

**AMERICAN INSTITUTE *for*  
MENTAL IMAGERY &  
BLUE GATE SCHOOL  
FOR SPIRITUAL EDUCATION**

**“BREAKING FREE”**

2011-2012 SCHEDULE

Professional and Adult Education Catalog

Gerald Epstein, MD  
Director

All Classes Held at:  
16 East 96th Street, Suite 1A, New York, NY 10128  
212-369-4080      [www.drjerryepstein.org](http://www.drjerryepstein.org)

*Welcome* to the American Institute for Mental Imagery (AIMI). We are a Regents chartered N.Y. State post-graduate training center for healthcare professionals. We also offer courses to the public on integrative health and spirituality based in our western spiritual heritage. All the teaching are applied to your daily life situations as you learn a “new” way to approach life’s challenges and discover true freedom, truth, love and joy.

OUR COURSES FOR THE PUBLIC include mental imagery, dreams, face reading, Kabbalah, and western spirituality. Through these experiential classes, participants gain entry to the inner language of the mind. This leads to a new way of thinking, feeling and being in the world. This ancient wisdom is easily accessible, coherent, and contemporary. The classes teach the way to apply this sacred wisdom to daily life and to relationships. We are named the Blue Gate School as a blue gate marked the entrance way to the home of Colette Aboulker-Muscat, Dr. Epstein’s teacher. ***Classes can be entered into at any time.***

OUR TRAINING PROGRAM FOR HEALTHCARE PROFESSIONALS offers postgraduate training programs for mental health care practitioners and other health care practitioners that lead to certificates of completion. We provide a new paradigm of health that posits an intrinsic unity between the mind and the body. Thus, disease reflects the entire life story of the individual and the concomitant physical, emotional, mental, social, and moral dimensions.

This wholistic model of health harnesses the power of the mind so that practitioners teach their clients to reshape their attitudes toward health and relationships. Clinical training focuses on change and the sources of suffering rather than on causes and problem-solving. Our year-long course leads to certification in Mental Imagery, Phenomenology and Imagination. For more Information about our approach, see the complete PROGRAM OF STUDY 2011-2012 available at: [www.drjerryepstein.org](http://www.drjerryepstein.org) or call 212-369-4080.

## TABLE OF CONTENTS

### ADULT EDUCATION COURSES

#### Courses by Dr. Epstein

<i>Group Enlightenment Experience (GEE): Catching the New Wave in Consciousness In The Apocalyptic Age</i>	4
<i>Morphology: The Art &amp; Science of Face Reading To Know Yourself In An Instant</i>	4
<i>Group Imagery: Healing Experience</i>	5
<i>Group Dream Reading: Reading Your Book of Life</i>	5
<i>Group Waking Dream: Finding Your Inner Guide To Life</i>	6
<i>Great Spiritual Books Course</i>	6

#### Courses by Dr. Craigmyle

<i>Sacred Song Blessings</i>	7
<i>Craigmyle Calming Technique: Break Destructive Habits</i>	7
<i>Enrich Your Relationships - Through Mental Imagery</i>	7

#### Course by Daniel Singer

<i>Two toward one: A Simple Method For Lighter Living</i>	7
---	---

#### Courses by Beth DeFuria

<i>HeART Therapy: Drawing Love to the Heart</i>	8
<i>Teaching Mental Imagery to Children (&amp; Others)</i>	8
<i>Texting a Higher Source</i>	8

<b>Saturday Night Salons</b>	9
<b>PIP Power Imagery Process</b> - available on line	9

## **CLASSES CAN BE ENTERED AT ANY TIME!**

### PROGRAMS FOR HEALTH CARE PROFESSIONALS

First Five Classes Above	4-6
<i>Group Clinical Supervision &amp; Morphology</i> <b>At the School or by Phone</b>	9
Books & Recordings	10
Registration & Order From	10



Gerald N. Epstein, M.D., founder and director of The American Institute For Mental Imagery, is the foremost practitioner of integrative healthcare for healing and self transformation. He holds the position of Assistant Clinical Professor of Psychiatry at Mount Sinai Medical Center in New York City and has been Lecturer at Columbia University's School of Physicians and Surgeons. In addition to teaching and writing, and his private practice in NYC, Dr. Epstein conducts research into the efficacy of mental imagery.

