

# AMERICAN INSTITUTE OF MENTAL IMAGERY

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**2019 - 2020**

## **Fall & Spring Courses**

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*Founded on the principles of love and truth, Dr. Jerry Epstein, M.D. created the American Institute of Mental Imagery in 1982. Through his work, Dr. Epstein sought to empower people to be their own authorities, teaching them to access their inner wisdom in order to find answers to their mental, physical, and emotional difficulties. Teaching people how to use their minds to heal, AIMI is dedicated to extending tools and techniques of self-healing and self-realization to anyone, of any age, at all times. All are welcome. **Classes can generally be joined at anytime at a prorated rate.** Call Rachel Epstein, the director of AIMI at 646-269-4742 for more information or email [Rachel@drjerryepstein.org](mailto:Rachel@drjerryepstein.org).*

## **COURSE DESCRIPTIONS**

### **GEMS I: Intro to Healing**

**New Section begins: Jan. 7, 2020**

*Attend in-person, call-in via computer or tel. or receive an mp3 recording*

This foundational course covers the fundamentals of healing using western monotheistic spiritual and metaphysical principles and practices. The class covers a range of topics for self-development, transformation, and healing, from the “7 keys to healing” to “recognizing our spiritual gifts” to “implementing our life plan.” Each week, students will learn concrete tools and techniques to remove mental, emotional, and physical blocks. Students will leave with a newfound

understanding of themselves, a greater connection to their intuition, the ability to transform their lives, and change their habits.

**Every Other Tuesday, January - June, 11:00 AM–12:30 PM**

**Tuition: \$9100\* due Jan. 7, 2020**

**Sept. 17; Oct. 2\*, 15, 29; Nov. 12, 26; Dec. 10; Jan. 7, 21  
Feb. 4, 18; Mar. 3, 17, 31; Apr. 14, 28; May 12, 26; Jun. 9, 23,**

*\* Can be paid in two parts*



## **GEMS II: The Wisdom Keepers**

*Attend in-person, call-in via computer or tel. or receive an mp3 recording*

An example of a traditional “Wisdom School,” GEMS II offers a deep dive into the fundamentals of the lost western, monotheistic spiritual traditions, further exploring the philosophies of healing introduced in GEMS I. Using texts and discussion, the class explores “light” and “lightness,” and its relation to healing, (im)mortality, inner wisdom, and the divine. Students will come away with a greater understanding of the western spiritual traditions, and a daily practice to, in the words of Rhondell, “build a spiritual body of light.” Readings will include selections from Dr. Epstein’s forthcoming book, *We’re Not Meant to Die*, as well as *Meditations on the Tarot*, *The Gospel of Thomas*, *Headliners*, and more.

**Every Other Tuesday\*, September–June, 11:00 AM–12:30 PM**

**Tuition: \$1,575 payable in two payments of \$788 due on Sept 10 and Feb 11.**

**Sept. 10, 24; Oct. 8, 22; Nov. 5, 19; Dec. 3, 17; Jan. 14, 28;  
Feb. 11, 25; Mar. 10, 24; Apr. 7, 21; May 5, 19; Jun. 2, 16, 30**

***\*Holiday Schedule: No classes Dec. 19<sup>th</sup> – Jan. 6<sup>th</sup>***



## **Imagery: A Group Healing Experience**

*Attend in-person, call-in via computer or tel. mp3 not available.*

Mental imagery, the practice of thinking in pictures instead of words, has been used for centuries as a tool to access inner wisdom and create change. Based on the principle that all one's answers lie within, this class teaches students how to turn their senses inward to access their intuition in order to find guidance, healing, and transformation. Each week students are led through multiple imagery exercises and are asked to share their experiences. Through group discussion, students are taught how to read the language of images, and are guided on how to create personalized imagery exercises for their specific needs. Students will come away with the power and confidence to use imagery to reduce anxiety, navigate decision-making, connect with their inner-truth, and heal from past wounding.

**Every Other Tuesday\*, September–June, 2:00 PM–3:30 PM**

**Tuition: \$1,575 payable in two payments of \$788 due on Sept 10 and Feb 11.**

***Sept.* 10, 24; *Oct.* 8, 22; *Nov.* 5, 19; *Dec.* 3, 17; *Jan.* 14, 28  
*Feb.* 11, 25; *Mar.* 10, 24; *Apr.* 7, 21; *May* 5, 19; *Jun.* 2, 16, 30**

***\*Holiday Schedule: No classes Dec. 19<sup>th</sup> – Jan. 6<sup>th</sup>***



## **A Year of Transformation**

*Attend in-person, call-in via computer or tel. or receive an mp3 recording*

Using Robert Rhondell Gibson's guidebook, *The Science of Man*, this class offers a simple psycho-spiritual system for self-examination and self-development. Through assignments, weekly readings, and discussion, students will learn how to positively respond to stress, change negative outlooks, adapt to change, and remove the roadblocks that prevent them from thriving mentally, emotionally, and physically. Topics to be covered include: identifying conditioned responses to stress; tools and techniques to change negative habits; exercises to reduce anxiety and bring about positive change in life. Students will leave the class with a newfound understanding of themselves, the ability and confidence to follow their intuition and connect to their inner truth, and a greater sense of freedom from their wounds.

