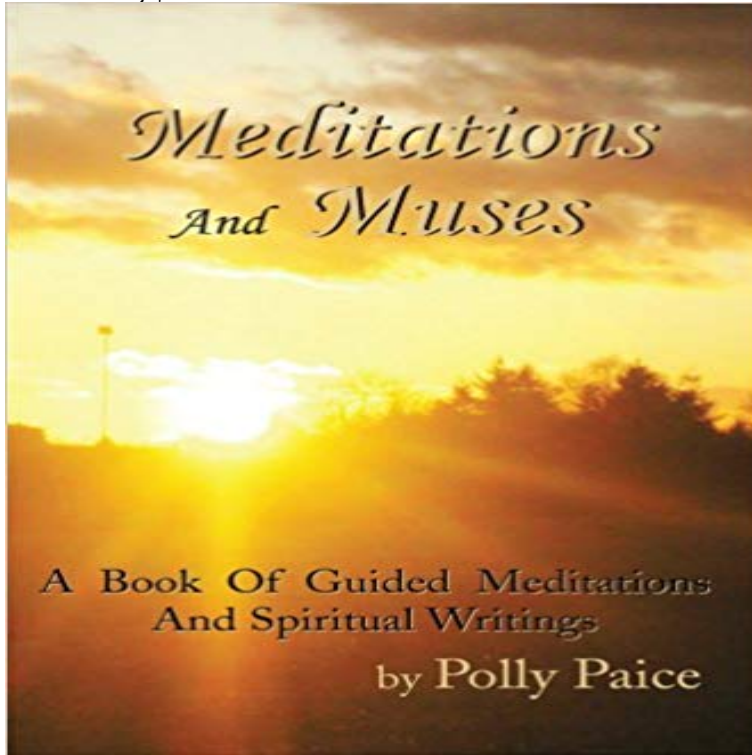


# Meditations And Muses: A Book Of Guided Meditations And Spiritual Writings



I have been guided to work mainly with the earth vibrations, the things that go unseen in our busy daily lives. I find that being in nature, laying on your back watching the clouds, watching the bees on a lavender bush, or really listening to birdsong can raise my vibrations to allow me to enter a meditative state. I have used nature in my guided meditations, to allow you to capture these things. To raise your vibrations and allow your own inner selves to take over; taking you to a higher level of consciousness. I have also included a few of my poems and muses which are of a spiritual nature. I hope you enjoy my small contribution to the light work that is taking place all around the world. THANKS I would like to give my thanks to my wonderful teacher Carrie, who has been an inspiration to me through my struggle to become more spiritual.

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