Trained as a Freudian analyst, he abandoned this direction in 1974 to study the therapeutic uses of the imagination under Madame Colette Aboulker-Muscat, of Jerusalem. Since then, he has been a pioneer in the use of Mental Imagery for treating physical and emotional problems. As his work evolved over the years, he has become a leading exponent of the Western spiritual tradition and its application to healing and therapeutics.

As a result of his clinical experiences, Dr. Epstein wrote *Waking Dream Therapy* in 1981. In 1989, he authored *Healing Visualizations* still the classic book on the therapeutic use of mental imagery. Inspired by the Western spiritual tradition, Dr. Epstein wrote *Healing Into Immortality (1994)*, a clear account of the reasons and remedies for illness. Finally, Dr. Epstein has recorded many audio sets including the Phoenix Process and the Natural Laws of Self Healing. A complete listing of his books and audios can be found in the back of this catalog.

## WHATS NEW THIS YEAR?

To the old standbys of Group Dream Reading Process, Group Imagery Healing Experience and Face Reading (Morphology), and Group Waking Dream Phenomena, I have added a new course open to all - Group Enlightenment Experience (GEE). This experiential class is designed to delve into the phenomena of your everyday experience to create a break or rupture in your mental life to accomplish the work of illuminated consciousness. We also have several new classes offered by faculty members and guest lecturers.

For the healthcare clinicians, AIMI continues to offer clinical courses and group Clinical Supervision and Morphology, (in school or by phone). These and other courses, and personal work will lead to certification. (See curriculum brochure)

Lastly, Dr. Barrett and I have created an online 3-step 21 day program to transform your ability to take charge of your inner state of being. Go to [www.powerimagery.com](http://www.powerimagery.com)



## OUR FACULTY INCLUDES:

**Gerald Epstein, MD**, founder and director, see page 2.

**Elizabeth Ann Manhart Barrett, RN, PhD, FAAN**, is Professor Emerita, Hunter College, City of New York. Author of four books and over 80 articles on a wide variety of subjects, she has taught and lectured throughout the country and abroad on her theory of Power as Knowing Participation in Change. In 1995, Dr. Barrett graduated from the American Institute For Mental Imagery. Along with Dr. Epstein, she pioneered a seminal research project on the effects of mental imagery on treatment outcomes for asthmatics, under a grant from the National Institutes of Health Office of Alternative Medicine.

Dr. Barrett has earned a reputation as one of the most honored nurses in America. At present she conducts a practice of Health Patterning Therapeutic Touch and mental imagery.

**Celia Beth Blumenthal, M.D.** is a Diplomate of the American Board of Psychiatry and Neurology and certified in (General) Psychiatry as well as Child and Adolescent Psychiatry. Dr. Blumenthal, a graduate of Columbia University's School of Physicians and Surgeons, is the attending psychiatrist at the Mt. Sinai Adolescent Health Center in New York City.

Dr. Blumenthal has also achieved certification in Acupuncture, Macrobiotics and Hypnosis. She has co-authored a number of articles on acupuncture techniques. She is a graduate of the American Institute For Mental Imagery and primarily uses this treatment method in her private practice in New York City.

**Lydia Craigmyle, Ph.D.**, a graduate of The American Institute For Mental Imagery, is a licensed New York State psychologist who practices integrative mindbody therapy with an emphasis on mental imagery. She worked at Washington Square Institute and conducted research at Harvard University's Maclean Hospital. Dr. Craigmyle specializes in the mother-daughter relationship. She also incorporates a natural breathing method, developed by Carl Stough, to reduce anxiety and depression. She has recently developed an innovative therapeutic technique called "The Craigmyle Calming Technique" to restore balance and health.

**Rosalind Hutton, M.A.L.S., L.C.S.W.**, is a graduate of the American Institute For Mental Imagery and the National Institute for the Psychotherapies (NIP). She earned an MA from Mary Washington University and an MSW at Fordham University. Her post graduate studies include the Theology Program at Georgetown University and the completion of the Spiritual Exercises of Saint Ignatius Loyola. She is also a Eucharist Minister.

