presents challenges. Distinguishing authentic guidance from commercialized or misleading information requires discernment, especially given Browne's mixed reputation.

Final Thoughts on Contacting Your Spirit Guide Sylvia Browne

Exploring the realm of spirit guides through Sylvia Browne's perspective offers a structured yet flexible approach to spiritual communication. While empirical evidence remains elusive, many find value in the introspective and comforting aspects of the practice. Contacting your spirit guide Sylvia Browne style emphasizes patience, clarity, and openness, qualities that resonate beyond spiritual contexts.

Whether one views spirit guides as metaphysical entities or psychological archetypes, the act of seeking guidance can foster mindfulness and personal reflection. As interest in spirituality grows in contemporary society, revisiting Browne's teachings provides insight into a significant chapter of psychic and mediumship history, inviting both skepticism and curiosity.

Contacting Your Spirit Guide Sylvia Browne

contacting your spirit guide sylvia browne: Contacting Your Spirit Guide Sylvia Browne, 2003-01 Advises reader's on how to find the entities who watch over and guide their progress through life, including information on how to recognize these helpful and protective spirits and interpret their messages.

contacting your spirit guide sylvia browne: Contacting Your Spirit Guide Sylvia Browne, 2021-10-26 Meet your spirit guides with this book from internationally renowned medium Sylvia Browne, with exercises to increase your psychic abilities and bonus audio meditation download. Through good times and bad, spirit guides look out for those under their care. In *Contacting Your Spirit Guide*, Sylvia Browne teaches you all about these entities, who are designated by you and God to assist you with life and give you guidance. You will learn about the different types of guides, what they look like, and how they make themselves known. Sylvia leads you through the skills you'll need to know so you can tune in to your own guides, discern their names, and discover the messages they have for you. In the second part of the book ("A Day in the Life of a Spirit Guide"), Sylvia writes intimately about her personal relationships with her spirit guides, Francine and Raheim. Francine then tells her own story through Sylvia about what a "day" is like for her. Sylvia offers great insight into the workings of spirit guides, and in so doing, gives you the tools to understand your "unseen companions along the way." Includes a free "Spirit Guide Meditation" audio download!

contacting your spirit guide sylvia browne: A Real-Life Christian Spiritual Journey Richard Ferguson, 2011-09-20 Richard Ferguson grew up a rough kid in a rough neighborhood and yet he went on to become a Reiki master with a pilot's license and two master's degrees. How did he rise above his early circumstances? It started with a godly epiphany high in the sky above the Pacific Ocean. Since then, he has been a spiritual seeker, and, as the good book says, those who seek will ultimately find. Follow his riotous path in *A Real-Life Christian Spiritual Journey*. Ferguson's Christian transformation was not immediate. Once upon a time, he hated everything to do with religion. Part I uses Ferguson's life journey as a template for the paths of all human life. We all go through stages, and each stage equates to who we ultimately will be and what we will believe in. Part II traces the unity of our stages in the earthly realm. Part III sets foot into the great beyond. Ferguson lost his wife to death, but he has come to realize that death is not an ending; it is a graduation to a higher, more joyful existence in eternity. With the guidance of psychologists Erik Erikson and James Fowler, as well as spiritual greats St. Paul and the Buddha, Ferguson looks back on a life well lived proving that when you seek first a higher power, all knowledge will be given to you.

contacting your spirit guide sylvia browne: Animal Spirit Guides Steven D. Farmer, PhD, 2006-11-01 AN EASY-TO-USE HANDBOOK FOR IDENTIFYING AND UNDERSTANDING YOUR POWER ANIMALS AND ANIMAL SPIRIT HELPERS After the publication of his best-selling book *Power Animals*, many people inquired about the meaning of spirit animals that were not contained in that work. In *Animal Spirit Guides*, Dr. Farmer provides concise, relevant details about the significance of more than 200 animals that may come to you in physical or symbolic form as guides and teachers. With each animal listed, you'll find general meanings of the visitation; practical ways that they can help you as spirit guides; and how, as your power animal, they reflect characteristics

that you possess. You'll also find a whom-to-call-on section that will tell you which animal spirit guide to call on for any specific purpose.

contacting your spirit guide sylvia browne: *The Complete Idiot's Guide to Life After Death* Diane Ahlquist, 2007-07-03 Get an (after) life! A belief in the afterlife is common to almost every faith and culture around the world. Even people who don't consider themselves "spiritual" share a fascination in life after death. In this powerful guide, author and intuitive Diane Ahlquist shares her own knowledge of the subject, as well as the views of such religious and spiritual leaders as Edgar Cayce and the Dalai Lama.

