

Getting Back To Center

Resources for reconnecting with your inspiration and
healing

-- Glenda Cedarleaf



VISUAL/AUDIO

video on the Custom Guided Imagery CD

<http://www.creativeflowandsoulpurpose.com/~the-custom-guided-imagery-cd-view-video-more-info.html>

DVD's with music and landscapes:

<http://www.moviesunlimited.com/musite/product.asp?sku=D50103>

VIDEO-youtube

youtube of kaleidoscope designs..relaxing and hypnotic

<http://www.youtube.com/watch?v=pBNcaXLkWX0>

YOUTUBE- ON FORGIVENESS AND THE FREEDOM
OF LETTING GO

<http://www.youtube.com/watch?v=3D4VMZb8wLY>



MEDITATION MANTRAS FROM SACRED TEXTS:
DIVINE EMBRACE

www.guidedimagerycd.com



GUIDED IMAGERY FOR LETTING GO CD

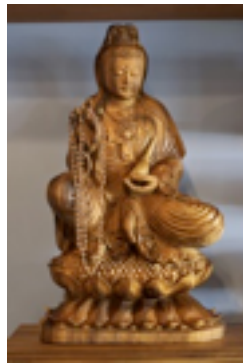
www.guidedimagerycd.com

SPIRITUAL MOVIES

<http://www.50spiritualmovies.com/>

SPIRITUAL CINEMA

<http://spiritual-cinema.blogspot.com/>



INSPIRING TALKS

<http://ted.tv.magnify.net/video/>

INSPIRING SPIRITUAL POETRY

<http://www.panhala.net/Archive/Index.html>

<http://www.poetry-chaikhana.com/>



INSPIRATIONAL QUOTES FOR MUSICIANS AND
CREATIVE THINKERS:

<http://musicthoughts.com/>

Inspiring Magazines

Spirituality and Health www.spiritualityhealth.com

Institute of Noetic Sciences www.shiftinaction.com

Body and Soul www.wholeliving.com

On Spiritual Enlightenment www.enlightennext.org



INTENSE EXPERIENCES BLOG:

<http://blog.the9intenseexperiences.com/2008/11/02/how-gayle-experienced-her-first-ah-ha-moments-and-this-is-just-the-begginning/#comments>

TRAUMA RECOVERY THROUGH HYPNOSIS

<http://www.heartcenteredtherapies.org/go/docs/Bryant%20et%20al%20-%20Additive%20Benefit%20of%20Hypnosis%20and%20CBT.pdf>

<http://glendacedarleaf.wordpress.com/2009/02/10/integration-of-the-self-post-traumatic-stress-disorder-and-hypnotherapy>

RETREAT RESOURCES:

www.reclaimingjoy.wordpress.com

DAILY SOUL "RETREAT" AND WONDERFUL ARTICLES

www.soulfulliving.com

THE WOMENS RETREAT BOOK:

<http://books.google.com/books?id=Lx74Kzo8Th8C&dq=Jennifer+Louden&hl=en&prev=http://www.google.com/search?client=safari&rls=en&q=jennifer+louden&ie=UTF-8&oe=UTF-8&sa=X&oi=print&ct=result&cd=1&cad=author-navig>



WOMENS HEALTH

www.drnorthrup.com

www.womentowomen.com

www.drlark.com

CONTEMPLATIVE PRACTICES

<http://www.contemplativemind.org/practices/tree.html>

EMOTIONAL EATING-

Psychological/Spiritual Approach to Eating

www.bodywayonline.com www.sacredhunger.com

RELATIONSHIP AS A SPIRITUAL PRACTICE:

<http://www.amazon.com/Journey-Heart-Path-Conscious-Love/dp/0060927429>

<http://gettingtheloveyouwant.com>

<http://www.fivelovelanguages.com>

REBUILDING MARRIAGE AFTER CHILDREN

<http://www.amazon.com/Baby-Makes-Three-Preserving-Rekindling/dp/1400097371>

CAREGIVING FOR FAMILY MEMBER WITH DEMENTIA

www.nurturingnuggets.com

Custom Guided Imagery CD

www.creativeflowandsoulpurpose.com

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Creativity Coaching for Healing Professionals

www.creativeflowandsoulpurpose.com

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Partners in Healing of Minneapolis

www.partnersinhealingofmpls.com

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Imagery International

www.imageryinternational.org

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Holistic Physicians Minnesota Midwest

<http://www.holisticphysicians.info/>