Ms. Hutton has served on several boards including Jesuit Review Board for the NY Province as well as VicePresident of the Maria Droste Counseling Center. She teaches at NIP and maintains a private practice in integrative health in Manhattan.

**Amy Kruvant, L.C.S.W., A.C.S.W.**, is a Licensed Clinical Social Worker. She is a graduate of The American Institute of Mental Imagery where she received post graduate training and certification in Phenomenology, Mental Imagery and Spiritual Therapeutics. Amy has also received post graduate certification in EEG Biofeedback, EMDR, TFT as well as Human Resource Development. Classes and individual consultations in Whole Person Therapeutics are offered through her company, Innovative Counseling LLC, located in Montclair, New Jersey.

**Rabbi Joyce Reinitz, L.C.S.W.**, is a New York State Certified Social Worker who graduated from Columbia University's School of Social Work. She was a co-founder of the Center for Integrated Recovery and remains the Director of this institute. Rabbi Reinitz worked for the Jewish Family Services and for the Neurological Institute of Columbia Presbyterian Hospital.

Rabbi Reinitz has combined the Rubenfeld Method of body work with her approach to integrative imaginal therapy. She is a graduate of The American Institute For Mental Imagery and the Rabbinical Program of the Academy for Jewish Religion. She is the former spiritual leader of the Society for Jewish Science.

GROUP ENLIGHTENMENT EXPERIENCE (GEE)  
Catching the New Wave In Consciousness  
In the Apocalyptic Age

Teacher: Gerald Epstein, M.D.  
Day: Thursday  
Time: 11:00 AM – 1:00 PM  
Dates:  
2011 September 8, 15, 22; October 6, 13, 20, 27;  
November 3, 10, 17; December 1, 8, 15  
2012 January 12, 19, 26 February 2, 9, 16, 23;  
March 1, 8, 15, 22, 29; April 5, 12, 19, 26;  
May 3, 10, 17, 24, 31 June 7, 14  
Fee: \$2,500 payable in 4 installments of \$625 each on:  
Sept 8, Dec 1, Feb 16, April 19

In 1974 while in Jerusalem, I received the grace of divine light stemming from an ordinary conversation with a spiritual master, Colette Aboulker-Muscat regarding the process of free association. At that time I was a conventional psychoanalyst complacent in my understanding of the mind. What occurred in those minutes turned my life around 180° creating a rupture in everything I held dear and assumed to be my identity. A virtual mutation and transmutation took place in that moment of initiation. Colette subsequently became my teacher and I abandoned psychoanalysis. Over the years, I have reflected on that instant, many a time, and realized that **illumination grows out of daily life experiences and how we respond to them.**

*This experiential class is designed to penetrate into the phenomena of your everyday experience to create a break or rupture in your life to accomplish the work of enlightened consciousness, and maintain it thereafter. We will discover how daily experience is the ground out of which our illumination/enlightenment emerges. Our aim is to attain spiritual vision and receive the endless flow of life from above. Together we will learn to replace the Laws of the Struggle for Existence for the Laws of Collaboration and usher in Caring, Sharing, Love and Eternal Life.*

For almost four decades I have been writing, teaching, and championing the spiritual teachings of the Western Tradition and its primary purpose: reversing death. Discoveries in the natural sciences within the past two years have buttressed my understanding of the traditional spiritual knowledge to provide direct, concrete support for longevity, immortality and eternal life. Diverse physical sciences now support this spiritual knowledge for the possibility to live endlessly and provide correlative examples that help understand why my methods work.

We are now in an Apocalyptic Age. Apocalypse originally referred to the *unveiling of secret knowledge*. Later it came to mean upheavals, cataclysms, disasters and disorder in the physical world. While there are many signs of the latter happening cosmically, climatically and socio-politically, this course focuses on your discovery of this secret knowledge.

