

Meditations by Philip Permutt  
Music by Llewellyn - Sleep Gold

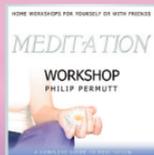
Recorded at Norvic Studios, Hertfordshire  
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Mastered by Eventide MediaCraft T: 01462 893995  
Published by Paradise Music Ltd

Design by Clare at Clookai Multimedia

Love and special thanks to Lyn

Dedicated to Sadie Permutt

Other Guided Meditation Albums by Philip:



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# The Little Sleep Meditation Album



Meditations for Sleep by Philip Permutt

**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 international best selling book *The Crystal Healer* and *The Little Book of Crystal Tips & Cures*. Philip has recorded many meditation and workshop cds including *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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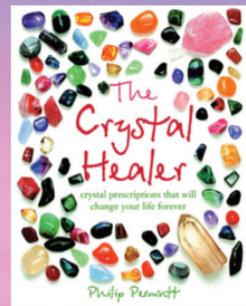
Meditation is our own unique and direct experience of our own mind without the thoughts, judgments, sensory reception and emotions that continually fill our mind. None of these thoughts, judgments, sensory receptions and emotions is our mind. Not one of them. They simply fill it up and colour our real 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.

It has been said that meditation is the art of distancing yourself from the flow of information rushing through your mind. It is being the clear empty glass and not allowing yourself to be the red wine.

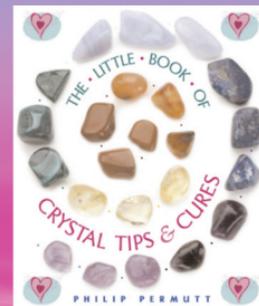
It is only in this clear empty space of the mind that we can go beyond the limitations of logical linear thought into the intuitive world of inspiration and imagination. It is only here that you can truly find yourself.

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

### Books by Philip:



The Crystal Healer  
 by Philip Permutt



The Little Book of  
 Crystal Tips & Cures  
 by Philip Permutt

**Llewellyn:** With over one million albums of his music sold Worldwide, Llewellyn is a highly respected international recording artist. Many of his albums have achieved SILVER RECORD STATUS and he continues today to be one of Britain's and Australia's top selling inspirational music artist.

"Turn to the work of Llewellyn to hear the work of a true genius. He is the Mozart equivalent of new age music"  
 Franklin Bishop - Live Listings Magazine

Music Featured on this album from:  
*Sleep Gold* - Llewellyn

*Sleep Gold* is deeply relaxing music. If you are looking for a CD to help you sleep or relax, then this is the album for you.

Contains detailed sleeve notes on dreams and their meanings.



The Little Sleep Meditation Album is not intended to be a substitute for medical care. If you are currently suffering with any medical disorder, we strongly suggest that you please discuss using these notes with your doctor or therapist. Always use this cd under supervision.

Neither Philip Permutt nor Paradise Music Ltd. assumes responsibility for improper use.



## Signs of sleep problems

Do any of the following sound familiar?

Do you..?

- ✓ Snore loudly
- ✓ Stop breathing or gasp for breath at night
- ✓ Doze off or fall asleep in front of the TV, while you're reading or driving
- ✓ Have difficulty falling asleep at night
- ✓ Wake often during the night
- ✓ Wake early and can not get back to sleep
- ✓ Feel tired when you wake
- ✓ Have twitchy restless legs when trying to fall asleep
- ✓ Interruptions to your sleep from others
- ✓ Pain or discomfort keeping you awake or waking you during the night

## Sleep

Sleep is a basic necessity of life. In just the same way as we need air, food and water so we need sleep to survive. It is not just night time sleep but quality, undisturbed sleep. Disturbed sleep patterns can adversely affect every area of our lives. Jobs, relationships and health and safety can all be impinged on with possibly disastrous effects. A 2002 survey Sleep in America found that almost three quarters of the population of America suffered from disturbed sleep or a sleeping problem and more than one in three people are so tired that it obviously affects their daily lives. Our night time sleep not only affects how we feel but also the quality of our lives. It is the time when our bodies repair themselves; physically, emotionally, mentally and spiritually.