**Every Thursday\*, September–June, 7:00 PM–8:00PM**

**Tuition: \$1,900.** Payable in **three installments of \$633** due on Sept. 5, Dec. 5 and Mar. 5.

**Sept.** 12, 19, 26; **Oct.** 3, 10, 17, 24, 31; **Nov.** 7, 14, 21,  
**Dec.** 5, 12, 19; **Jan.** 9, 16, 23, 30; **Feb.** 6, 13, 20, 27; **Mar.** 5, 12, 19, 26;  
**Apr.** 2, 16, 23, 30; **May** 7, 14, 21, 28; **Jun.** 4, 11, 18, 25

**\*Holiday Schedule: No classes Nov. 28, Dec. 19 – Jan. 6, or April 9.**



## **The Group Dream Experience**

*Attend in-person, call-in via computer or tel. mp3 not available.*

Dreams not only help us process the events of the day, they also carry deep meanings and messages for us, answering questions and revealing information about our social, emotional, mental, spiritual, and physical lives. But unless we

know how to read them, dreams are often of little use. Based in the belief that one person's dream is everyone's dream, each week students will share their dreams with the group. Through class discussion, participants will learn how to read the language of dreams, and learn how to uncover the analogy between their dreams and their waking lives. Students will leave the class with the ability to read the language of dreams and images, the practice of dream reversal, and be able to use their dreams to call-in guidance, and bring about tangible changes and healing in their waking lives.

**Every Other Tuesday\*, September–June, 2:00 PM–3:30 PM**

**Tuition: \$1,500 payable in two payments of \$750 due on Sept. 17 and Feb. 4.**

**Sept. 17; Oct. 2\*, 15, 29; Nov. 12, 26; Dec. 10, Jan. 7, 21  
Feb. 4, 18; Mar. 3, 17, 31; Apr. 14, 28; May 12, 26; Jun. 9, 23**

*\*Holiday Schedule: Class on Tuesday, October 1<sup>st</sup> will meet on Wednesday, October 2<sup>nd</sup>. No classes Dec. 19<sup>th</sup> – Jan. 6<sup>th</sup>*



### **Applying Western Spiritual Therapeutics to Clinical Practice**

*For clinicians only.  
Attend in-person, call-in via computer or tel.*

This class is for health care practitioners interested in bringing alternative healing modalities into their therapeutic and clinical practice. Using western spiritual philosophy, and Dr. Jerry Epstein's teachings, students learn therapeutic skills, including: how to effectively use mental imagery with clients; dream reading and reversal; introducing and applying exercises in will; analogic thinking; understanding the importance of phenomenology; the esoteric art of morphology (face reading), and more. Using student's participation, clinical presentations,

and patient/client photographs as case studies, this class deepens participant's therapeutic gifts, and furthers their understanding of the healing relationship.

*\*Note: licensed clinicians seeking certification require individual supervision*

**Every Other Thursday\*, September–June, 2:00 PM–3:30 PM**

**Tuition: \$75 per session**

**Sept. 19; Oct. 3, 17, 31; Nov. 14; Dec. 5, 19; Jan. 9, 23  
Feb. 6, 20; Mar. 5, 19; Apr. 2, 16, 30; May 14, 28; Jun. 11, 25**

***\*Holiday Schedule: No classes Nov. 28 and Dec. 19 – Jan. 6***



### **Saturday Night Salons**

*Free Open House.*

Want to learn more about The American Institute of Mental Imagery or Dr. Jerry Epstein's work? Aren't ready to sign up for a class or a private session? Our Salons are a great place to start! These free lectures feature guest speakers on a wide range of topics on spirituality and healing. After the lecture, everyone is encouraged to mingle, network, and make connections while enjoying light refreshments.

**8:00 PM–10:00PM**

**March 28, 2020**



**Register online at: [ww.drjerryepstein.org/](http://ww.drjerryepstein.org/)**

**OR**

**Send a check to: AIMI, 351 East 84<sup>th</sup> Street, Apt. 10d, NY, NY 10028**

***Scholarship available, contact us below***

## The American Institute of Mental Imagery

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