



## Spirit Guide Journal (Paperback)

By Avery Albright

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Reader s of Avery Albright s Spirit Guides: A Beginner s Guide to Connecting With Your Angelic Support System are already aware of the important part our spirit guides play in our lives. They also know that effective connection to and communication with these guides is essential to fully understanding and utilizing the guidance they have to offer us. One of the major techniques for enhancing your relationship with your spirit guides advocated by Avery is journaling. Keeping a record of your encounters with your spirit guides allows to you recognize patterns and remember minute details that may not make sense to you at the time, but provide clarity to you later in your spiritual journey. This journal provides you the opportunity to categorize and reflect on sixty different encounters with your spirit guide. Each page of the journal is single-sided to allow for the use of any writing implement. Whether you connect with your spirit guide through a dream or meditation, this journal will allow you to both record the encounter and ponder its full meaning.

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