There are two natural regulators to sleep patterns. One is simply the longer we are awake, the more tired we are, the more sleep we need. The other is the day-night cycle of light. The Suprachiasmatic nucleus in the brain is light sensitive and regulates the day-night cycles of the body and brain. So when it's dark we secrete specific hormones, lower our blood pressure and alter our kidney function naturally.

Quality sleep is continuous and uninterrupted. Meditation before going to sleep can help to promote a deep relaxed state facilitating sleep.

## What is Meditation?

Meditation is many things to many people. It is the route to all spiritual enlightenment, from all beliefs, throughout the world. It is called many names and has a vast variety of practices, but as the old Taoist saying goes; "Whichever path you follow through the grey clouds leads you to the same blue sky beyond." That is, all meditations take you to the same place.

Meditation can be described as the exercise of quietening the mind and entering a place of stillness. This is a place of oneness with our self, the world around us and the universe as a whole. It is a place where we can feel connected or reconnected to our spirit or soul. We spend most of our lives hiding ourselves in the events of the world around us. It is far easier for us to deal with other people's problems than our own, the things we have to do, things from the past and concerns about the future. Meditation is an inward focusing of not just your mind but also your body and spirit. It is more about being than doing. (Although to start with you do need to be doing the meditations so that you can just be!)

Within meditation there is a moment, sometimes literally just a fleeting moment, when we actually experience "this moment". Now. Just being in the moment. Perhaps it is a feeling of connectedness to something or everything around us. Meditation is a state of mind rather than an activity but the "activity" of meditation can be used to achieve the meditative state of the mind. And this mental state is natural. We all experience it occasionally without "doing" a meditation. A beautiful sunrise or sunset, losing yourself in the rhythm of the waves by the sea shore, a crystal, a flower or just that quiet still moment at home in your favourite armchair at the end of the day when everyone else has gone to bed

## How to work with The Little Sleep Meditation Album

This album is designed specifically to help you have a peaceful, restful night's sleep.

Meditation is not drifting off to sleep. It is staying awake, aware and focused. It is being as aware as possible during the meditation and, if the aim is to sleep, then going to bed to sleep with a clear mind, relaxed body and carefree heart. Each of the meditations on this album is aimed at relaxing the mind, physical body, emotions or the spirit. Listen to one or more of the tracks immediately before you go to bed. It is advised that you do the meditations prior to going to bed, sitting upright on the floor, a cushion or in a chair. This will allow you to reap the full benefit of the exercises leading to a peaceful, restful and undisturbed night's sleep.

If you do choose to lie in bed it is important that you maintain your focus on at least the meditation, and then you can allow yourself to drift away. Track 6 is designed to allow you to do exactly this.

### Listening Instructions

Find a quiet, peaceful space where you won't be disturbed.

Unplug the telephone or put up a "do not disturb" sign. Turn the lights down and light a candle if you wish (but not if you're going to sleep).

Select the track(s) you wish to play.

Sit comfortably. All I ask is that you do not cross your legs at the knees or ankles as this twists the spine. Be comfortable.

Press Play...



### Meditation 1 – “Starlight in the Mind”

Let the starlight carry your thoughts away as you unwind.

### Meditation 2 – “Mansion in the Heart”

Release the emotions which may be holding you back and upsetting you. Gently let them go and relax.

### Meditation 3 – “Conveyor Belt”

Watch your thoughts and worries disappear allowing you to find a calm, still place in your mind.

### Meditation 4 – “Relax”

Simply follow this exercise to let you relax and release the tension in your body. Feel the stress and any aches and pains dissolve.

### Meditation 5 – “Grounding light”

Follow the starlight through your body bringing down all your concerns and discomforts and releasing them into the earth.

### Meditation 6 – “The Beach”

Imagine you're lying on a tropical beach with the waves gently lapping against the shore. The specially composed music from Sleep Gold has been extended on this track should you choose to lie in bed while doing the meditation. It is important that you maintain your focus on at least the meditation, and then you can allow yourself to drift away to the music.