

Download How To Communicate With Spirits

Just remember, when dealing with unknown spirits, it is best to feel out the energy first. If you pick up on any negative vibes or are uncertain, it is best to leave it to an expert or simply focus on cleansing your home. Many people like to use a mantra when they are moving the sage around the room as a sort of ritual, bringing their mind back as they cleanse the spirit from the room. End with 5 minutes of contemplation. Reflect on the experience, what it taught you and what you hope to take from it. So that was our guide on how to communicate with spirits. We hope that you will use it. Some, want to communicate with loved ones who have passed on. While others want the spirits to visit them in their dreams. Many of these people are afraid of spirits, believing that if they start to open these doors, they may attract evil or demonic spirits. So, in this video, I am going to explain to you how spirits communicate with the living. And tell you how you can communicate with spirits by using herbs and incense. So, stay tuned. Have you ever felt as if your deceased loved ones or relatives are trying to make contact with you from the other side? Sometimes, you might just be aware of a presence around you, other times there might be a more obvious sign that someone is trying to reach you.