

Meditations by Philip Permutt  
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Recorded at Norvic Studios, Hertfordshire  
Produced by Llewellyn  
Mastered by magickmastering.co.uk  
Published by Paradise Music Limited  
Design by Clare at Clookai Multimedia  
Special thanks to Lyn - my guide and angel  
"The Little Meditation Album" concept originally devised by Philip Permutt

Other albums in the series:



The Little  
Meditation Album  
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# The Little Spirit Guide Meditation Album



10 minute meditations to help find your Spirit Guide  
by Philip Permutt

## How to work with The Little Spirit Guide Meditation Album

This album is designed to help you meet and work with your spirit guides. There are six individual meditation journeys for you to follow with your mind, taking you to six different places where you will meet your spirit guides to find direction and answers to your questions.

The album has been carefully designed so you can listen to any one track or follow each journey in turn. You can repeat the individual meditations as often as you like.

Regular meditation has many proven beneficial affects on health and wellbeing.

10 minutes of meditation everyday can change your life.

### Listening instructions

Find a quiet, peaceful space where you won't be disturbed.  
Switch your mobile off, unplug the telephone or put up a "do not disturb" sign.  
Turn the lights down and light a candle if you wish.  
Select the track(s) you want to play.  
Make yourself comfortable.  
Press Play...





## Meditation & Spirit Guides

### Other albums by Philip Permutt:



Meditation can be described as the exercise of quietening the mind and entering a place of stillness. In this special still place we can find our true selves and discover answers and wisdom. This is the place we can access our guides. Guides can be spirits of departed loved ones, wise spirits from different times and cultures and animal friends. Our guides are like friends, some stay with us through our lives while others come and go as we seem to need them. They can bring understanding to specific situations or point you in the right direction and give answers on your path through life. Meditation is a simple and direct way of finding your guides and seeking their wisdom.

### Books by Philip Permutt:



Meditation is the discovery of our inner-self. It is your own unique and direct experience of your mind without the thoughts, judgments, sensory reception and emotions that continually fill it throughout the day. And none of these thoughts, judgments, sensory receptions and emotions is your mind. They simply fill it up and colour your real experience. In the same way that red wine in a glass is not the glass and the glass, when you actually see it for what it is, is clear and empty.

Spirit guides are not in your mind; they are around you and unless your mind is in a clear and still space it is very difficult to notice that they are about. The meditations on this album are designed specifically to help you still your mind and bring you to a place where your guides can easily be heard.

Whether you are new to meditation or continuing to find new practices you can consider this album the beginning of your next journey.

## Philip Permutt

Since "discovering" meditation on an extended trip to the Far East in 1979, Philip has practised and researched many types of meditation from different cultures around the world leading to a unique eclectic practice of his own. His passion for crystals began over fifteen years ago after a severe illness. He has been practising as a crystal healer and teacher ever since.

He is the author of The Crystal Healer, The Little Book of Crystal Tips & Cures and The Complete Guide to Crystal Chakra Healing and has recorded many meditation and workshop CDs including Meditation Workshop, Crystal Workshop and The Little Meditation Album. He owns and runs iSiS Crystals an extensive and successful crystal store and healing centre in St. Albans, England.

Philip is also a Reiki Master and meditation teacher and has studied many other healing modalities from different cultures.

He lives in Hertfordshire, England with his wife Lyn and German Shepherd Dog Cassie.

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