MORPHOLOGY:  
The Art & Science Of Face Reading  
To Know Yourself In An Instant

Teacher: Gerald Epstein, M.D.  
Day: Thursday  
Time: 1:30 PM – 3:30 PM  
Dates:  
2011 September 15; October 6, 20;  
November 3, 17; December 8  
2012 January 19; February 2, 16;  
March 1, 15, 29; April 12, 26; May 10, 24; June 7  
Fee: \$1,400 - Payable in 2 installments of \$700 each on:  
September 15 and February 16

Genesis teaches we are all created in the image and likeness of the Divine, itself without image and form. In our human form we reflect the

Divine. The ancient system that attested to this reality was (and is) called Morphology. This system became the basis of Western healthcare practice through the ancient world. In the Renaissance it was suppressed by the rise of the current medical model. The focus was on face reading as a reflection of our inner life. Through this mirror understanding has come knowledge, universal in scope, of all aspects of our life. In keeping with the sacred language of image as it reveals itself in imagery experience and dreams, the face is an external image containing the knowledge of ourselves. The wonder of morphology is that it shows our incomparable being, since there are no two faces on the earth that are the same; it was never so that your face appeared here before, nor will it ever appear again. From this fact you will learn how to: raise children; choose a mate or partner; change enmity to amity in relationships; find your appropriate diet and exercise; discover what ailments you are vulnerable to (of immense value for health needs and prevention of illness); rid yourself of unnecessary guilt feelings; emancipate yourself from the judgments of the world (it can't be otherwise if you are incomparable); and much, much more. For mental health practitioners the clinical applications of MORPHOLOGY will be amplified and taught in the Clinical Supervision class.

#### GROUP IMAGERY HEALING EXPERIENCE

Teacher: Gerald Epstein, M.D.  
 Day: Wednesday  
 Time: 3:00 PM – 5:00 PM  
 Dates:  
 2011  
 SERIES 1: September 7, 14, 21; October 5, 12, 19, 26  
 SERIES 2: November 2, 9, 16, 23, 30; December 7, 14  
 2012  
 SERIES 3: January 11, 18, 25; February 1, 8, 15, 22  
 SERIES 4: March 7, 14, 21, 28; April 4, 11, 18  
 SERIES 5: May 2, 9, 16, 23, 30; June 6, 13  
 Fee: \$520 per 7 session series; \$450 per 6 session series

Group imagery is a healing and transformational process. It is **not** group therapy, nor even a therapy at all. Rather, through the function of mental imagery (sometimes referred to as “visualizations”) we are able to access our inner source of wisdom to direct us favorably through life. The

presence of the group highlights the understanding that imagery is the shared social language of the world uniting us all. Here everyone participates in a mutually collaborative way and is mutually enriched, not only by one's own inner discoveries, but also by hearing the inner discoveries of others. As one former group member put it: “doing imagery by myself is fine, but doing it within the group not only amplified the experience, but also elevated and heightened it to a greater level of impact.”

Each series focuses on a different theme of healing and transformation. The presence of the group seems to augment each person's imagery process. Not only experiencing the imagery, but also hearing that of others, promotes self integration. The group process proves the truth that imagery is the shared social language of the world uniting us all.

#### GROUP DREAM READING PROCESS

Teacher: Gerald Epstein, M.D.  
 Day: Thursday  
 Time: 3:45 PM – 5:45 PM  
 Dates:  
 2011  
 SERIES 1: September 8, 15, 22; October 6, 13, 20  
 SERIES 2: October 27; November 3, 10, 17  
 December 1, 8, 15  
 2012  
 SERIES 3: January 12, 19, 26 February 2, 9, 16, 23  
 SERIES 4: March 8, 15, 22, 29 April 5, 12, 19  
 SERIES 5: May 3, 10, 17, 24, 31; June 7, 14  
 Fee: \$520 per 7 session series; \$450 per 6 session series

The inner world of the dream is one of revelation and information serving to give us direction in navigating beneficially through everyday life. This process of dream reading – *not to be confused with dream analysis or interpretation* – is based on recognizing the dream as a special language made of images that can be read like any other word based language. Thus, the dream is a picture language, akin to the picture/ hieroglyph language of ancient Egypt. In our group we learn to read and understand this language. The interchange that ensues enlarges everyone's scope of understanding and knowledge. One person's dream is everyone's dream as we uncover common themes of life in our shared “book of life”.

What you will discover during these classes, amongst other things, are how to: think by analogy (the key to reading images); repair disturbing dreams and thereby repair your life; come to know the essential elements of Western spirituality; see the connection of dreams to the I Ching (Chinese Book of Changes); along with coming to know how dreams, as experienced in the group setting, become a binding force uniting us all.

