



Adventures of the Soul: Journeys Through the Physical and Spiritual Dimensions

James Van Praagh

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Adventures of the Soul is a manual for anyone who has ever questioned where they come from, why they are here, and where they go after they die. Sharing his intuitive experiences of communicating with the Spirit World for the past 30 years, internationally renowned medium **James Van Praagh** takes you on a spiritual sojourn to discover the unique design of your very own soul and explore its various adventures as it travels between worlds. You'll learn to open up your mind to your soul's unbounded wisdom and gain a bigger perspective on life and a better grasp of your significant part in it.

This book will further assist you in understanding and recognizing the soul lessons you came back to Earth to learn, such as sorrow, forgiveness, grief, compassion, and joy. By utilizing this knowledge, you will come to identify your soul's intricacies and start to live a life that truly fulfills your soul's destiny: following the path of love.

This is one journey that will force you to look at life and death in a completely different light!

Adventures of the Soul: Journeys Through the Physical and Spiritual Dimensions Details

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Author : James Van Praagh

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From Reader Review Adventures of the Soul: Journeys Through the Physical and Spiritual Dimensions for online ebook

Tamara Kulish says

I've started reading "Adventures of the Soul" by James Van Praagh, got to page 13 and already had an "Aha" moment! I was so inspired I wrote a blog post which is also a bit of a book review. I'm looking forward to seeing how many more "Aha's" I'll have! I recommend this book! The post should appear in my blog feed on my author page!

On Reconnecting Back to Love!!

I'm going to be very honest and candid right now about how I became disconnected from Divine and Spirit love.

It was a gradual process brought on by very low book sales, having had no income or salary for over a year and a half, and struggling with a plummeting self worth.

I poured my heart and soul into writing On Becoming a Lemonade Maker and the first Art journalling workshop, having a sense deep within my soul that I was compelled to do it, that it was my life mission to do so.

I felt deep love for people, for humanity and for my environment.

I think I just assumed that my books would be welcomed and received wholeheartedly by people close to me and by many more people in the world. My self worth was wrapped up with this far more than I could have ever imagined.

So, when over the course of time there continued to be sluggish sales, scant reviews and low interest, it started to permeate into my soul and spirit as rejection and as proof of my lack of worth.

I've never been without an income for this extended period of time, never had my daughter pay my bills for me because of the lack of income.

***I should state here that just over a year and a half ago my daughter took a job in a town an hour and a half away, plus she works ten hour shifts, so she leaves at dawn or before and comes home at 8:30 pm or so. This means that the responsibility of childcare for three children ages nine, nine and four, fall on me. I haven't been able to work at a job because of this, hence my lack of income.

While this is perhaps noble to sacrifice to help one's family, it can take a personal toll on a person... It did on me.

I don't think that it was one particular thing, but everything together which started the unraveling of my self worth and my spirit.

I was getting depressed, feeling lower and lower, internalizing the external issues as proof of my unworthiness as a person.

My older granddaughter is starting to get hormonal and trying to flex her wings as a budding woman, in spite of her age. This is manifesting with her getting very emotional. She cries over everything. She gets angry easily. She has fits of temper and gets mouthy.

In our world of a person's self worth being so tied into how much we have, how much we earn, she holds me in low regard and displays it through her behavior towards me. This is learned behavior from her former stepmother and one or two other people on that side of her family. She was told that her mom and grandmother are stupid, don't know anything and don't have to be listened to.

When she starts her fits with me, I don't have patience for it. Somewhere along the way I lost my vast reservoir of patience and love.

Don't get me wrong. I love her very much. I just struggle to have patience with her. I raise my voice sometimes and afterwards I feel even worse about myself.

Before I wrote this book I was just a normal, regular person. I was fairly invisible.

Since writing this book, I feel a pressure to be a much better person, one who is in control of her emotions at all times, someone who has answers.

Is this pressure coming from what people say to me or is it coming from someplace deep inside of me?

No one has said anything to my face. I think it's internal.

I've always believed in walking the walk, and not just talking the talk.

Slipping down this slippery slope of low self worth has had me feeling like a hypocrite, which has been further intensifying my negative feelings about myself.

So what's changed? How am I able to write about this now?

I received a free eBook from Hay House Publishing, titled "Adventures of the Soul", by James Van Praagh.

I'm only on page 13, the chapter where the essence of the soul is explained, but already I'm feeling reconnected to my own soul and life purpose.

I feel the weight of the negative thoughts about myself lifting. I feel I have the inner strength again to do the work I need to lift myself up again.

I feel hope returning into my spirit. I feel I'm worth more than just my present physical circumstances, even though my life hasn't yet changed.

