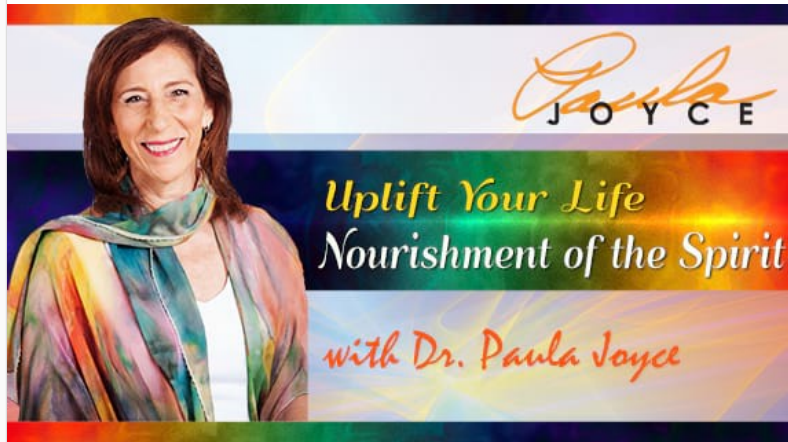


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### Uplift Your Life: Nourishment of the Spirit Thursday at 8 AM Pacific September 01st 2016: What is A Medium?

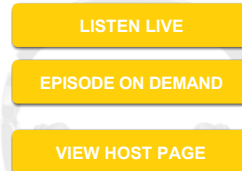
My friend Gay was my earthly guide to all things spiritual, including our many past lives together. So it wasn't surprising that she introduced me to James Van Praagh by putting Talking to Heaven into my hands when my mother passed away. His book changed my life, opening doors in my mind that I am still exploring. Although my book shelf has gone through several rounds of down-sizing, his book remains in a place of honor. When Voice America invited me to host my own radio show, it was a given that James would be on my wish list of dream guests. That was a little over two years ago. Last week, a

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### Featured Guest



#### James Van Praagh

Internationally renowned #1 New York Times bestselling author of many books including: Talking to Heaven, Ghosts Among Us, Unfinished Business, Adventures of the Soul, How to Heal a Grieving Heart (with Doreen Virtue) and the Power of Love; James Van Praagh is hailed throughout the world as a pioneer of the mediumship movement and as one of the most accurate mediums today. He has brought solace, peace and spiritual insights, changing millions' view of life and death. He has received many awards for his dedication to raising the consciousness of the planet. James has been on national radio and TV, including: OPRAH, LARRY KING LIVE, DR. PHIL, 48 HOURS and THE VIEW. He hosted his own national

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