## GREAT SPIRITUAL BOOKS PROGRAM

### GROUP WAKING DREAM: FINDING YOUR INNER GUIDE

Teacher: Gerald Epstein, M.D.  
 Day: Tuesday  
 Time: 11:00 PM – 1:00 PM  
 Dates:  
 2011  
 September 6; October 4; 25  
 November 15; December 6  
 2012  
 January 10; February 14;  
 March 6, 27; April 17; May 8, 29;  
 Fee: \$1,200 - Payable in 2 installments of \$600 each on:  
 September 6 and January 10

The direction or axis of freedom is vertical. We are all aware of this fact. Our gestures reflect it. We pray to God or heaven above. We turn our face upward when we ask for help from above. Every tradition on earth regards verticality in the same way as I've stated.

The method of Waking Dream allows us to actively ascend and descend along this direction to come to know the depths of our being and the transcendent possibilities awaiting us. Since my discovery of this process 37 years ago, given to me by my teacher Colette Aboulker-Muscat (of blessed memory) I have taken many people through this inner journey individually. Now I have found the way to do waking dream as a group process. Plumb the depths, ascend the heights using your night dream as the jumping off point. This starts the process of cosmic respiration that inspires this visionary journey.

Teacher: Gerald Epstein, M.D.  
 Day: Tuesday  
 Time: 2:00 PM – 4:00 PM  
 Dates:  
 2011: September 13; October 11;  
 November 8; December 13  
 2012: January 17; February 21;  
 March 20; April 17; May 15; June 12  
 Fee: \$500 - Payable on September 13

The purpose of this monthly class is to acquaint everyone with the depths and variety of Western spiritual teaching and the practices that are associated with these teachings. This year, we will continue to study the book *Mysticism In Judaism, Christianity And Islam: Searching For Oneness* by Professor Ori Soltes of the Theology and Fine Arts Department of Georgetown University. This invaluable comparative study defines the points of similarity and dissimilarity amongst these traditions, while highlighting the practices each has contributed to the fabric of Western mysticism. This class, as with the others I have taught in this manner, continues until the book is completed – when, we do not know.

creative and love-filled life. The CCT will be applied to each participants needs.

**THREE COURSES WITH DR. LYDIA CRAIGMYLE:**

Teacher: Lydia Craigmyle, Ph.D.  
Day: **Sundays**  
Time: **2:00 PM – 5:00 PM**  
Fee: **\$60 per session**

**ENRICH YOUR RELATIONSHIPS THROUGH MENTAL IMAGERY**

Date: 2011: Sunday, November 6th

Using mental imagery exercises, we can transform our relationships with others and how we feel about ourselves by first changing our internal images of our relationships. In this class, we shall focus on healing hurts, renewing connections, mutuality, and empowering our ways of relating to one another, our selves and the Divine with respect, honor and love. These mental imagery exercises will be applied to each participants' desired relationships.

**THE CRAIGMYLE CALMING TECHNIQUE (CCT):  
BREAK DESTRUCTIVE HABITS AND SHIFT INTO THE PRESENT**

Date: 2012: Sunday, March 18th

In the Western spiritual tradition, the heart forms the center of our spiritual and physical well-being. To recenter ourselves, participants learn the Craigmyle Calming Technique (CCT) - a simple, fast and effective technique that utilizes the heart & will to free ourselves from the bonds of time, unwanted habits and fears. Using this technique in our daily lives enables us to choose how we want to feel, think and behave.

With CCT, we can easily shift into the Sacred Present Moment where we discover a freed and awakened awareness of our True Self and connection with the Divine. Used as a daily practice we can attain a balanced, whole,

**SONG BLESSING:**

**DISCOVER YOUR SACRED SELF AND ATTAIN CLARITY & WELLNESS**

Date: 2012: Sunday, May 20

Your name contains your life mission and direction. It is the vibrational blueprint of your heart and soul. Singing your name blesses your unique nature and being. In this manner, much information about you comes through Dr. Craigmyle as she sings your name. The name's song releases images and feelings that prompt healing, growth and peace, and strengthens your connection to the divine. No singing ability required.

