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Prosperity

Nurses on Horseback

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were the same for everyone - Mrs.B., the one doctor, the midwives, nurses, clerical staff, everybody -\$120 a month with \$40 taken out for room and board. Every month I put \$80 into savings.

To live and work in that beautiful mountain country was exciting. Hospital nurses rotated shifts every week, so it was the day shift one week, evenings the next and then nights. Nurses gave complete patient care, made baby formula (Karo, canned milk and water), stoked the coal furnace in the basement (my mortarboard cap would get caught on the overhead pipes), changed dressings—patients got burned while they tended their moonshine stills and drank too much--or worked with gunshot wounds from Saturday night fights among the feuding families.



Mary and her FNS Nurse-Midwife Team

With free time on the different shifts, we could take the horses out during daylight hours. The horses were to be used sparingly so that they would always be fresh when needed by the midwives to go on deliveries or emergencies. Of course, being the contrary folk we were, my buddy Ginny and I would gallop our horses thinking no one would know. Not so; with the “mountain telegraph,” word got back to the hospital before we did. The midwives had the same restrictions, but somehow they managed to win all the races at the County Fair.

Cleaning up patients for hospital admission was a challenge. Most families had no plumbing and few resources. Pneumonia was prevalent and penicillin was a very new commodity; it came as a thick liquid which required a big needle to be injected. Listless babies succumbing to constant diarrhea were frequently our wards. Nurses injected saline under the skin of their emaciated backs to try to hydrate them.

Hospital nursing required all our compassion, ingenuity, caring and talent. Patients learned to like being clean. With the midwives teaching women and their families about sanitation, improvising and “making do,” the level of hygiene and health was improving among those folks. We had it all back then —especially Prosperity of heart and soul—plus the thriving health of the mountain folks. It was a very rewarding experience to work at the FNS and I am ever grateful to have had that opportunity.

Bobby Duval works as a volunteer in her local cancer center and leads the Ovarian Cancer Support group she started. She teaches Imagery to the group and integrates it into all of her nursing and counseling experiences.

Spiritual Prosperity:

The Cosmic Bank Account



**By
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Prosperity generally refers to material goods and attainments we acquire – the “perishables” as the great 19th century Indian Saint Sai Baba of Shirdi called them. However, there are also inner riches that we can cultivate through the practice of Imagery. These riches are not garnered in the material sphere; they are not income producing, but rather are the “pearls beyond price.” Certainly, we don’t trivialize material Prosperity; and I shall share an Imagery script to enhance that possibility toward the end of this column.

There are real differences between the two forms of Prosperity mentioned above. A major one lies in the feeling states attached to them. Another is the amount of effort applied toward obtaining these respective Prosperities. In pursuing material Prosperity, there is often anxiety, worry, and fear while the richness of Spirit brings with it peace of mind, balance, and joy. This richness in and of Spirit is directly connected with an

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Spiritual Prosperity

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attitudinal shift (accompanied by an act of Will) to detach from being determined and driven by our shifting moods and emotions, thoughts, and behaviors by what we possess or lack materially. Who has not been caught in the “If I only had _____ (more money/better body/the new gadget, etc.) then I would be happy/secure...” When we are dependent on the outside world, on what others say, think, feel, or do to us, we engage in a master-slave relationship. Money, as an expression of material power, is often the prime influencer in these relationships.

Effort, the other element associated with Prosperity, includes the debilitating effect(s) such effort has on our biological systems: the energy expenditure, emotional distress, extreme mental focus, concerns about competition or losing money (as in the 10/2008 stock market collapse and the Madoff ponzi scheme), the never ending consternation over the economy at the heart of every presidential election, just to cite a few. Or, as Wordsworth neatly summed it up “getting and spending we lay waste our powers.”

In contrast, spiritual Prosperity requires minimal effort, a micro input for a macro output. This is contrary to the effort-laden work built into material life that yields macro or micro inputs that come and go. The spiritual practice of “**concentration without effort**” teaches us to focus on the moment without concern for the bottom line, result, outcome, goal, or net income – begets a greater profit

then can ever be realized through material Prosperity. The latter is always coming and going with the passage of time. As a great mystical sage, Rabbi Nachman of Bratslav, said “where is all the old Roman money, old Spanish money, old Pharaonic money of ancient Egypt?” But, Prosperity gained through spiritual awareness, self-knowledge, and inner illumination remains a permanent deposit in a cosmic bank account to withdraw from whenever we wish. And, no matter how much we withdraw, the amount left never diminishes - somewhat like a never-ending IRA or 401k!



A beautiful example of inner Prosperity aired on CBS *60 Minutes* episode entitled “Rodriguez: the rock icon who didn’t know it” (10/7/2012). You can view it on the following link: http://www.cbsnews.com/8301-18560_162-57526420/rodriguez-the-rock-icon-who-didnt-know-it/

Net Worth Exercise

Intention: For material Prosperity. (You may tell yourself the name of the exercise and the intention – not the goal – any way you wish to state it).

Frequency: Once each morning upon awakening for 21 consecutive days. Tell yourself that the exercise

is taking a few seconds. Your biological clock will have you open your eyes at the correct time.

Induction: Sit upright; back straight, in a chair with arms. Your arms rest on the arms of the chair and your feet rest squarely on the floor. Close your eyes. Breathe out a long slow exhalation through the mouth followed by a brief inhalation through the nose, three times; then breathe any way you wish.

See yourself hurling a fine golden net into the cosmos catching for yourself the sustenance you need. Breathe out one time, and bring the net back down to you. Open it, remove and keep what you have brought to you. Breathe out one time and open your eyes. Remember, do not be concerned or focused on the result. After doing the exercise forget it throughout the day.

Barnacles of Attachment

Intention: For spiritual Prosperity.

Frequency: Once each morning upon awakening for 21 consecutive days.

Induction: See above exercise.

See and sense yourself clearing and cleaning away the barnacles of attachment from your ship of destiny. Use whatever you need to accomplish this task. Then, breathe out one time. Now, board your ship assuming the position of captain. Guide your ship to a new destination where all the gifts of Spirit await you. Breathe out and open your eyes.

Feel free to email me at jerry@drjerryepstein.org to share any feedback.