Notice I said "yet".

I knew this truth before. We're worth far more than our physical circumstances. We have value which goes well beyond our physical senses and what we logically see.

I had forgotten this truth. I had forgotten that I had worth. I had forgotten that everything in life is temporary!

We're spirit beings living in physical bodies so we can learn soul lessons that only living a physical life can teach us.

As such, we're here only for a certain amount of time here on earth. A blink of an eye in millennia. A temporary existence.

Since our existence is temporary, our troubles are too, even though they seem immovable and permanent.

Yet, look back on your life. A year ago. Five years ago. Ten. Twenty.

Has your life always been the way it is now? No? Neither has mine!

Yet, when we're in the midst of a long term struggle, isn't it all too easy to beat ourselves up, get down on ourselves, berate our souls that we somehow deserve this?

Does it feel hopeless to see ourselves in a good light, to think that things will change because we deserve something better?

Or do you find yourself in the rabbit hole I was in, thinking that maybe they won't because we secretly have come to believe that this is all happening because we somehow deserve all the troubles and difficulties?

Well, maybe you don't think that about yourself, which is good!!

I come from a past of extreme criticism, both from my mother and from a couple churches I was in, so when I start to slide down a depressed slope, my mind still finds ways to bring those negative tapes to life.

I really thought I had worked on myself a LOT! I thought that I had left all those negative thoughts BEHIND me!

Truth is, I'm a flawed human.

I wish I were as awesome as Deepak Chopra or Wayne Dwyer. *sigh*

My self worth evidently has been much more tied into my finances and low book sales than I wanted to acknowledge or admit before.

However, I need to admit it to myself if I'm to be able to move beyond this limited self belief.

I'm looking forward to reading more of this book and seeing how many more "Aha" moments I will have, how much knowledge I will remember that I knew before, and to see where I need to grow!

Even when we think we've reached a stage where we think we should know better, we can still stumble, fumble and fall down.

I don't think these experiences are meant to keep us down. We're all here to learn and grow.

Sometimes we keep moving forward, and sometimes we don't. Standing still or moving backwards happens. It's a fact of life for many of us!

I think the trick is to reconnect with our soul and to understand that we're loved, we have value, we're here to learn and we will grow!

Some plants grow quickly and some slowly. If we're in the second category, we will grow, even if our progress takes more time than it seems to take other people around us!

When I wrote On Becoming a Lemonade Maker, it was a compilation of my life lessons. To me they were profound and difficult to learn. Other people may find those lessons easy and basic. That's okay, because I'm sure there's many people like me who struggle to learn stuff other people seem to know intrinsically.

Those lessons were so difficult for me to learn for me that I tried to take very complex ideas and write in a way which would make it easy to understand without talking down to anyone.

As you can see, I'm still learning more about life and myself. I'm learning how deeply our myths can run and the potential devastating effects it can have inside of one's spirit!

Today I've rediscovered the love... The love the universe has for me, the love I had gently nurtured inside of myself for myself, the love of my place in life.

These are hard lessons to learn because there's so much to unlearn!

The good news is that it can happen quite quickly! The work to maintain it will be there long term, but we can become changed by learning we ARE loved, and we ARE worthy!

Peace to you, and thank you for reading this all! Sending thoughts of LOVE and understanding to you!

Yodamom says

3.5

"It's all about constructing a belief system that works for you, makes you the best person you can possibly be, and encourages you to treat others with honor. There is not one correct way." - one of my favorite quotes from this book

I had not read anything from this author before nor have I seen I'm inaction but I have heard of him, so I had some light idea what to expect. I got much more than I expected, I was overwhelmed and lost in the levels of out of body experience and remote viewing, what the soul is compared to spirit. Phew, way over my head, lost me there completely. I found him to be a little repetitive in his teaching for my taste.

I loved the Skyscraper image he offered with his levels of emotions and his control over them. I will use that in my daily awareness activities. It was comforting to read of the should we travel with, joyful to know we share so much with those around us we are unaware of. Perhaps that knowledge will have us behave better towards those who we may see again in the next life. It's a hope from this reader at least. There are many great though provoking moments here, it's up to the reader to pull what they're looking for out of it. I got the skyscraper and some very emotional touch points I need to consider more.

This is a hard book for me to rate. It was so unknown to me I got glassy eyed and tried to turn away from some of it. Then there were the great connection moments the connection to those around us, the history of our souls. I think I would have done better with a beginners guide or some knowledge of his work.

Syrena says

Sometimes a book seems to fly off the shelf at you like it's words are needed to be read at this very moment. Once I started, I couldn't put it down and finished in almost one sitting.

