

THE

AMERICAN INSTITUTE *for*
MENTAL IMAGERY &
BLUE GATE ADULT
EDUCATION CENTER

2009 -2010 SCHEDULE

CLINICAL TRAINING PROGRAMS *for*
HEALTH CARE PROFESSIONALS

COURSES *and* EVENTS *in*
THE ADULT EDUCATION CENTER

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Welcome to the American Institute for Mental Imagery (AIMI). This catalog contains descriptions of the courses offered for the public as well as the training programs for clinicians.

ADULT EDUCATION CENTER

The Blue Gate was the entrance way to my Teacher Colette Aboulker-Muscat's home in Jerusalem.

The public education division offers adult continuing education courses in integrative health and spirituality. Courses 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. Classes can be entered at any time.

TRAINING PROGRAMS FOR HEALTH CARE PROFESSIONALS

Founded by Dr. Gerald Epstein in 1978, AIMI offers postgraduate training programs for mental health care practitioners that lead to certification, and for all other health care practitioners who receive a certificate of completion. The courses at the Institute regard health care from the integrative perspective that an intrinsic unity exists 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.

The education is of a new paradigm of healing. 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. This model 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.

AIMI is chartered by the New York State Board of Regents. For more information about our approach, see the complete PROGRAM OF STUDY 2009-2010 available on the web, drjerryepstein.org, or call for more information: 212-369-4080.

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Classes can be entered at any time.

PROGRAMS FOR HEALTH CARE PROFESSIONALS

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**ALL CLASSES TAKE PLACE AT:
16 EAST 96th STREET, SUITE 1A**

Gerald N. Epstein, MD, is one of the foremost practitioners of integrative healthcare for healing and self transformation. 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. He authored *Healing Visualizations*, published by Bantam in 1989 and now in its eighteenth printing, which is considered 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. In *Climbing Jacob's Ladder*, he guides the reader on an experiential journey to reach freedom through the stories of the Bible. Nightingale Conant produced Dr. Epstein's *The Natural Laws of Self-Healing*, a set of 8 CD's that teaches a unique method to heal oneself.

Dr. Epstein's latest publications are an audio recording called *The Phoenix Process* (Nightingale Conant, 2007) which provides a method to restore health and balance in only seconds a day and a book, *Kabbalah for Inner Peace: Imagery and Insights to Guide You Through Your Day*, (Summer, 2008). Here, he takes readers through their daily life to correct common concerns, such as: money issues, physical health, usual anxieties, and self-doubt.

Dr. Epstein maintains a private practice in New York and is an Assistant Clinical Professor of Psychiatry at Mount Sinai Medical Center in New York.

INTRODUCTION

During biblical times in the schools of the ancient Holy Land, called “Sons of the Prophets”, devotees were taught the various methods and techniques associated with prophecy. Prophecy means to bring – to bring the knowledge of divine or invisible, or spiritual reality to the nation. As teachers of the spiritual realm, they became known in the ancient Greek world as sacerdotess, literally “teachers of the sacred.”

In the twentieth century, as I understood and experience it, I entered a “Sons of the Prophets” setting when I met my teacher Mme. Colette Aboulker-Muscat in Jerusalem in 1974. There I learned the methods of that tradition and their associated techniques. The centerpiece of that teaching was/is visionary, hence the emphasis on imaginal practices connected with the practices of Waking Dream, three-pronged in nature: Walking Dream proper; Guided Imaginal Exercises; and Short Imaginal Exercises.

From that apprenticeship - lasting nine years - I engaged this process non-stop till this moment (and or into the future), finding a number of directions of Western spirituality that have amplified and deepened that early education, all of it applied to clinically treating suffering individuals, couples and families; training healthcare professionals in my school, The American Institute For Mental Imagery; teaching the general public through many, many classes, lectures, workshops, conferences, radio, and TV appearances, and now through my website: www.drjerryepstein.org.

The thrust of the courses and classes presented in the following pages has one unifying aim: to provide techniques (tools) and methods (steps) for you to become free and to know truth. Taken together, freedom and truth bring you directly into contact with Divinity – from above and within you – and fulfill the ancient aim of all revelatory practice = Know Yourself.

The classes and courses given in my school bear the fruits of over 50 years of learning, teaching and writing, all dedicated to sharing my knowledge and discoveries in becoming a teacher of Spirit and its application to our social existence in its many-sided specifics: health and well-being, relationships, creative life, living a spiritual life in an everyday existence, and becoming your own authority, to name a few.

