



# The Mists of AVALON: Meditation Script

*Trudy J Ashplant*

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## **The Mists of AVALON: Meditation Script** Trudy J Ashplant

A written meditation script for use by those who run meditation groups, or can be self-recorded to a digital device for personal use. Journey through the veils of time to the mystical island of Avalon, and to the medieval court of King Arthur and Guinevere. Receive their personal gifts and experience visions of another world as you glimpse beyond the illusion of separation.

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