*Lydia Craigmyle, Ph.D., is a psychologist, imagery practitioner, AIMI graduate and faculty member.*

**TWOTOWARDONE: A SIMPLE METHOD FOR LIGHTER LIVING**

Teacher: Daniel Singer  
Day: Tuesday  
Time: 6:30 PM – 8:00 PM  
Date: 2011: October 4  
Fee: \$30

Discover how to unveil a freer and more spacious relationship to living moment-to-moment. We tend to get entangled or stuck in unproductive attitudes, feeling states and identifications with circumstances; these entanglements mask our original birth privilege of mental mobility and well-being. In TwoTowardOne, Daniel introduces this simple, short, quick method to dissolve worry, decrease a sense of separateness and increase effectiveness in our daily life. We learn to move from a sense of being torn apart or emotionally distracted toward a lighter, freer sense of living. We now can discover how to disengage from those disturbing mental and emotional states that tie us up in living.

*Daniel Singer is an Alexander Teacher, a practitioner of Mental Imagery and co-author of The Sacred Portable Now.*

### **THREE COURSES WITH BETH DEFURIA, M.P.S.**

#### **HeART THERAPY: DRAWING LOVE TO & FROM THE HEART**

Teacher: Beth deFuria, M.P.S.  
Day: Sunday  
Time: 1:00 PM - 3:30 PM  
Dates: 2011: October 2 & 9 (Series 1)  
**OR**  
2012: February 19 & 26 (Series 2)  
Fee: \$150 + \$5 material fee, per series

Circles and spirals symbolize wholeness. They appear in all aspects of life - the cell, the snow crystal, the Earth, the Milky Way - and can be seen as the organizational structures for life itself. In keeping with the Western spiritual heart-centered tradition, organizing designs in a circular pattern creates a central point that has a corresponding therapeutic effect upon the physical heart.

"Circle Art" requires no artistic skill beyond "doodling" and coloring (staying inside the lines is optional!) It is a relaxing, centering practice as well as a "non-verbal" path to inner wisdom. Symmetry and balance are explored in this technique using pencils and markers to create simple shapes that are colored in. The workshop will include a step-by-step demonstration.

There will be a "work-as-play" session followed by a group sharing, using the dream-reading techniques developed by Dr. Gerald Epstein as we explore the colors, shapes and symbols.

#### **TEACHING MENTAL IMAGERY TO CHILDREN & OTHER INTERESTED FAMILY MEMBERS!**

Teacher: Beth deFuria, M.P.S.  
Day: Tuesday  
Time: 6:30 PM – 8:00 PM  
Dates: 2011: October 11 & November 1 (Series 1)  
**OR**  
2012: March 27 & April 17 (Series 2)  
Fee: \$90 per series

When her daughter was 7 years old, Beth taught her an approach to mental imagery similar to play, in lieu of taking medication – ever since she's used imagery as medicine. Today at 17, she not only creates her own imagery exercises for mental, emotional and physical health-but also enjoys sharing her expertise with friends. In this workshop participants will be taught simple steps on how to "play" with children while teaching them a valuable skill. A demonstration will be given, then participants will have an opportunity to practice and discover, taking turns in both adult and children's roles as we explore the fun and spontaneity of imagery work as play.

#### **TEXTING A HIGHER SOURCE –TRANSMUTING TECHNOLOGY WITH MENTAL IMAGERY**

Teacher: Beth deFuria, M.P.S.  
Day: Thursday  
Time: 6:30 PM – 8:00 PM  
Dates: September 22 & October 13 (Series 1)  
**OR**  
January 26 & February 2 (Series 2)  
Fee: \$90 per series

Session 1 Your Operating System; Session 2 The Intra-net.

This workshop utilizes concepts from the world of technology to tap into our inner wisdom and creativity. Used wisely, manmade technology can be transformed into a virtual golden technology of light, redefining the term "personal computer."

In this two part series you will learn simple and fun imaging techniques including: "texting" a higher source of knowledge as a mode of prayer - using "diagnostic" software - spam-blocking external unwanted influences - becoming your own inner tech support - brainstorming "new software"

No prior experience in mental imagery required; basic understanding of texting, email and rudimentary computer skills helpful.

