

- ***THE***

AMERICAN INSTITUTE *for*
MENTAL IMAGERY &

BLUE GATE SCHOOL

FOR SPIRITUAL EDUCATION

2010 -2011 SCHEDULE

CLINICAL TRAINING PROGRAMS *for*
HEALTH CARE PROFESSIONALS

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

Gerald Epstein, MD
16 East 96th Street, Suite 1A
New York, NY 10128
Telephone: 212-369-4080
www.drjerryepstein.org
Email : jerry@drjerryepstein.org

Welcome to the American Institute for Mental Imagery (AIMI). We are a Regents chartered N.Y. State post-graduate training center for all healthcare professionals providing certification in Mental Imagery, Phenomenology and Imagination. We also provide an Adult Education School for the general public all of which are described in these pages.

All of the teaching demonstrates how Western spirituality is brought into daily life as a practical application of a “new” way to approach life to bring you truth, love, peace, serenity, humor, happiness, touching every significant area of your life. There is no other place to get this cohesive, coherent, comprehensive transmission of ancient wisdom translated into contemporary terms to bring about life changes.

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 2010-2011 available on the web, drjerryepstein.org, or call for more information: 212- 369-4080.

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

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. 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 twentieth 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. In early 2010 he published *Emotional Mastery* (Nightingale Conant), a 6-CD set presenting rapid imagery techniques for stopping and transforming emotional turmoil along with six ingredients for a long and happy life.

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 sacerdots, 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: The Science of Isness: The Alliance of Us to God; The Law of Detachment: How to Think, Feel and Live Spirituality; Emotional Mastery and The Science of Love.

THE BIBLE: THE TRADITIONAL HEALTHCARE MODEL

Teacher: Gerald Epstein, M.D.
Day: Tuesday
Time: 11:30 AM – 1 PM
Dates: 2010: September 14; October 5, 26;
November 16; December 7
2011: January 11; February 1, 22;
March 15; April 6, 26; May 17; June 7
Fee: \$650

As we move along through the year we shall unfold a Western spiritual sacred therapeutics. If you want to cut your healthcare costs and take charge of your healthcare needs then come and join me in this year-long class to give you the way to actively participate in your healing. The Bible covers many bases, one of which is as a prescriptive healthcare model known as the EssenceExistence model which also incorporates mindbody. The Bible provides answer for the origin and meaning of disease as well as prescriptions for health and harmony. This class will provide insights, techniques and methods for the spiritual approach to healing. From the Creation to Moses to Ezekiel and King David we have a veritable healthcare system outlining the traditional model offering an alternative to the conventional medical one. During this class we shall also cover the points of similarities and dissimilarities between the two and how they would be applied to your everyday life situation.

SCIENCE & SPIRIT

Teacher: Gerald Epstein, M.D.
Day: Thursday
Time: 11:00 AM – 2 PM
Dates: 2010: September 8, 23; October 7, 21;
November 4, 18; December 2
2011: January 13, 27; February 20, 24;
March 10, 24; April 7, 21; May 5, 19; June 2
Fee: \$2,100 – Payable in three installments of \$700 each
on: September 9, December 2 and March 10

This year's theme is Science & Spirit. By science I include contributions made from the field of natural science (biology, physics, psychology, etc.) and from the domain of spiritual or revelatory science. By science I mean its specific definition, that of knowing, however that knowledge is derived. Whatever the source, be it from the measurable physical (time-space) world or from the realities of subjective experience, those discoveries are subject to verification, validation, internal consistency, reliability. Such reliability is not only measured by objective quantifiable means, but also by personal subjective shifts and noted and noticeable differences in one's own being. Throughout our time together we shall be able to discern more precisely the similarities and dissimilarities between the materialistic and spiritual modes of understanding and the implications they hold for living a life of peace and freedom. To do so our year-long class work will focus on the methods and means to move toward becoming a person of self-authority, autonomous, living in truth, love and light.

In creating this special environment for learning we will emphasize three distinct, yet distinctly interwoven, topics: The Science & Practice of Isness: Living The Alliance Between Us & God; Emotional Mastery: The Science of Love & Becoming Loving; The Law of Detachment: How To Think, Feel & Live Spirituality, Or The Art of Voluntary Simplicity. Following just now are the descriptions of these three segments:

The entire program will cover the ground of Western spirituality and its general applications to life, love, relationships and its specific applications to healthcare, medicine (ailments-sources and remedies), longevity and wellness.

