

HELPING EARTHBOUND SPIRITS MAKE THE FINAL CROSSING

San Francisco, CA (May 1, 2015) — *Toward the Light: Rescuing Spirits, Trapped Souls, and Earthbound Ghosts* is the first and only guide dedicated entirely to spirit rescue and freeing the deceased from their self-imposed exile on earth.

Written by Amy Major, a trained psychic and medium known for more than twenty years in the paranormal and spiritual fields, the book introduces **rescue mediumship**, which is a form of spirit communication to aid the departed in crossing over. Not a paranormal investigation, spirit rescue resolves issues that are preventing the ghost, soul or spirit from a peaceful transition to the other side.

Toward the Light explains the afterlife and the true nature of earthbound spirits, who face many of the same problems that we as living humans face. The author helps readers understand a ghost's perspective by covering such diverse topics as:

- *Why spirits remain earthbound and the emotions associated with these decisions*
- *Places of interest to earthbound spirits and why they choose them*
- *Techniques and tools used by rescue mediums*
- *Psychic protection tools and techniques for all levels of spirit activity*
- *The different vibrational levels of spirit attachments*
- *Residual energy and the techniques used to clear it away*

At a young age, Amy Major learned that she could communicate with her spiritual and animal guides. Eventually she developed astral projection, as well as the ability to see auras and energy surrounding people. Told by her guides that she could connect with spirits, she acquired strong rescue mediumship skills, and now dedicates her life to rescue work and educating people about spirit rescue.

About the Author: **Amy Major** is a trained psychic, empath, and medium with more than two decades in the paranormal and spiritual fields; she has been a successful Spirit Rescue Medium since 2002. Major was a lead medium in the Psychic Ghostbusters Team through the New Millennium Psychic Center in Derry, New Hampshire. She is a popular public speaker and teacher of workshops and seminars nationally.

#

Title: *Toward the Light: Rescuing Spirits, Trapped Souls, and Earthbound Ghosts*

Pub Date: May 2015

Author: Amy Major

Publisher: New Page Books, a division of Career Press

ISBN-10: 1632650002

ISBN-13: 978-1-63265-000-9

List Price: U.S. \$14.99 (Can. \$17.95)

Format: Paperback, 192 pages, 5.25" x 8.25" inches, 10 illustrations

Distributors: New Leaf, Baker & Taylor, Ingram, Bookazine, Brodart, Nutri-Books, Partners Book Dist.

Information: www.newpagebooks.com, www.warwickassociates.com

Subject: Spirituality, Afterlife

Rights: World