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### **The Little Meditation Album by Philip Permutt - The**

The Little Spirit Guide Meditation Album has been created to help you meet and work with your spirit guides. Find a new depth of meditation and spiritual understanding. Experienced meditation teacher Philip Permutt takes you on six individual meditation journeys designed to meet your spirit guides and find direction and the answers you seek.

### **The Little Spirit Guide Meditation Album - Phillip Permutt**

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In The Little spirit Guide Meditation Album, experienced meditation expert Philip Permutt takes you on six individual ten-minute meditation journeys, with music by Llewellyn and Juliana, which are designed to lead you to your spirit guides and help find the answers you seek.

### **The Little Meditation by Philip Permutt - Audiobooks on**

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### **a little meditation –“ a lot of transformation**

Little Book of Meditation, though, was mesmerizing to me and I'd find myself putting the book down periodically and saying to myself, "Wow, this is a really great book."

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