

# *Spirit Speaks*

## **Find Your Own Answers...**

*Learn to receive and understand spirit messages.  
Meet your healing guides and learn how to have them  
support you in every way.*

# *Spirit Speaks* **Workbook**

**by James Van Praagh**

**For more information about the author, his products  
and appearances, visit:**

**w w w . V a n P r a a g h . c o m**

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# RECEIVING MESSAGES

*An often-asked question of those seeking spiritual guidance is, "Is there a way to make contact with loved ones without going to a medium?"*

Have you ever thought about whether your loved ones are around you??

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*This meditation, which seems to be extremely successful in helping to communicate with those in the world of the spirit, was developed to eliminate the need for a medium.*

*This meditation was created not only to help you in reaching your loved ones but to help you realize that your loved ones are always around you.*

Would you be shocked to know that they are around us all the time? It's true, because in their dimension they are not limited by the constructs of time and space like we are.

*There Is No Such Thing As Death,  
and...  
**The Love Bonds Created On  
This Earth Continue  
and endure***

The following are just some of the ways a spirit might use in trying to get through to you;

- Dreams
- Lights flashing on and off
- Smells you can associate with them, such as tobacco, favorite perfume, fragrance, flowers.
- Telephone rings, no one is on the other line
- Knocks
- Temperature changes and cool breezes

Write down some of your own experiences when you just knew a spirit was trying to get through to you...

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How does your body feel right now? Are there any aches or pains? Be aware that they are there, but don't judge them.

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Hint: - you can imagine that you are standing in front of a mirror looking at yourself...  
Not only see it, but begin to get a sense of what it feels like on a physical level. Write down any characteristics you can associate with this light:

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***The love bonds created on this earth continue and endure***

*If you approach this meditation with an open mind and love in your heart, you should be very successful.*

*We begin every meditation with breathing, because it is with the breath that we are in contact with the cosmic light. Let's begin our breathing exercise.*

*As you sit in your fully-relaxed state, it is time to remember to breathe since breathing fresh oxygen into the body will help sustain relaxation. When you exhale, you let go of old stagnant energy, old tension. Together, let's begin to breathe.*

*As you become in tune with yourself, become aware of the body.*

*Become aware of a space about two feet in front of the center of your eyebrows. You might imagine that you are standing in front of a mirror looking at yourself...*

*As you concentrate on this spot, see this spot as a golden point of light. Notice that the more you focus toward this gold light, the larger it becomes.*

*Now, look into the center of this light. As you do, notice the rays of light become larger and larger.*

*Look once again into that light and notice that you begin to be enveloped with this light and there seems to be a sensation that you are traveling toward this light. There seems to be a sense of traveling through a tunnel.*

*Now you are fully surrounded by light. You are full of joy and peace as you are going further and further through this tunnel.*

*Relax now and enjoy the sensation of being in this light. This is a beautiful, loving experience. There is an overwhelming sensation of peace and love and freedom as we have never before experienced.*

*The celestial light is one with us and as we relax we are transported to a celestial garden and sit on a marble bench. We are surrounded by cascading towers of beautiful flowers and trees and vines going as high up as the eyes can see. Bright sunflowers, roses, and tulips bloom and each flower sings God's praises and love is all around us.*

*It is a garden of serenity, of peace, of centeredness.*

*Everything seems very natural. As we sit in this garden on the marble bench we look around us and realize that we are in a meeting place of sorts...on the edge of the light, the edge of the spectrum.*

**Write down any feelings inside you which you are feeling now in this light?**

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**Write down a description of your spirit garden.**

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**Do any colors stand out more than others?**

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**Something to think about – some spirits have said that the song “somewhere over the rainbow” comes close in describing their experience of death. Many have spoken of going through a tunnel and over the spectrum of color to a place of incredible color and beauty.**

Next time you see the Wizard of Oz, look at it from a spiritual pov and begin to realize all of the simple spiritual truths portrayed.

EVERYTHING IS IN NATURAL HARMONY

Write down the feelings which come over you, when you are a part of a beautiful setting such as a garden or a beach? How does it make you feel inside.

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List those loved ones who come into your vision:

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Describe how they look:

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*As you sit in the garden, begin to feel the life-force of these very special flowers. See and feel the beautiful grass, the green, green meadows before us, the beautifully- manicured trees, and all the bright flowers dancing around in the wind.*

*As we are sitting, we suddenly have the sensation that there are people standing behind us. We ask who it is and as we do, the people come and stand before us. We look up and as we do, we are suddenly surrounded by those loved ones who have made the change known as "death."*

*As we look at their beautiful faces,  
we feel the love, the love we  
recognize as one we shared on earth  
before. They seem so happy, even –  
perhaps – younger. They stand now  
and we hug them and feel their love.*

*See how much love they have for  
you and feel their love now, just as  
you did when they were earth.*

## Love Never Dies

*And as you have this wonderful reunion with them, you realize, that indeed, there is no death. There is no end. There is no finality.*