This catalog embodies the scope of my learning, formal education and teaching. There are new entries for this year including: Reverse Psychology, Monotheistic & Hermetic Spirituality, as well as old standbys: Dream Reading, Face Reading (Morphology) and Group Imagery Process; as well as courses for clinicians: Clinical Supervision, Morphology, Dream Reading, and Reverse Psychology.

THE PATH OF HOLINESS: Western Spiritual Practices For Taking Us Through These Troubled Times & Beyond

Teacher:	Gerald Epstein, M.D.
Day:	Thursday
Time:	11:00 AM – 2:00 PM
Dates:	2009: September 10, 24; October 8, 22; November 5, 19; December 3 2010: January 14, 28; February 22, 25; March 11, 25; April 8, 22; May 6, 20; June 3
Fee:	\$1,800 - Payable in three installments of \$600 each on: September 10, January 14 and March 25

The term “holy” comes from the same root giving rise to the words “heal,” “whole,” “health,” “hale,” and “wholesome.” As these terms all arise from a common source, they are all connected to each other. This course brings all of them together into an integrative unity so that becoming unified in yourself allows you to live a harmonious life amidst the conflictual, tumultuous circumstances swirling around and through us.

The term “integrative” means to take parts of a whole and synthesize them to form the whole in a comprehensible, coherent manner. To be specific for purposes of the course to be given this year, there are four parts to weave into one skin: Judaism, Christianity, Hermeticism and Islam.

Seeking to synthesize these traditions has been the focus of my journey into and through the world of Western mysticism and prophecy. I’ve had the grace to discover masters in each of those paths whose work, along with the Hermetic, I’ve synthesized. By discovering their similarities, contrasts, correlations, and uniqueness I am able to present a guide to living spiritually, with “wisdom and clarity, surrounded as we are by a sea of turmoil, turbulence and terrorism.

The masters to whom I refer are: Colette Aboulker-Muscat, Valentin Tomberg, and Robert Rhondell Gibson. Colette represents the Judaic element, Tomberg the Catholic and Hermetic, and Rhondell the Protestant. At the same time, each focuses on one of three separate components, which taken together as I have done, denote an integration of the three essential

ingredients of the Western traditions: intellect/thinking – Tomberg; the heart and emotional/feeling life - Aboulker; and the will (including instinct) – Rhondell.

Taken together A (Aboulker), R (Rhondell) and T (Tomberg), i.e., ART, give us the equation of E (Epstein) = ART². Tomberg gave us *Meditations On The Tarot*; Rhondell gave us *The Science Of Man*; and Aboulker gave us the deepest penetration known in contemporary times to the world of the Imaginal (including mental imagery). Epstein added his own fingerprint to their work in order to teach them simply and understandably to you.

The purpose of this teaching is for each of you to learn how to lead a spiritual life in your everyday reality. Practically every base is covered so it's impossible for you not to find what you need to do so.

Standing at the apex of this year-long journey is my original contribution I call "Secrets Of The Sabbath."

The Sabbath is the most holy path that exists. It holds the key to everything in life you could ask for: longevity, love, truth, peace, balance and order, to name a few.

As it is stated in our Western wisdom literature, the Sabbath is to be remembered and observed. This class defines what this observance and remembrance means by presenting 27 practices appealing to every palate aimed toward fulfilling the promises mentioned above. There has never been a course of this magnitude offered anywhere exploring the depth, meaning and objective of the spiritual practices of this most holy of days.

Interwoven within this course will be the seminal ideas and practices of the three masters of Western spirituality who have inspired my vision, understanding and approach: Colette Aboulker-Muscat, Valentin Tomberg and Robert Rhondell Gibson.

SOURCE READING:

Valentin Tomberg, *Meditations on the Tarot*
Robert Rhondell Gibson, *Science of Man*
Ori Soltes, *Mysticism in Judaism, Christianity and Islam*
Gerald Epstein, *Kabbalah for Inner Peace: Imagery and Insights
to Guide You through Your Day*
Abraham Joshua Heschel, *The Sabbath*

REVERSE PSYCHOLOGY: From Freudian Introspection To Spiritual Illumination

Teacher: Gerald Epstein, M.D.

Day: Tuesday

Time: 11:30 AM – 1:30 PM

Dates: 2009: September 15, 29; October 13, 27;
November 10, 24; December 8
2010: January 12, 26; February 9, 23;
March 9, 23; April 6, 20; May 4, 18; June 1

Fee: \$1,100 - Payable in 2 installments of \$550 each on:
September 15 and February 9

Freud, is/was the progenitor of all psychotherapeutic practices (Jung amplified Freud, while accepting his basic premises) in the 20th, on into the 21st century. During the course of psychotherapeutic evolution over these 100+ years, many derivatives spring up that have accepted some of Freud's basic notions, rejected some, and modified others. However, there is a fundamental model espoused that has been preserved.

