



# The Complete Idiot's Guide to Communicating With Spirits (Idiot's Guides)

*Rita Berkowitz, Deborah S. Romaine*

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You're no idiot, of course. You know life is a journey and that physical birth and death are its points of transition. Many people, across cultures and faiths, believe the spirit lives on—and have experienced contact with the spirits of loved ones who have passed to the higher side. This contact is joyous, comforting, and healing—but you wonder if it's really real and whether you can share in it, too.

Don't give up the spirit! The Complete Idiot's Guide® to Communicating with Spirits will show you exactly how to uncover your own mediumistic capabilities and connect with those no longer on the earth plane. In this Complete Idiot's Guide®, you get:

--Tips on how to connect with your personal divine energy through prayer, meditation, and dreams.

--Information on the birth of the human soul—as perceived through theological, metaphysical, and spiritual viewpoints.

--Exercises to help you develop your mediumistic abilities.

--Tangible evidence of the continuity of life as presented through the experiences and spirit drawings of medium Rita S. Berkowitz.

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