*Just as the flowers and trees and blades of grass surround you, there is only life. Feel your loved ones love for you. And as you are basking in their love, they say,*

***“See! I’m still alive...so why do you worry about me? Be at peace. I haven’t gone anywhere. I’m still with you. There is no reason to worry. No reason to have any feelings of guilt.”***

*They ask you to please forgive yourself, be at peace, and rest your mind.*

***“We have brought you here so you will rest your mind and make the connection between the physical and the spiritual.”***

Write down the myriad of emotions you feel as you see each one;

[illegible]

Write down a question for each of the spirits you want to communicate with. Be very specific:

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Write down each one of the messages you received from the spirits. Listen in your mind and heart for the first thing that comes to you:

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Something to think about: they receive your thoughts all the time, so they know what you're thinking. The words don't need to be verbalized, just a thought will do.

Write down thoughts you would like to send to a spirit loved one...

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Write down any words of forgiveness or gratitude you may have not had a chance to share with them:

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*They tell you to sit down on the bench and relax. And as you are sitting there – basking in their love and the joy – they tell you that they have a gift for you. Open your hands now to receive their gift. The gift is handed to you.*

*It is a box, a beautiful, gold, bejeweled box. Each one gives you their very own box. Receive the boxes at this time. As you look up at their faces, feel their love and ask them a question. Ask any question you like now.*

*Once you've asked the question, they tell you that the answer is in the box. Open one box at a time and look for their response. It may be in the form of a word or several words. It may be in a scene played out in front of you. It may be an item. Look now, and see their gift, their message especially for you.*

*When you have received all of your responses, you may put the boxes down. The most important thing is the message inside the box. Now that you have received your answers, look up into their faces, stand once again, and thank them.*



Maybe you can practice communicating by writing a letter to each of the spirits you want to talk to. Remember they will receive the thoughts of your words, so they are fully aware of everything you are feeling.

Two days later, write a letter to you from the spirit and listen what they say to you.

[illegible]

Write down how your physical body feels.  
Any changes you are aware of?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on its right side, suggesting it's resting on a surface.

Do you feel the space around you is any different? Lighter, brighter, more open? Write down your thoughts:

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How has this meditation changed you?

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What have you become aware of?

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*There is only one life and the bonds of love we create on earth shall live forever. So remember to live, learn, and love. And so it is...*

*Now it is time to slowly come back to the consciousness and awareness of the physical world.*

*Become aware of your feet on the floor once again. Become aware of yourself sitting in the chair, aware of your back and your shoulders, your chest and stomach, your arms, your neck, your hands. Become aware of the physical body and what a wonderful instrument it is.*

*Become aware of your space around the physical body.*

*Remember what you've learned here today. And remember always that*

**LOVE NEVER DIES**

# MEETING YOUR HEALING GUIDE

*Our guides are lifelines. Who are they? And where do they come from?*

*Every one of us has guides!*

*There are some guides who have been with us throughout time. What, you may ask, do these guides do?*

*Guides help us to learn and grow spiritually. And there are many different types of guides. There are those who are interested in your careers, those in your spiritual growth, and those who assist in keeping you healthy and strong.*

Write down what your concept of what a guide is:

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In what area of your life do you think you need the most guidance with?

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When you are having a difficult time, do you ever ask for help?

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If you do, what type of person do you ask to help you?

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Make a list of the times you asked for help and exactly what it was you were seeking help with:

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[illegible]

*But remember: it is always left to you to make the choice, for each one of us has free will.*

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For a moment connect with your physical body and note any health problems or concerns you want addressed:

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Write down what is holding you back from being a fully realized healthy individual:

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Write down any emotional problems which have occurred in your life:

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*You will learn and use a basic meditation technique in recognizing and working with your healing guide.*

*A healing guide is a being that is fully involved with our health. At times, this guide — or guides — will inspire you to take better care of your physical well-being and will work with universal forces to assist in the correct level of your energy fields.*

## BREATHING EXERCISES

*Whenever you experience physical distress or illness, your healing guide will work on fusing healing cosmic energies into your force field.*

*Centering is the first step.*

*In order for your meditation to have the most optimum effect, you should begin every meditation exercise by taking a few minutes to properly ground and center yourself in the body.*

*Begin by finding a straight back chair in which to sit. Place your feet on the floor, put your hands in your lap, and close your eyes.*

*Meditation is the awareness of self. Take the time and commit yourself to relaxing. Listen closely to the sound of my voice as I gently guide you through the process of coming into the center of your being.*

*We begin by placing our awareness on our breathing. We inhale through the nose to a count of three and then exhale through the mouth, also at the count of three. Breathe rhythmically like the ebb and flow of the ocean. Let's begin.*

*And as you continue this rhythm, become aware of your body and bring it to its perfect balance, center*

On a scale of 1-5, (1=healed completely; 2=mostly healed; 3=still remember it vividly; 4=still bothers you occasionally; 5=stuck, can't get over it). Look over the list you just created of your life's emotional problems and score each one, as how you think you have dealt with it. Be as honest as you can.

