



AMERICAN INSTITUTE  
FOR  
MENTAL IMAGERY

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SPRING 2024 COURSE  
CATALOGUE





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All courses except GEMS I & Introduction to Feng Shui can be joined at any point during the semester. Partial needs-based scholarships available for most courses -- please email [mentalimageryinstitute@gmail.com](mailto:mentalimageryinstitute@gmail.com) for more information.

Switch to EDT from EST on March 10, 2024 for all courses



For a complete list of current and future course offerings, please visit our website at:

<https://aimi.us/offerings/>





# AIMI 2023-24 COURSE CATALOG

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## SPRING 2024 SEMESTER OFFERINGS

Register for Courses at  
<https://aimi.us/offerings/>





# GEMS I: FOUNDATIONS OF HEALING

**Spring section starts Wednesday Mar. 20, 2024**

**Meets every Wednesday from 11:00am-12:30pm EDT**

Embark on a life-changing journey of self-discovery and empowerment or expand upon your existing knowledge of the healing process through this foundational course in self-healing tools and techniques. GEMS I, named for the Gerald Epstein Medical System, this class will feed the flames of healing that lie within you. Unravel the mysteries of self-healing and delve into the profound wisdom of western monotheistic spiritual and metaphysical principles. GEMS I is a profound exploration of the core principles that facilitate healing at its deepest levels. Brace yourself for an emotional and spiritual awakening as you uncover:

- The Seven Keys to Healing
- The Mirrored Universe: How Beliefs Manifest as Experience
- 12 Limiting Beliefs: Personal and Universal
- Twisted Relationships with Others: How to Recognize and Reverse Them
- Why We Get Sick and We Get Well: Understanding How Doubt, Expectation and Denial Insinuate Themselves Within Us
- The Healing Relationship and Unconditional Love
- Tapping Into our Innate Healing Capacity: Imagery for Healing Physical & Emotional Difficulties
- Techniques of Change: Using our Wills Effectively

In each class, you will learn about and actively practice concrete tools and techniques for self-healing. Break free from mental, emotional, and physical barriers that have held you back. By the end, you'll walk away with a newfound understanding of yourself, a renewed belief in your ability to change and transform, and the unwavering trust to follow your inner wisdom and intuition. This class is taught twice per year, once in the Fall and once in Spring.

"This class hit the mark on what I've been struggling with. My awareness has helped me begin noticing and valuing my own experiences more." --A.L., GEMS I Student

Instructor: Rachel Epstein, LAc, JD

Location: This remote course will meet via Zoom with recordings available for those who wish to join asynchronously

Tuition: \$495/semester (due March 20, 2024)

Schedule: Wednesdays from 11:00-12:30pm starting March 20, 2024

Meets 2024: Mar 20, Mar 27, Apr 3, Apr 10, Apr 17, May 1, May 8, May 15, & May 22



# GEMS II: THE WISDOM KEEPERS

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**Starts Tuesday, February 20, 2024**

**Meets every other Tuesday from 11:00am-12:30pm EST**

This class unveils the realms of imagination, intuition, love, detachment, and healing, guiding you to develop a greater understanding of the Western Spiritual Traditions to enhance your personal spiritual practice. This year's curriculum continues to explore the three tiers of this path of transformation: De-habituating (purification), Intuition (illumination), and Love (Union of Will, feelings and thoughts with the Divine). Each week, imagery exercises are included to reinforce the concepts explored in our readings and discussions.

Readings this year include selections from:

- Dr. Epstein's unpublished *We Are Not Meant to Die!*
- *The Gospel of Thomas* (Assorted Sources)
- *The Life & Teachings of Russel Williams*
- Annick de Souzenelle's *The Body & Its Symbolism*
- Additional texts based on student interests

"The body of work is so rich that it's a vibrant journey each time I explore it." -- A.R., GEMS II Student

Instructor: Rachel Epstein, LAc, JD

Location: This remote course will meet via Zoom with recordings available for those who wish to join asynchronously.

