



AUDIO CLIPS

# HOW TO CONNECT TO YOUR SPIRIT GUIDES

RIZ & LADY O

*Let's listen in*  
**PEOPLE**

AUDIO SHORTS LADY O & RIZ DISCUSS  
HOW TO CONNECT WITH YOUR SPIRIT GUIDES

1. HOW LADY O UNDERSTANDS SPIRIT GUIDE MESSAGES, LISTEN IN.
2. RIZ EXPLAINS HOW SPIRIT GUIDES ENTER HIS BODY TO CHANNEL, LISTEN IN.
3. RIZ & LADY O EXPLAINS THE DIFFERENCE BETWEEN SPIRIT GUIDES AND GATE KEEPERS, LISTEN IN.
4. RIZ TALK ABOUT HOW TO TALK TO SPIRIT GUIDES, LISTEN IN.
5. RIZ AND LADY EXPLAINS HOW SPIRIT GUIDES WORK WITH US, LISTEN IN.

*Let's listen in*  
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HOW TO CONNECT WITH YOUR SPIRIT GUIDES

6. MORE ON SPIRIT GUIDES WITH RIZ, [LISTEN IN.](#)

2. RIZ EXPLAINS HOW SPIRIT GUIDES ENTER  
HIS BODY TO CHANNEL, [LISTEN IN.](#)

3. RIZ SPEAKS ABOUT ALL THE INTUITIVE SENSES  
WE HAVE, [LISTEN IN.](#)

4. RIZ TALKS ABOUT WHAT ARE THE  
METAPHYSICAL ENERGIES, [LISTEN IN.](#)

5. RIZ EXPLAINS ABOUT SENSITIVITY AS YOUR  
PSYCHIC STRENGTH, [LISTEN IN.](#)