Freud believed in a materialist world view and was adamantly opposed to spiritual thinking and its different world view. So much so was he arrayed against spiritual life and its proponents that he refused to ever attend an event anywhere in Vienna that would be attended by a known physicist of spiritual orientation named Ernst Mach.

In this course we shall make an astounding discovery: take those seminal foundational ideas of Freud, REVERSE them, and you now understand the foundational principles of spiritual life. Examining the essential elements of Freudian psychology and its offshoots we show how reversing them reveals a spiritually based healing system through the mind reflecting our true unitive being and opening the door to liberation and freedom. In this way we owe a debt of gratitude to Freud for supplying us the means to come to this priceless discovery. Additionally, he supplied us with a spiritual practice of which he was unaware, but had it stand at the center of his psychoanalytic method, namely "free association." For mental health practitioners the clinical applications of REVERSING will be amplified and taught in the Clinical Supervision class.

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

Teacher: Gerald Epstein, M.D.
Day: Thursday
Time: 11:00 AM – 1:00 PM
Dates: 2009: September 17; October 1, 15, 29;
November 12; December 10
2010: January 21; February 4, 18;
March 4, 18; April 1, 15, 29; May 13, 27
Fee: \$1,000 - Payable in 2 installments of \$500 each on:
September 17 and January 21

As it is stated in Genesis, 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 into the Renaissance. 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, MD
Day: Wednesday
Time: 3:00 PM – 5:00 PM
Dates: SERIES 1: September 16, 23, 30; October 7, 14, 21, 28
SERIES 2: November 4, 11, 18, 25; December 2, 9
SERIES 3: January 13, 20, 27; February 3, 10, 17, 24
SERIES 4: March 3,10,17,24, 31; April 7, 14
SERIES 5: April 21, 28; May 5, 12, 19, 16; June 2
Fee: \$490 per 7 session series; \$420 per 6 session series

Image is the language of communication between our invisible reality (called the “sacer” [sa-ker], as it was termed in our ancient wisdom) and our visible reality of the everyday time-space world (called the “profanus” in the ancient wisdom). Imagination, our inner light and sensory perceptive organ, is the bridge between this everyday objective reality and our inner subjective reality. When we cross into that subjective reality, into that sacer, we discover in that unknown hidden region the repository of knowledge holding information about ourselves that is inaccessible to us in the habitual world of time-space reality. The sacer (besides being the root of the word sacred) can be termed the imaginal world. The image experience takes us there and these discoveries can be brought back here to advance our everyday life. Consequently, this true inner language gives us direction in life allowing us to change habits; establish new perspectives on relationships; and heal mental, emotional and physical wounds. This process is the strongest active method of self-transformation existing and is a gift given us at birth.

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 EXPERIENCE

Teacher: Gerald Epstein, MD
Day: Thursday
Time: 3:45 PM – 5:45 PM
Dates: SERIES 1: September 17, 24; October 1, 8, 15, 22, 29
SERIES 2: November 5, 12, 19; December 3, 10, 17
SERIES 3: January 14, 21, 28; February 4, 11, 18, 25
SERIES 4: March 4, 11, 18, 25; April 1, 8, 15
SERIES 5: April 22, 29; May 6, 13, 20, 27
Fee: \$490 per 7 session series; \$420 per 6 session series

Dream reading is the royal road to consciousness. You are looking into the book of your life to receive messages delivered from another dimension of reality, one that contains knowledge from which we can know ourselves. The language conveying this information is image. In this unique class we learn to read this language in order to understand our book of life. We do so within a group setting realizing that this revelatory dream language describes universal personal, social and spiritual themes common to everyone. The dream is a universal experience shared by all of us. One person's dream, therefore, is everyone's dream.

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.

Teacher: Lydia Craigmyle, Ph.D.
Day: Sundays
Time: 2:00 PM – 6:00 PM
Fee: \$80 per session

SACRED SONG BLESSINGS

Dates: 2009: October 11; 2010: May 2

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.

CHOICES OF THE HEART

Dates: 2009: November 15; 2010: March 14

In the Western spiritual tradition, the heart forms the center of our spiritual and physical well-being. Choosing from the heart, to use our will to free ourselves from the bonds of time, habits and fears, participants learn a simple, fast and effective tool developed by the presenter. Called "The What Is It? Technique," this process shifts us into the present moment, enhancing our sense of calm, wholeness, balance, love and creativity.