contacting your spirit guide sylvia browne: *When You Think About It* Cynthia Mitchell, 2015-02-27 At an early age you begin to ask yourself questions. Lots of questions. Some of these questions you can find answers to, but many you tell yourself have no answers, so you tuck them away for another day. That day came for the author when she lost her only child, Breana. The pain was immense and the questions unending. Where is she? Would she see her again? Why isn't she here for her son? If everything has a purpose, what could the purpose of losing her possibly be? Is there really a God, and what or who is He? For Cyndi life had no reason without her daughter in it. Is this physical world we live in the only reality? If so, what is the point? She became obsessed with finding her and with answering those long-ago questions. When faith is not enough, where do you turn? The things we learn as children become the facts we base our decisions on. Are they true-or just accepted and passed down through time? She began reading intensely. There was an interest in anything written by mediums, psychics, doctors, nurses, scientists, near-death experiencers, and hospice workers; anyone who had something to say on the subject was where she looked. She noticed that early physicists were being quoted in some of the books she was reading. Why? She wanted to learn more. What is this quantum world and how do we fit into it? She realized that greater minds than hers had written these books and she wasn't sure if she could understand them. The concentration she needed was unavailable to her in the beginning. Determination drove her forward however, and in time the concentration came. She was surprised when she began to see the lines cross between God (not religion) and science. God appeared to be the ultimate scientist and not a god at all. In fact, He is very different from the human god she had learned of as a child. There were many reasons to be afraid of that God. She wondered why she had not come across a book that incorporated all of these subjects into one. Had no one else seen the correlation? Could she write something for her grandson that would help him understand what she now understood so clearly? She began taking notes. Those notes became *When You Think About It*.

contacting your spirit guide sylvia browne: *Guides, Guardians and Angels* D. J. Conway, 2009 We may not see or hear them, but angels and spirit guides are always with us. From building healthy relationships to attaining career goals to experiencing spiritual growth, these divine companions are there to lead us down the right path just when we need their help the most. Popular author D. J. Conway shows you how to develop a personal and meaningful relationship with your spirit guides to improve your life. Try unique meditations, guided visualizations, chants, rituals, and spells to connect with power animals, nature spirits, Light and Shadow angels, and the spirits of friends, family, and even pets. In doing so, you will experience personal empowerment and tremendous spiritual growth. Enriched by Conway's own experiences, this book on angels and spirit guides provides unparalleled spiritual guidance, ultimately revealing how the profound impact of these guardian angels and spirit teachers can bring a sense of peace and direction to your life.

contacting your spirit guide sylvia browne: *Adventures of a Psychic* Sylvia Browne, 1998-09-01 The New York Times Bestseller! Psychic, medium, clairvoyant, channel... I never believed in these four words before, and then I met Sylvia Browne. - Montel Williams In this uniquely fascinating book, world-renowned psychic Sylvia Browne recounts her captivating life as a clairvoyant, telling of her earliest readings as a young child in Kansas City, and of her first contact with Francine, her spirit guide. In engrossing detail, Sylvia tells how her gift has assisted police departments in their search for missing children and dangerous criminals—and how her predictions of deaths, plane crashes, and momentous world events were sometimes heeded—or tragically

ignored. But more than anything else, this is the remarkable story of one woman's psychic odyssey, for it offers illuminating insight into how we can better understand ourselves and our own psychic abilities. ADVENTURES OF A PSYCHIC may give you an entirely new outlook on life, death, psychic phenomena, and the other side!

contacting your spirit guide sylvia browne: Astrology Through a Psychic's Eyes Sylvia Browne, 2000-09-01 Sylvia Browne presents her philosophy on astrology. It is written in a humorous vein, yet is a serious work and intended to educate the reader. Sylvia has done extensive research, using the most reliable data available: real people. She feels that astrology is a living discipline and must be studied with humanity. Only through a close examination of individuals, with all of their fears, strengths, phobias, loves, and spirituality, will a true picture of astrology emerge. More than thirty years of joy, tears, laughter, and knowledge are reflected in this work, gathered by Sylvia during her many thousands of counseling sessions.