*Beth deFuria, M.P.S. Is an art therapist who utilizes imagery in her work. She has studied the western therapeutic healing tradition with Dr. Epstein at AIMI for many years.*

## SATURDAY NIGHT SALONS

Speakers: Dr. Epstein and noted speakers  
Day: Saturday  
Time: 8:00 PM  
Location: 351 East 84<sup>th</sup> Street, New York, NY, Apartment 10D  
Dates:  
2011 September 24; November 19  
2012 January 28; March 31; May 19  
Fee: *Free admission. No reservations necessary.*

*Dr. Epstein and guest presenters speak on various themes of spirituality and healing, including books or works in progress. A collation follows.*



TURN ON YOUR PERSONAL POWER GENERATOR!

The PIP Process is available on line

To find out more about this 3-step 21-day life changing Program developed by Dr. Epstein and Dr. Barrett, visit [www.powerimagery.com](http://www.powerimagery.com)

## CLASSES FOR HEALTH CARE PROFESSIONALS

### ***CLINICAL SUPERVISION & MORPHOLOGY W/ DR. EPSTEIN AT THE SCHOOL OR BY PHONE***

Using photographs of clients, clinicians present challenging clinical situations. Participants deepen their therapeutic skills in morphology, mental imagery, dream reading, techniques of will, analogic thinking, and the understanding of the healing relationship.

### **BI-WEEKLY GROUP SUPERVISION at the School**

Day: Thursday  
Time: 1:30 PM – 3:30 PM  
Dates: 2011 September 8, 22; October 13, 27;  
November 10; December 1, 15  
2012 January 12, 26; February 9, 23;  
March 8, 22; April 5, 19;  
May 3, 17, 31; June, 7, 14  
Fee: \$80 per session

### **BI-WEEKLY GROUP SUPERVISION By Conference Call**

Day: Tuesday  
Time: 4:00 PM – 5:15 PM  
Dates: 2011 September 13, 27; October 11, 25;  
November 8, 22; December 6  
2012 January 17, 31; February 14, 28;  
March 13, 27; April 10, 24; May 8, 22; June 5  
Fee: \$75 per session

Clinicians outside the New York Metropolitan Area call into a special conference call telephone number. Additionally, they e-mail client pictures to participants for morphological training. Contact Dr. Epstein at 212-369-4080 for further information.

## BOOKS

BY GERALD EPSTEIN, M.D.

### *Kabbalah for Inner Peace:*

*Imagery and Insights to Guide You through Your Day* (\$20)

The essential guide to meet and master the challenges that we face in an ordinary day.

### *Climbing Jacob's Ladder:*

*Finding Spiritual Freedom Through Stories of the Bible* (\$20)

Attaining spiritual freedom through the stories of the Bible.

*Healing Into Immortality: A New Spiritual Medicine* (\$25)

THE guide to the integrative system of mindbody healthcare.

*Healing Visualizations* (\$16)

The standard reference of healing imagery exercises for many emotional and physical imbalances.

*Waking Dream Therapy* (\$25)

The techniques and principles of imagination as the primary transformational process of imaginal therapy.

*Studies in Non-Deterministic Psychology* (\$25)

Essays of new directions in therapy such as: Mental Imagery, Buddhism, Creative Trance and the I Ching.

BY COLETTE ABOLKER-MUSCAT

*Alone with the One* (\$30 soft; \$40 hard)

A collection of spiritual poems and practices written by the Jerusalem master of the Kabbalah of Light.

*Mea Culpa: Tales of Resurrection* (\$25 soft; \$35 hard)

A remarkable collection of vignettes from a lifetime of service that has brought people back to life from the brink of death.

*The Waking Dream* (DVD) (\$50)

An interview with Colette about healing and her work.

*10 Essential Exercises* (DVD) (\$50)

Colette gives 10 imagery exercises to students and explains their meaning and use.

*Encyclopedia of Mental Imagery* (\$25)

2100 Visualizations for personal growth and healing.

## AUDIO RECORDINGS

*The Technology of Imagination* – Set of 2 CD's (\$18)

A brief course as to how and why mental imagery works.

*Reading the Hieroglyphs of the Mind: What to do with*

*Your Dreams when You Wake Up in the Morning* – Set of 2 CD's (\$18)

The elementary course in dream reading from the view of Western

spirituality.