MY MOTHER, MY DAUGHTER, MY SELF

Dates: 2010: January 24

The Mother-Daughter relationship is a unique one in a woman's life. The challenges and joy in this relationship often resonate within this and other relationships. The habitual patterns of discord can limit the full expression of vitality in life. Through imagery, participants in this course disentangle from the hurts, repair their relationships with honor, and discover new ways to relate with their mothers and daughters.

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

THERAPEUTIC TOUCH
Health Patterning Through Energy Healing

Teacher: Elizabeth Barrett, R.N., Ph. D.

Day: Sunday

Time: 10:00 AM – 4:00 PM

Dates: 2009: November 1, 22

Fee: \$120 for both classes as a unit

Therapeutic Touch is a contemporary interpretation of several ancient healing practices. The practitioner uses the hands close to, but not on, the body to intentionally direct energy modulation that facilitates the healing process. The first session develops the practitioner's beginning skills. The second session provides further opportunities to experience and perform the technique. Attendance at the first class is necessary for the second.

Elizabeth Barrett, R.N., Ph. D. is a Health Patterning Therapist, an AIMI graduate, and Professor Emerita, Hunter College, City University of New York. She is a faculty member of AIMI.

SATURDAY NIGHT SALONS

Speakers: Dr. Epstein and noted speakers

Day: Saturday

Time: 8:00 PM

Location: 351 East 84th Street, New York, NY, Apartment 10D

Dates: 2009: September 26; November 21
2010: January 30; March 27; May 22

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.

PRIVATE CONSULTATIONS WITH GERALD EPSTEIN, M.D.

Dr. Epstein is available for private consultation,
either in-person or by phone.

Please call (212) 369-4080 to arrange a session.

OPEN ONLY TO HEALTH CARE PROFESSIONALS

CLINICAL SUPERVISION AND MORPHOLOGY

Teacher: Gerald Epstein, MD
Day: Thursday
Time: 1:30 PM – 3:30 PM
Dates: 2009: September 17; October 1, 15, 29;
November 12; December 10
2010: January 21; February 4, 18; March 4, 18;
April 1, 15, 29; May 13, 27
Fee: \$80 per session

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.

OPEN ONLY TO HEALTH CARE PROFESSIONALS

**CLINICAL SUPERVISION AND MORPHOLOGY BY
CONFERENCE CALL**

Teacher: Gerald Epstein, MD
Day: Tuesday
Time: 4:00 PM – 5:15 PM
Dates: 2009: September 15, 29; October 13, 27;
November 10, 24; December 8
2010: January 12, 26; February 9, 23;
March 9, 23; April 6, 20; May 4, 18; June 1
Fee: \$75 per session

This supervisory course is designed for clinicians outside the New York Metropolitan Area. Participants call into a special conference call telephone number. Additionally, they e-mail client pictures to each other prior to each session for morphological reading. 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 (\$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.

Studies in Non-Deterministic Psychology (\$25)

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

Waking Dream Therapy (\$25)

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

BY COLETTE ABOULKER-MUSCAT

Alone with the One (\$30 for softcover; \$40 hardcover)

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

Mea Culpa: Tales of Resurrection (\$25 softcover; \$35 hardcover)

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

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.

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 (\$89.95)
Tap into the infinite power of the invisible dimension and experience extraordinary physical, emotional, and spiritual healing.

Healing Visualizations – Tape (\$15)
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)

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.

Order at www.drjerryepstein.org or call (212) 369-4080

REGISTRATION INFORMATION

To register for all classes:

Payment by check made payable to the instructor
or by credit card by phoning Dr. Epstein at 212-369-4080.

All courses taught by Gerald Epstein, MD
contribute to the course requirements for
certification from AIMI.

**Please include your phone number on the
check for course registration and book/tape orders.**

At least two weeks prior to start of class, send check to:

Gerald Epstein, MD
16 East 96th Street, Suite 1A
New York, NY 10128

FOR FURTHER INFORMATION: 212- 369-4080

REGISTRATION ORDER FORM

NAME: _____

ADDRESS: _____

CITY: _____

STATE: _____ ZIP: _____

HOME TELEPHONE: (_____) _____

WORK TELEPHONE: (_____) _____

E MAIL ADDRESS: _____

PROFESSION (IF APPLICABLE) _____

LIST NAMES OF THE COURSES YOU WISH TO TAKE AND/OR THE
BOOKS/TAPES YOU WISH TO ORDER.

For Shipping and Handling in U.S. Add: \$4.95 1-2 books
\$7.00 3 books
\$10.00 4-6 books
\$15.00 7+ books

All shipping is done by U.S. Postal Service and there are no
refunds or exchanges.

For shipping outside U.S. E-Mail drjerry@drjerryepstein.org.