













































Calming Anxiety with Glenda

Curated content designed to support your mental wellbeing

-  **Mindful Morning Meditation: A Reading**
Glenda Cedarleaf · 5 min 
-  **Wash Away: Affirmations For Letting Go**
Glenda Cedarleaf · 27 min 
-  **Ocean Mindfulness**
Glenda Cedarleaf · 42 min 
-  **Heartbeat Meditation With Rumi**
Glenda Cedarleaf · 12 min 
-  **Sacred Flute: Meditation For Letting Go**
Glenda Cedarleaf · 13 min 
-  **Morning Courage: Meditation & Affirmations**
Glenda Cedarleaf · 23 min 
-  **Great Spirit Invocation With Native American Flute**
Glenda Cedarleaf · 7 min 
-  **River Of Relaxation**
Glenda Cedarleaf · 10 min 
-  **Progressive Relaxation**
Glenda Cedarleaf · 10 min 
-  **Calming Mountain Mindfulness**
Glenda Cedarleaf · 20 min 

11.  **Your Peaceful Interlude**
Glenda Cedarleaf · 7 min 
12.  **Ebb & Flow: Breathing & Letting Go With The Ocean Waves**
Glenda Cedarleaf · 17 min 
13.  **Sacred Journey For Chakra Healing**
Glenda Cedarleaf · 36 min 
14.  **Transforming Pain And Discomfort**
Glenda Cedarleaf · 17 min 
15.  **Your Healing Journey**
Glenda Cedarleaf · 21 min 
16.  **Belly Breathing During Times Of Uncertainty**
Glenda Cedarleaf · 13 min 
17.  **Healing Surgery: Guided Imagery & Affirmations**
Glenda Cedarleaf · 29 min 
18.  **Bedtime Breathing With The Divine Feminine**
Glenda Cedarleaf · 15 min 
19.  **Mindful Meditation On A Healing Bath**
Glenda Cedarleaf · 18 min 
20.  **Guided Imagery For Letting Go**
Glenda Cedarleaf · 31 min 
21.  **Holiday Stress Relief**
Glenda Cedarleaf · 11 min 
22.  **Midsommar Meditation With Nature Sounds**
Glenda Cedarleaf · 15 min 

23.



Finding Your Healing Place: Discover A Peaceful Sanctuary

Glenda Cedarleaf · 30 min