The Science Of Isness explores the meaning of the present moment and its implications for our life. Here we come to learn how to remain attached to the presence of the present, the scientific rationales and contributions to understanding the contribution and purpose the present has for us. We shall also find out about the levels of reality surrounding us, the presence of forces and beings available to us to live a happy, quality, unborning, purposeful life. We shall come to know where psychology ends and spiritual life begins; where scientific evolutionary ideas end and spiritual evolutionary understanding begins; where scientific inquiry ends and spiritual inquiry begins; what life force is and isn't; and more.

Emotional Mastery covers the vast range of love, its spiritual definitions, how to become loving, its science and service for overcoming the emotional damage created by our distressing emotions such as: anxiety, guilt, anger, fear, worry, depression. There is a practice of love and of emotional mastery in general preventing our life force from being drained and depleted by our inner terrorists who seek our perpetual enslavement, disequilibrium, dysfunction and eternal dissatisfaction. Here we come to recognize how these inner emotional demons are operating, what we can do about them and know why you come across individuals who appear always happy, bright, kind and generous despite apparently difficult circumstances surrounding them or impinging themselves directly into their lives (the single most generous group of people are the poor).

Law of Detachment occurs when having become an IS being and having accomplished degrees of emotional mastery we are now ready for fulfillment of our spiritual adventure. Here the door is opened to discover how to think, feel and live spiritually. Integrating these three elements through the practices of Western meditation, detachment of intellect and instinct, climbing Jacob's ladder to reach toward that grandest of experiences as our intuition brings us to a new life of liberation and freedom.

GREAT SPIRITUAL BOOKS PROGRAM

Teacher: Gerald Epstein, M.D.
Day: Tuesday
Time: 2:00 PM – 4:00 PM
Dates: 2010: September 7; October 5;
November 2; December 7
2011: January 18; February 15;
March 15; April 12; May 10; June 7
Fee: \$400 - Payable on September 7

Over the past 27 years I have taught, in an intensive way, different books that in my estimation are pillars of Western spiritual life along the lines of Monotheistic spirituality and its esoteric meanings (not theology). Among these works have been the Bible, Way Of The Just, Palm Tree Of Deborah, Kuzari, Creative Imagination In The Sufism Of Ibn Arabi, Healing Into Immortality, 13 Petalled Rose, Meditations On The Tarot, Covenant Of The Heart, Christ & Sophia, The Science Of Man, Notes On Personal Integration & Health, and Who's In Charge Of Your Inner State of Being?

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. The current exploration is 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.

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: 2010: September 16, 30; October 14, 28;
November 11; December 9
2011: January 20; February 3, 17;
March 3, 17, 31; April 14, 28; May 12, 26
Fee: \$1,200 - Payable in 2 installments of \$600 each on:
September 16 and February 3

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, M.D.
Day: Wednesday
Time: 3:00 PM – 5:00 PM
Dates: SERIES 1: September 8, 15, 22, 29; October 6, 13, 20
SERIES 2: November 3, 10, 17, 24; December 1, 8, 15
SERIES 3: January 12, 19, 26; February 9, 16, 23
SERIES 4: March 2, 9, 16, 23, 30; April 6, 13
SERIES 5: April 27; May 4, 11, 18, 25; June 1
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: SERIES 1: September 16, 23, 30; October 7, 14, 21
SERIES 2: October 28; November 4, 11, 18; 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, 26; June 2
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 is a special language, one of images that can be read, as one would any language; except this is one not written in words. The dream, then, is a picture language, akin to the picture/hieroglyph language of ancient Egypt. In our group one learns to read and understand this language. The interchange that ensues enlarges everyone’s scope of understanding and knowledge. We all come to recognize the common themes of life, realizing then that one person’s dream is everyone’s dream and in doing so we realize that we are all brothers and sisters under the skin. I look forward to your joining us as we peer into our “book of life” that is opened for us through the 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.

GROUP WAKING DREAM: FINDING YOUR INNER ASTRONAUT

Teacher: Gerald Epstein, M.D.
Day: Tuesday
Time: 11:00 PM – 12:30 PM
Dates: 2010: September 21; October 12;
November 2, 23; December 14
2011: January 18; February 8;
March 1, 22; April 12; May 3, 24
Fee: \$1,000 - Payable in 2 installments of \$500 each on:
September 21 and January 18

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 36 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. Plough the depths, ascend the heights using your night dream as the jumping off point. Then starts the process of cosmic respiration that inspires this visionary journey.