contacting your spirit guide sylvia browne: All Pets Go To Heaven Sylvia Browne, 2009-10-06 World-famous psychic and #1 New York Times-bestselling author Browne uses her special psychic gift to show readers how pets fit into the afterlife. With 40 years of research and stories culled from her decades-long career, the author reveals keen insights into the true beings of animals.

contacting your spirit guide sylvia browne: Buying Trances Joe Vitale, 2011-01-06 Praise for Buying Trances The genius of Joe Vitale has never shone brighter. This thoroughly documented and easy-to-read book is the first of its kind. Vitale gives you the keys to their minds. All you have to do is turn the keys. They said 'yes' to you long before you said a word and they were begging to buy from you shortly after you uttered your first sentence. Buying Trances is an exciting ride to the edge of the mind. His finest work to date. -Kevin Hogan, author, The Psychology of Persuasion and Covert Hypnosis This book maps marketing's final frontier-the customer's mind-and exposes the buying trance. Frankly, this may be the smartest marketing book ever written. -Dave Lakhani, coauthor, Persuasion: The Art of Getting What You Want As with all of Vitale's books, there are magical secrets chucked out like a mad Vegas poker dealer on every page. Not only will you learn to put people into buying trances with this book, the act of reading it will put you in a trance and force you to master it. -Mark Joyner, #1 bestselling author, The Irresistible Offer: How to Sell Your Product or Service in 3 Seconds or Less Vitale's expertise in hypnotic marketing combined with his extensive research challenges the reader on many different levels. He forces you to delve deeper into the benefits of creating a buying atmosphere and a trance-like desire on the part of your prospect. I found this an absolutelyfascinating book. -Joseph Sugarman, President, BluBlocker Corporation Buying Trances is not your run-of-the-mill marketing book. It's an exceptionally well-written, well thought out, high-level work that gives the reader unique insights into how to capture a prospect's attention. Cutting-edge stuff that is a must for every serious marketer to absorb and implement. -Robert Ringer, author, To Be or Not to Be Intimidated?: That Is the Question Vitale's understanding of how and why people think and act like they do is remarkable. Byunscrambling complex ideas and explaining them in simple language, he reveals how to fashion messages that will turn people into compulsive buyers of our products and services. Now we can take control and create the buying trance. It's a totally refreshing and very effective approach to hugely profitable sales and marketing! -Winston Marsh, veteran Australian marketer

contacting your spirit guide sylvia browne: Ask Your Guides Sonia Choquette, Ph.D., 2007-06-01 We're all spiritual beings with a spiritual support system on the Other Side that oversees and helps guide our lives from the moment we're born to the moment we leave our physical bodies and return to Spirit. Not knowing this fact is a severe handicap, as the Universe is designed to care for and nurture all its creatures and help make our life's journey easier and more successful. When we learn how to connect with our angelic guides, our lives naturally fall into a pattern of ease and flow during which we grow our souls, fulfill our life's purpose, and make our time on Earth endlessly entertaining. This fascinating and inspirational book by Sonia Choquette provides all the information you need to help you connect with your spirit guides so that you can enjoy all the love, abundance,

and joy you're entitled to.

contacting your spirit guide sylvia browne: *The Unbelievable Truth* Gordon Smith, 2005-09-08 Gordon Smith, hailed as the UK's most accurate Spiritual Medium, is respected internationally both for his ability to convey precise messages from the Spirit World, filled with a level of detail that astounds people, and also as one of the world's foremost teachers of mediumship. In this fascinating updated edition of one of his bestselling books, Gordon sheds light on: - how mediums and psychics get their information - why spirits choose to communicate with us - the truth about ghosts, poltergeists and hauntings - out-of-body experiences and altered states of awareness - re-incarnation and memories of past lives. While Gordon is the first person to acknowledge that people's imagination, grief or distress can affect their perceptions, and that charlatans and frauds only add to the confusion, his incredible experiences and research have inspired him with a passion to reveal what really happens in the Spirit World. In *The Unbelievable Truth*, he lifts the lid on these 'insider' topics with wit, insight and great knowledge.

