

# **Wisdom Meditations**

Sage Bennet



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Guided meditations with music & drum, designed for spiritual upliftment, relaxation, & deepening spiritual practice (3 meditations: Know Your Essential Self; Listen to the Heartbeat; Live From the Heart.)



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#### **Mamie Crossett:**

People live in this new moment of lifestyle always make an effort to and must have the spare time or they will get lot of stress from both everyday life and work. So, when we ask do people have spare time, we will say absolutely yes. People is human not just a robot. Then we ask again, what kind of activity are you experiencing when the spare time coming to anyone of course your answer will certainly unlimited right. Then do you try this one, reading guides. It can be your alternative within spending your spare time, the particular book you have read is definitely Wisdom Meditations.

#### Carla Heyward:

Playing with family in the park, coming to see the marine world or hanging out with buddies is thing that usually you have done when you have spare time, after that why you don't try thing that really opposite from that. A single activity that make you not sensation tired but still relaxing, trilling like on roller coaster you already been ride on and with addition details. Even you love Wisdom Meditations, you may enjoy both. It is very good combination right, you still wish to miss it? What kind of hangout type is it? Oh occur its mind hangout guys. What? Still don't have it, oh come on its named reading friends.

#### **Timothy Rhine:**

What is your hobby? Have you heard that question when you got students? We believe that that query was given by teacher to their students. Many kinds of hobby, Every person has different hobby. And you know that little person like reading or as examining become their hobby. You need to know that reading is very important along with book as to be the thing. Book is important thing to add you knowledge, except your teacher or lecturer. You discover good news or update about something by book. Amount types of books that can you choose to adopt be your object. One of them is actually Wisdom Meditations.

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