Teacher: Lydia Craigmyle, Ph.D.
Day: Sundays
Time: 2:00 PM – 6:00 PM
Fee: \$80 per session (\$20/hr)

SACRED SONG BLESSINGS

Date: 2010: May 22

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: CRAIGMYLE CALMING TECHNIQUE

Date: 2010: November 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 Craigmyle Calming 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

Date: 2010: March 6

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.

BECOMING A PIP OF A PERSON

Teachers: Gerald Epstein, M.D.; Elizabeth Barrett, R.N., Ph.D.
Day: Sunday
Time: 10:00 AM – 4:00 PM
Dates: March 6, 2011; March 27, 2011
Fee: \$300

In this two-day workshop separated by three weeks, Dr. Elizabeth Barrett and Dr. Gerald Epstein present their powerful program called Power-Imagery Process or PIP. It combines Elizabeth's theory of Power (researched in over 80 studies worldwide) known as PKPCT – Power As Knowing Participation In Change Tool – and Gerald's EMIM – Epstein Mental Imagery Model. This program is a model for change experienced directly over the course of this 3-step, 21-day process. It is designed individually for everyone participating utilizing both mental imagery and a special technique called Power Plan to call upon your inherent inner resources to become liberated and free. In doing so you become a PIP, meaning someone wonderful.

THERAPEUTIC TOUCH Health Patterning Through Energy Healing

Teacher: Elizabeth Barrett, R.N., Ph.D.
Day: Sunday
Time: 10:00 AM – 4:00 PM
Dates: 2010: November 7, 21
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.

TEACHING MENTAL IMAGERY TO CHILDREN (...AND OTHER INTERESTED FAMILY MEMBERS!)

Teacher: Beth deFuria, M.P.S.
Day: Tuesday
Time: 6:30 PM – 8:00 PM
Dates: 2010: October 12; November 2
Fee: \$160 for 2 sessions

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.

TWOTOWARDONE: A SIMPLE METHOD FOR LIGHTER LIVING

Teacher: Daniel Singer
Day: Tuesday
Time: 6:30 PM – 8:00 PM
Date: 2010: October 5
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*.

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: 2010: October 2; November 20
2011: January 29; March 26; May 21
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.

Third AIMI-sponsored Conference – “Power Of The Heart: Imagination, Power & Love.” Saturday, October 9, 2010 at The House Of The Redeemer from 8 AM - 9 PM (Breakfast

and dinner included). Call (212) 369-4080 for more information and/or a detailed brochure; or find it on Dr. Epstein’s website: www.drjerryepstein.org/events.

OPEN ONLY TO HEALTH CARE PROFESSIONALS

CLINICAL SUPERVISION AND MORPHOLOGY

Teacher: Gerald Epstein, M.D.
Day: Thursday
Time: 1:30 PM – 3:30 PM
Dates: 2010: September 16, 30; October 14, 28; November 11; December 9
2011: January 20; February 3, 17; March 3, 17, 31; April 14, 28; May 12, 26
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.

CLINICAL SUPERVISION AND MORPHOLOGY BY CONFERENCE CALL

Teacher: Gerald Epstein, M.D.
Day: Tuesday
Time: 4:00 PM – 5:15 PM
Dates: 2010: September 14, 28; October 12, 26; November 9, 23; December 14
2011: January 11, 25; February 8, 22; March 8, 22; April 5, 19; May 3, 17, 31

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

THE guide to the integrative system of mindbody healthcare. (\$25)

Healing Visualizations

The standard reference of healing imagery exercises for many (\$16)

emotional and physical imbalances.

Waking Dream Therapy

The techniques and principles of imagination as the primary (\$25)

transformational process of imaginal therapy.

Studies in Non-Deterministic Psychology

Essays of new directions in therapy such as: Mental Imagery, (\$25)

Buddhism, Creative Trance and the I Ching.

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 + 1 CD-ROM

(\$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)

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:

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, M.D. 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, M.D.
16 East 96th Street, Suite 1A
New York, NY 10128

Order books/audio recordings at:

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

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