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After reviewing your scores, go back and see which emotional problems need to be addressed and healed, in order for you to be brought back to a state of balance and harmony. Remember, your guide will assist you, but you must put forth your effort as well.

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Remember at a time in your life when you went to a stadium and saw all the people, all focused on the event taking place? Imagine that time.

*Now the muscles in your arms: tighten and release. Your hands: make a fist with both hands, tighten, and release. Good. Let the energy flow. Become aware of the muscles in your chest and abdomen. Tighten them and now relax. Now become aware of your back. Tighten the muscles and then relax them. Upper legs: tighten and release. And now to your calves: tighten and release. Let it go. And, finally, tighten up your feet, even curl your toes, tense them and then release them. Very good. Now the body is fully relaxed and you're prepared to begin your meditation.*



*Begin this meditation with your eyes closed. You may be lying down or sitting up – it doesn't matter. We will start this meditation with a focus on our breathing, to center ourselves. With your mind's eye, become aware of a pin of gold light, right above your head.*

*When you begin to inhale through your nose, imagine this gold point of light filling your entire body, from your head to the bottom of your feet. Fill every organ, every cell, every muscle with this beautiful light. See the gold light swimming through your bloodstream and enriching you with a sense of peace and lightness. When you exhale through your mouth, envision a grey mist, which represents any excess energy or old stagnant energy the body no longer needs for its growth. See the grey mist exit and dissolve into the earth to be recycled.*

*While keeping constant the rhythm of your breathing, envision yourself in the middle of a grand stadium. Look all around you. The stadium is carved with pure white marble, which glistens in the sunlight. See a chair in the center of the field. It is a chair you create for yourself. Let the chair be a reflection of who you are.*

*As you sit in the chair, look around the stadium and see the faces of those you love. Some have passed into the world of spirit and others*

You may write down the characteristics of the chair... being a reflection of you. What color is the chair? What special characteristics does it have? Is it hard to sit in or soft? Is there material or solid? Wrtie down every description you can think of:

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Make a list of all the people in your life who love you. They can be here on earth or in spirit;

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Describe in detail the characteristics of your healing guide or guides:

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Do you recognize them? If so, from where?

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Write down their name(s):

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*who are still alive on the earth. They are all here to assist your guide in your healing. Look at them now.*

*Continue to sit in your chair, with your head down, and ask that your main healing guide appear before you. Look down at the ground in front of you. Standing there, you notice the feet of your guide. What kind of footwear are they wearing? Now look up and see their type of dress. How would you describe it? Now, finally, behold their face and look into their warm, beautiful, deep-set eyes. Feel their love and their compassion.*

*Feel that love. They've come here just for you. And as you feel their love and their compassion, as you look at their face, do you recognize them? Have you seen them before? Or are they new to you?*

*Ask them how they should be known to you, so that when you need to call upon them, you can call them by name.*

*Now, if you have an illness, or if you just want your guide to do a general healing on you, send them a thought. Tell them what you would like them to do.*

*As your thought rests with them, see them open the palms of their hands and watch as a magnificent green, healing ray of light comes out of their palms and touches your body. See this green energy light going to the part or parts of your body – or mind – which needs healing. Feel the frequency of this healing energy that they bestow on you. Feel the difference in the energy as it touches you. Feel the warmth. Feel the light.*

*When you feel you are ready, ask your guide to go behind you and work on your back. As they stand behind you, feel their healing energy touch you. Note how different you feel with this healing energy in your body.*

*When your healing guide is finished, ask your guide what you might do to stay in complete balance, peace, and health. Listen for their answer.*

**Write down any illnesses or areas of healing you want to give attention to. It is important you be as specific as possible:**

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**Describe any difference you feel in your body or mind:**

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**Write down what you are told by your guide(s):**

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Make a list of those in your life you would like to send healing energy to:

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And when you feel your healing is complete, thank your guide and listen to them give you a signal so you know when they are around you. So in the future, when you know their signal, you can stop what you are doing and open yourself up to their healing light.

Write down the signal your spirit guide gives you in order for you to know they are around you:

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*And as they stand in front of you again with their hands open, place into their palms the images of those who you feel need healing.*

*See their faces in the palms of your healing guide. And send them healing along with your guide – whether it's emotional healing, physical healing, spiritual healing, or mental healing your guide can go to them. Also see your healing energy being joined by the energy of those in the stands, who join you in sending healing.*

*As you feel their energy, it encourages you to do better, to be better, to love yourself more, to experience all about love and love of self, to be healthy to self, to know yourself, to be strong, to be healthy, happy, and holy.*

*When you are ready, bless them,  
and thank them.*

*Then slowly, once more, become aware of your physical body.*

GO FORTH IN A NEW STATE OF  
HEALTH. AND SO IT IS

[illegible]

**For more information on James Van Praagh,  
his work and his appearances visit:**

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