



# Table Tipping for Beginners: A Time-Honored Way to Talk to Spirits

*Teresa Lally*

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Connect and communicate with loved ones who have passed on. Receive guidance from your spirit guides and guardian angels. Help yourself and others heal physically, emotionally, and spiritually. You can do all this and more when you learn the time-honored art of table tipping.

This friendly introductory guide presents everything you need to know to get started with this form of mediumship. Follow simple, step-by-step instructions on how to safely communicate with loved ones, guides, and even companion animals on the other side. You'll also discover the many purposes of communications from Spirit?advice, blessings, warnings, predictions, problem solving, and spiritual guidance?all brought to life through fascinating first-hand accounts from the author's own table tipping sessions.

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