contacting your spirit guide sylvia browne: *Accepting the Psychic Torch* Sylvia Browne, 2009-10-06 *Accepting the Psychic Torch* is a brand-new collection that contains the full text of two of Sylvia's best-selling books: the landmark *Adventures of a Psychic*, which details how a little girl from Kansas City, Missouri, discovered her gifts and was then led on a decades-long journey to ultimately become one of America's most successful clairvoyants; and *If You Could See What I See*, a handbook on spirituality that is also full of anecdotes from Sylvia's life, both before and after she became a world-famous medium who spends her time writing, lecturing, and appearing on TV. Yet this collection also contains a special treat: an all-new volume from Sylvia! Titled *Passing the Psychic Torch*, it focuses on the incredibly special relationship Sylvia had with her beloved psychic grandmother, Ada Coil. Drawing on her cherished memories, along with Grandma Ada's numerous letters—many of which are reprinted in these pages—Sylvia gives us a rich portrait of a blessed soul who helped so many. She also delves into her own childhood and teenage years as never before as she relates how her dear grandmother not only became her mentor, but was indeed the mother she never really had. This is the book Sylvia's fans have been begging her to write...and it doesn't disappoint!

contacting your spirit guide sylvia browne: *Sylvia Browne's Lessons for Life* Sylvia Browne, 2009-12 An Excerpt from the Book When you put your all into this program and complete it, you'll come out feeling refreshed, renewed, and released from your doubts, fears, and phobias. You will, through your own introspection, become more spiritual, which naturally leads to being more psychic. You'll know that life is all a textbook of learning played out on the stage of this world, and when it's over, you'll exit behind the curtains and go home from whence you came.... This book will help you find almost every facet you need to help you arrive at your own spirituality, and it will help you get over your feelings of guilt, loss, and instability. The information within will answer questions in more depth than I've previously explored or written about, and the meditations and exercises will enhance your consciousness to bring you closer to your divine purpose and your ultimate love affair with God.... Put all you have into this, and you'll get a hundredfold back. Good luck!

contacting your spirit guide sylvia browne: *It's Your Movie!* Patricia McHugh, 2014-11-14 *It's Your Movie!* contains the true story of how the author, a businesswoman, went in a new direction as she embarked upon a spiritual journey. After successfully opening a channel with a high-level guide, she heard the words that would change her life: Call me Anthony. But this book-written through the encouragement of Anthony-is so much more than a memoir; it candidly explores why the author became interested in channeling, how she learned the methods, who Anthony is, and how opening her channel changed her life. Tell them the story, Anthony said. Show them that it doesn't have to be perfect, and that you don't have to be a psychic medium or a professional channeller to connect with guidance levels. Let them see the messiness and hear the individual and personal way in which we communicate with you so they will be open to trying it themselves while being excited by their own unique results....

contacting your spirit guide sylvia browne: *Paranormal Claims* Bryan Farha, 2007 This

academic text features articles regarding paranormal, extraordinary, or fringe-science claims. It logically examines the claims of astrology; psychic ability; alternative medicine and health claims; after-death communication; cryptozoology; and faith healing, all from a skeptical perspective. Paranormal Claims is a compilation of some of the most eye-opening articles about pseudoscience and extraordinary claims that often reveal logical, scientific explanations, or an outright scam. These articles, steeped in skepticism, teach critical thinking when approaching courses in psychology, sociology, philosophy, education, or science.

contacting your spirit guide sylvia browne: Once Upon a Miracle Martha Gast-Rindler, 2011-10-31 Once upon a miracle sounds like a typical beginning for a fairy tale. But, the miracles recounted in this book really happened. By telling her story, the author hopes to bring comfort and peace to others through her experiences with little miracles.

contacting your spirit guide sylvia browne: You're Not F*cking Crazy Kendra Bergman, 2023-04-18 We are not crazy simply because we see images or hear voices in our mind. When our Logical Brain thinks about it, it cannot rationalize what is happening. Our Egoic Mind jumps into action, convincing us we couldn't possibly be having these experiences and certainly shouldn't tell people about them. Our Egoic Mind knows these things sound crazy, "whackadoo", "woo-woo," out there, or impossible. Humanity is waking up to the reality that our Egoic Mind doesn't know what is or is not possible. My generation was told, "Be careful what you say, or they'll put you in the funny farm," (meaning mental institution). Back then, little was known about mental health. The general public was simply taught that they lock up the crazy people. 'They' was assumed to be the courts and 'crazy people' were those who acted or thought outside of societal norms. If you were crazy, it was understood that the police would come to your home, put you in a straitjacket, and haul you away to an institution where doctors would run experiments and medicate you, while they attempted a cure. Obviously that wasn't accurate, even back then. Now, scientists and doctors have studied the brain and human behavior to understand that not everything people experience that isn't understood by our Egoic Mind is mental illness; this is exactly the reason I want you, the person reading this book, to share your experiences and accept you are not f*cking crazy.

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