Shop at [www.drjerryepstein.org](http://www.drjerryepstein.org)

*Is Psychology Necessary for Spiritual Healing?* Set of 2 CD's (\$18)

Teaching the difference between the spiritual approach to life instead of the psychological to discover your Self.

Package of all 3 talks (\$49)

*The Secret the Secret Doesn't Tell You* – Set of 4 CD's (\$35)

The film and book "The Secret" discloses only half of the secret laws of life. Dr. Epstein reveals the other half of the equation.

*Natural Laws of Self-Healing* – Set of 8 CD's + 1 CD-ROM (\$89.95)

Tap into the infinite power of the invisible dimension and experience extraordinary physical, emotional, and spiritual healing.

*Healing Visualizations* – CD (\$18)

The basic steps to the practice of mental imagery including exercises for everyday health maintenance.

*Imagination, Consciousness and the New Science* (Conference, May 2007)

Dr. Epstein and other experts present their work in the emerging field of consciousness – where spirituality and the natural science meet.

Individual Speakers: Audio Tape (\$15); 2-CD set (\$20)

Entire Conference: Audio Tape (\$75); 8-CD set (\$100)

*Imagination, Spirit & Immortality* (Conference, Oct. 2008)

Dr. Epstein and other spiritual souls present their work in the practices of imagination, Western spirituality and the possibility of immortality.

*The Phoenix Process: One Minute A Day to Longevity, Health & Well-Being*

Dr. Epstein imparts innovative processes to restore balance and wholeness in only seconds a day.

Workbook accompanies CD set. 6-CD set (\$89.95)

*The 16 Sources of Illness and the 18 Paths to Genuine Health* –

Set of 4 CD's (\$35)

Dr. Epstein's 45 years of exploration of human health has revealed 16 sources of all troubles and 18 surefire remedies for them.

*Emotional Mastery* - Set of 6 CD's + 1 CD-ROM (\$89.95)

Amazing stories from people using Dr. Epstein's techniques to transform emotional turmoil. Lots of other instruction too.

**REGISTRATION INFORMATION**

**TO REGISTER FOR ALL CLASSES:**

**ADULT EDUCATION CLASSES:**

To pay by credit card call 212-369-4080.  
Make checks payable to individual instructors

**CERTIFICATE PROGRAMS FOR HEALTH CARE PROFESSIONALS:**

To pay by credit card call 212-369-4080  
Make checks payable to AIMI

NOTE: Courses Taught by Dr. Epstein satisfy requirements towards certification from AIMI.

**MAIL ALL CHECKS INTO:**

AIMI c/o Gerald Epstein, M.D.  
16 East 96<sup>th</sup> Street, Suite 1A  
New York, NY 10128

**ORDER BOOKS/AUDIO RECORDINGS AT:**

[www.drjerryepstein.org](http://www.drjerryepstein.org) or call (212) 369-4080  
Or use attached registration form

**FOR FURTHER INFORMATION CALL:  
(212) 369-4080**

**GIFTING TO AIMI**

AIMI, a 501(c)3 non-profit, gladly accepts tax deductible donations. Simply make your check payable to AIMI and mail to: 16 East 96<sup>th</sup> Street, Suite 1A, NY, NY 10128.

ALL CLASSES HELD AT 16 EAST 96<sup>th</sup> STREET, SUITE 1A

**REGISTRATION/ORDER FORM**

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_

STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

HOME TELEPHONE: (\_\_\_\_\_) \_\_\_\_\_

WORK TELEPHONE: (\_\_\_\_\_) \_\_\_\_\_

E MAIL ADDRESS: \_\_\_\_\_

PROFESSION (IF APPLICABLE) \_\_\_\_\_

<u>COURSES OR PRODUCTS</u>	<u>FEE</u>
_____	_____
_____	_____

**Total \$**

For Shipping and Handling in U.S. Add:  
\$5.15 for 1-2 books; \$7 for 3;\$10 for 4-6;\$15.45 for 7-12 books. Shipping is done by U.S. Postal Service.

For international rates email: [info@drjerryepstein.org](mailto:info@drjerryepstein.org).

**NO REFUNDS OR EXCHANGES**

Please include your phone number on any checks  
check for course registration & book/tape orders.