Each page was read with care as most of the info was new to me. It left me feeling peaceful and happy for our departed loved ones and a deeper understanding of what happens to us as we leave our bodies. It also discussed the importance of our thoughts now and especially on the other side! Big Ah-ha moment for me!

The message was simple. We are all connected, and always will be as we continue to thrive for constant evolution of our lovely souls. Learn love. Share love, peace and kindness.

María Paz Greene F says

Le pondría dos estrellas, pero mejor le pongo tres, porque después de todo fue un regalo de la buena gente de la radio Hay, una de temas esotéricos que oigo a veces, y la que de vez en cuando me regala libros.

No es que éste no sea bueno, es que es... demasiado elemental, y al lado del otro que leí de Van Praagh, decididamente fome. Creo que podría ser adecuado para los que están recién interesándose en este tipo de temas, pero aun así encuentro que le falta espíritu, y definitivamente no sería mi elección inicial.

Muchas gracias, en todo caso, radiecia. Es lindo que regalen libros así. <3

Yelda Basar Moers says

The title sounds inviting but there is nothing adventurous about this book and definitely not worth the read! Absolutely zero material that a spiritual reader wouldn't already know. The author should have at least added a different or unique spin of his own on this subject. I would tell my goodreads friends to pass on this one!

Sue says

As soon as he mentioned "Celestial Plane," on page 8, I lost interest. Uh . . . never heard it called that before and doesn't pass the BS test. Not one of his best books.

Arttemizza says

É um livro simples mas com um conteúdo surpreendente. O tema é abordado de uma maneira descomplicada e informal, parecendo apenas que estamos sentados num café a ter uma simples conversa.

Fiquei encantada com esta leitura e para quem procura as respostas para questões que estão além da nossa compreensão ao nível do senso comum, é o livro indicado.

Esta não é uma narrativa sobre relatos de a vida para além da morte é, como próprio título indica, um livro sobre os caminhos da alma, como ela constituida, para onde vai e de onde vem, qual o seu objectivo, como cresce e evolui. É uma leitura muito esclarecedora e que nos faz reflectir sobre o verdadeiro sentido da vida e sobre o nosso papel neste plano espiritual.

Julie Prole says

Wow!

Thankyou James for such a compelling read. I thoroughly enjoyed this adventure. Written in such an easy dialogue that feels as though you were sat in front of me telling me these things. 8 years ago my mum went on her journey and last September my brother went on his journey too, both due to Alcohol addiction. I have heard from Mum many times through Mediums etc my dad has had many dream visits from her. I have heard from my Brother twice so far through Mediums. It is so nice to have an insight of what their surroundings are like now. My Brother has had counselling and has finished his reflection on his life review, my Mum is still struggling with feelings of guilt, but my Brother is now helping her through this.

Well worth reading I can't wait to try your meditations now.

Thankyou again

Nicole says

This was the first book I've read from James Van Praagh, and I really appreciated his straightforward, easy to understand messages. It certainly provided a lot of food for thought, and I recommend it to anyone looking to expand their view of life, death, love, connection, and the higher power (whatever you understand that higher power to be).

Kerryn Taylor says

Incredibly enlightening, reassuring and comforting.

Maria Carmo says

An interesting book that reveals a lot of biographical hints about its Author. It is refreshing, because it is not a simple series of episodes of Van Praagh's programs, but rather the successful attempt to explain his philosophy and his life principles.

Maria Carmo,

Lisbon, 30 May 2015.

Keisha says

3.5

Renee says

Short book but jam packed with information. The book was clear and concise and opened up the eyes of the reader to the journey of the soul and how we today can make the changes in our lives to not only feel more fulfilled in life today but also in the future. Was very enjoyable to read and had me hooked straight away.

Andrea Lewis says

This book is different than the author's previous books and he discloses this in the introduction. It is informative and is written in a format that answers people's questions on death, reincarnation and the after life.

Marcus Clark says

A reasonably interesting book (non fiction) about various aspects of spirituality.

He covers quite a lot of topics such as Near Death Experiences, Out of body experiences (astral projection) and reincarnation. Praagh explains all these topics in an easily understandable manner, but there is not a lot of detail. Perhaps it is that I have read many similar books, and found that there was little new in this one. But if this is one of the few books you've read on psychic things, then you are bound to find it interesting.

It's a fairly short book, but does cover quite a lot: Death: The Doorway home, The Spirit world, Memories of the Soul, and your Soul's Lessons. And naturally, he does discriminate between Religions and Spirituality. If you are looking for a book on the teaching's of mainstream religions, then you will be disappointed.

I found the guided meditations at the end of the book quite helpful. These are something not easily found elsewhere, and should be of assistance to anyone applying them.

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