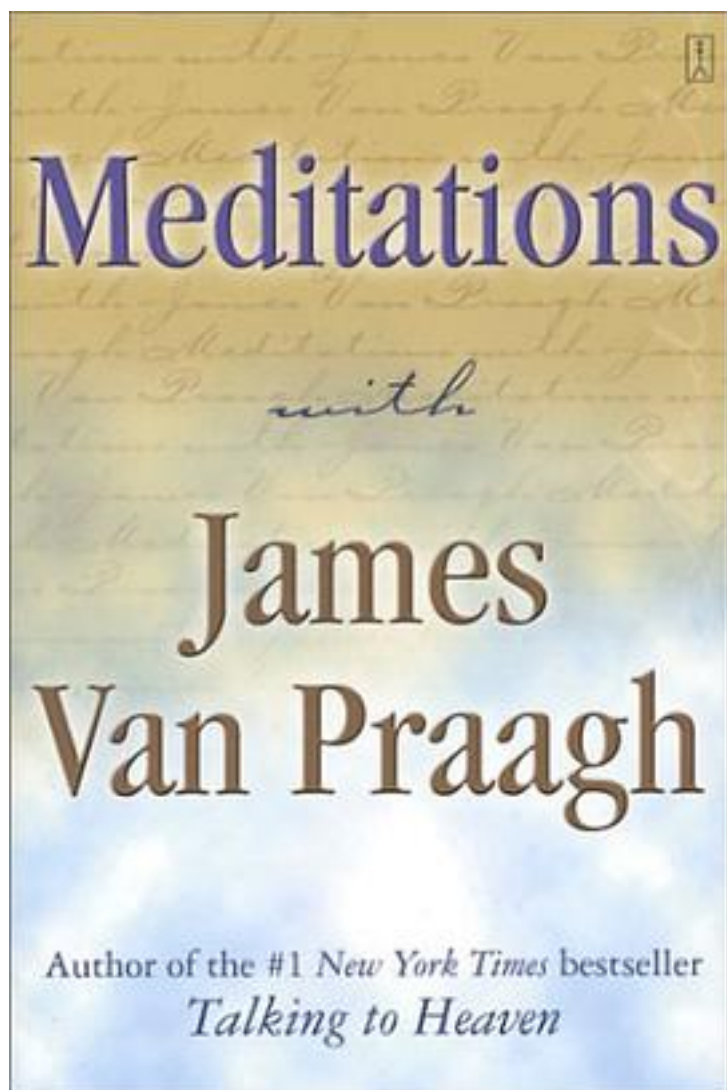


Meditations with James Van Praagh



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著者:James Van Praagh

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Millions of people have been enthralled and had their lives changed by James Van Praagh's amazing psychic ability to communicate with the spirits of those who have died. This book combines his own inspiring experiences with meditations to help us reflect on our own journey through life. James Van Praagh shows that by opening to the world of the inner self, which is available to anyone who will take the time to become aware, it is possible to bring a new consciousness into every aspect of your life, and live a more fulfilled existence. Full of practical advice on meditation and relaxation techniques, James Van Praagh also shows how to clear out the negative and access the energy around you.

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