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Guided Imagery is a nuanced experience. As in a tapestry it is the richness of the experience. It is in the quality of the thread, the beauty of the pattern and the intention and heart of the weaver; a metaphor for the quality and the beauty found in Glenda Cedarleaf's "Your Healing Journey".

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Ms. Cedarleaf has been trained extensively in the art

~~Healing Journey Newsletter~~ guided  
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