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Meditations with James Van Praagh is an inspiring collection of meditations and affirmations that will empower you to connect with your inner self. Bestselling author and renowned spiritual medium Van Praagh offers over forty meditations, each of which addresses a specific issue or concern that may be blocking your spiritual journey, such as "Release the Past," "Confronting Fears," and "Tuning In to Abundance." By helping you to truly see, feel, and listen to your inner voice, Van Praagh leads you to develop the wonderful, innate abilities that let you become your best self.

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