



The Little Crystal Meditation

Philip Permutt

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[Presentation by Philip Permutt]

Ideal for both beginners and advanced meditators, *The Little Crystal Meditation* brings crystal healing and meditation together in a unique way. In short ten-minute tracks for busy people on the go, top UK crystal expert and author Philip Permutt combines the energies of crystals with traditional practice to enhance the various stages of meditation, from getting started and clearing the body, mind, and spirit through to a deeper level of discovery. Included are detailed sleeve notes by Philip.

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