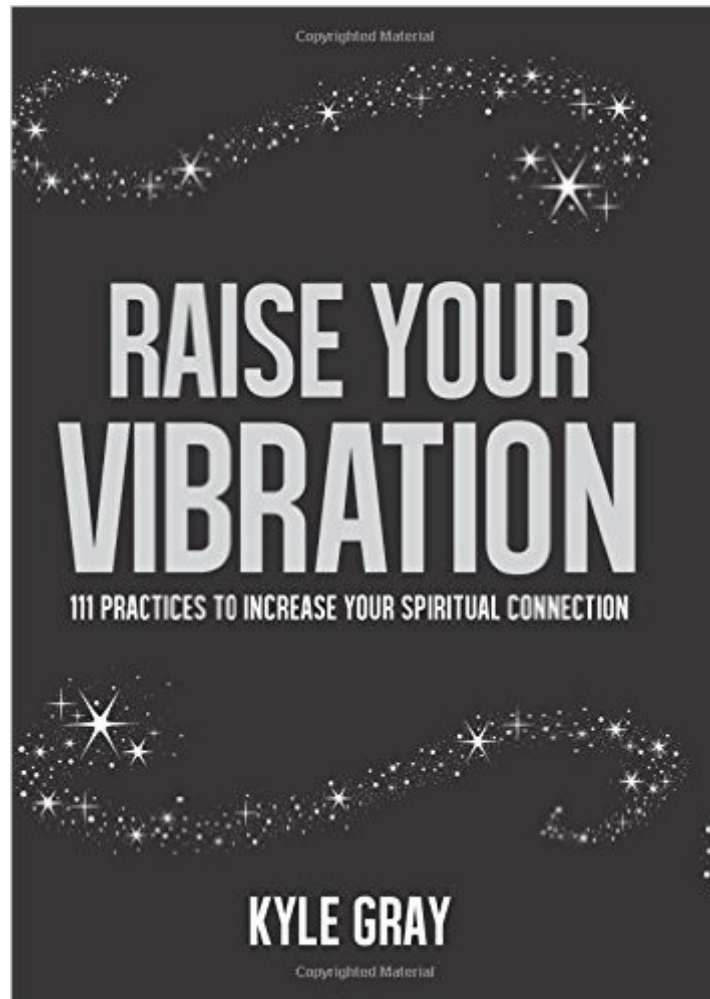


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# Raise Your Vibration: 111 Practices To Increase Your Spiritual Connection



## Synopsis

Kyle Gray's phenomenal psychic gifts have made him one of the UK's most popular experts in the field. Now, in *Raise Your Vibration*, Kyle teaches readers how they too can develop their psychic abilities and discover the powerful talents within them. In this book, Kyle outlines the 111 key practices that he himself has been using for over 10 years to build his phenomenal skill. Readers will learn how to: -strengthen their connection to their guides -improve their intuition -integrate forgiveness and love into their daily actions and decisions The format of the book allows readers to either go through all of the practices 111 days in a row or pick a practice at random. With this book, Kyle aims to guide the reader to access the deepest and most beautiful part of themselves and start the journey towards becoming a positive force in the world. This is a must-read for anyone who wishes to develop their psychic abilities or deepen their spiritual practice.

## Book Information

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## Customer Reviews

How do you raise your vibrations?Book: 'Raise Your Vibration: 111 Practices to Increase Your Spiritual Connection' by Kyle GrayBook Review by Mary MikawozI have always wondered how to increase my vibration and here I found a book exactly to deal with this subject-matter. It recommends that you do the 111 practices - one per day, however, as I was reviewing this book, it necessitated me doing the practices in a relatively short period of time.Kyle Gray is the young author at only 28 years of age. He has been intuitive for a long period of time. When he was 4 years old, he was visited by his grandmother's soul. He continued to be intuitive into his teens when he developed an interest in spirituality and angels.He covers many of the main topics such as everything is energy and that God is love. He writes that what he discussed in this book is not

contrary to any religious doctrine and that it can be acceptable to all people. The information is basic to becoming a lightworker who does good in society and is trying to make a positive difference in the world. Kyle Gray goes through presenting the practices or vibes according to the main seven chakras plus three others. One is the Earth Star Chakra which is found 6 to 12 inches below the feet. The second is the Soul Star Chakra which is found 6 to 12 inches above the crown or head chakra. Finally, there is the Stellar Gateway Chakra which is found 12 inches above the head chakra and with its connection to the cosmos. When we accept the spiritual gift and mission that lightworker is on, we awaken and empower ourselves from the inside out. One of my favourite vibes is vibe number 73 which is affectionately known as Cleanse, Tone and Moisturize.

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