

Glenda Cedarleaf MSW

Resource Links

Imagery/Meditation Hypnotherapy Resources

www.HeartCenteredTherapies.org

Belleruth Naparstek www.HealthJourneys.com

Emmetr Miller MD www.drmliller.com

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Imagery Training

1. Wisdom of Integrative Imagery Course On Zoom May 13-June 10, 2021, 4:30-6:30pm pacific. taught by Susan Ezra, RN, NC-BC, ACC and Terry Reed, RN, MS, HN retired.

<https://www.wisdomofthewhole.com/integrative-imagery>

2. Imagery International www.ImageryInternational.org

3. American Institute of Mental Imagery <https://www.drjerryepstein.org/>

4. University of Minnesota Guided Imagery Class <https://www.takingcharge.csh.umn.edu/guided-imagery>

5. Deep Imagery: The International Institute for Visualization Research

[www. http://www.deepimagery.net/about-us/](http://www.deepimagery.net/about-us/)

6. John F. Kennedy - Deep Imagination Certificate

<https://www.jfku.edu/course/guided-imagery/>

SoulCollage®

www.SoulCollage.com

www.Kaleidosoul.com

Creating cover images

www.Canva.com

Online storage and sharing

www.Dropbox.com

Insight Timer has many wonderful musicians who create beautiful meditation music. You may want to contact your favorite to explore licensing their music for your audios

In addition, here are other sources for Royalty Free ambient music and Nature Sounds

Pond 5 www.Pond5.com

These are two of many artists on Pond 5 from whom I have purchased music

Matti Paalanen

www.mattipaalanen.com

<https://www.pond5.com/artist/michikawa>

Jordan Jessep

<https://www.pond5.com/artist/jjessep#1/2064>

In addition, Casey Mark Terrill (<https://caleymarkterrill.bandcamp.com/>) is a beautifully talented musician on ethnic flutes and keyboard. He licenses his self recorded and published pieces as well as creates customized music for meditation teachers. He provided the captivating flute music for my meditations:

“Great Spirit Invocation” and “Calming Mountain Mindfulness”.

These two musicians have sites dedicated specifically for meditation music:

Christopher Lloyd Clarke

www.EnlightenedAudio.com

Narek Mirzaei

<https://meditationmusiclibrary.com/>

Christopher Lloyd Clarke not only has beautiful royalty free meditation music, but he also created a free e-book called:

How to Create Professional Hypnosis and Meditation Recordings. You can find it at his website

enlightenedaudio.com

<https://enlightenedaudio.com/how-to-create-professional-hypnosis-and-meditation-recordings>

Resources for audio editing and engineering

Erik Hulslander

Hear No Evil Media

hearnoevilmedia.com

Fiverr

Upwork