Tuition: \$550 (due February 20, 2024)

Schedule: Every other Tuesday from 11:00-12:30pm starting February 20, 2024

Meets 2024: Feb. 20, Mar. 5, Mar. 19, Apr. 2, Apr. 16, Apr. 30, May 14, May 28, June 11, June 25, & July 2\*

\*Make up from fall section, one week gap





# GROUP IMAGERY: EMPOWERED TO HEAL

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**Starts Tuesday, February 20, 2024**

**Meets every other Tuesday from 2:00-3:30pm EST**

For centuries, the profound practice of mental imagery, called the intelligence of the heart, has held the key to unlocking inner wisdom, igniting transformative change, and forging connections to the divine realms. This experiential class teaches you how to turn your senses inward to access your intuition and unlock your inner guidance, healing, and transformation. Each week, you are led through multiple illuminating imagery exercises and will have the opportunity to share your awe-inspiring experiences with a close-knit group of fellow seekers. Through group discussion, you learn to decode and interpret the language of images and develop the skills to create personalized imagery exercises for your specific needs. At the end of this transformative journey, you'll harness your inner power and confidence as an imagery practitioner on an extraordinary level, learning to use imagery to quell your anxieties, navigate challenging decisions, and heal the wounds of the past.

This year, we will conclude the course with exercises adapted from Simcha Benyosef's *Empowered to Heal* and from other sources based on student interest. This course is an open invitation to all, a sanctuary of learning and growth. Step into the transformative world of heart-centered intelligence, where the magic of mental imagery awaits.

Instructor: Rachel Epstein, LAc, JD

Location: This remote course will meet via Zoom with recordings available for those who wish to join asynchronously.

Tuition: \$550 (Due February 20, 2024)

Schedule: Every other Tuesday from 2:00-3:30pm starting February 20, 2024

Meets Feb. 20, Mar. 5, Mar. 19, Apr. 2, Apr. 16, Apr. 30, May 14, May 28, June 11, June 25, & July 2\*

\*Make up from fall section, one week gap





# IMAGERY FOR GRIEF & LOSS

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**Starts Sunday, February 25, 2024**

**Meets every Sunday from 12:30-2:00pm EST**

Grieving the loss of a loved one or enduring a profound loss can leave us feeling overwhelmed, directionless, and emotionally burdened. Embrace a transformative journey of healing as we create a nurturing sanctuary to process grief and loss through the profound power of mental imagery.

Guided by experienced facilitators, you'll be gently introduced to the art of using mental imagery to explore and release emotions tied to your grief. As we employ mental imagery to explore our internal selves, we'll uncover healing messages from within—messages of comfort, understanding, and acceptance.

Through the language of imagery, we'll navigate the complex emotions that grief can evoke, finding solace in the midst of pain. As we collectively support each other, you'll discover that your healing journey is shared, knowing that you're not alone in your struggles.

Our transformative exercises will enable you to process your emotions, release the weight of sorrow, and cherish the memories of your loved ones. You'll find resilience in the face of grief, nurturing a newfound sense of hope and healing.

As the course progresses, you'll develop the skills to incorporate mental imagery into your daily life, empowering yourself to navigate grief beyond the confines of our meetings. This is not just a group; it's a sanctuary of healing, connection, and renewal.

Instructors: Phyllis Kahaney, MSW, PhD, & Rachel Epstein, LAc, JD

Location: This remote course will meet via Zoom with recordings available for those who wish to join asynchronously.

Tuition: \$300

Schedule: Sundays from 12:30-2:00 pm EST

Meets 2024: Feb. 25, Mar. 3, Mar. 10, Mar. 17, Mar. 24



# KNOW THY SELF: A WEEKLY COMMITMENT TO GROWTH

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**Starts Thursday, February 1, 2024**

**Meets every Thursday from 11:00-12:00pm EST**

Deeply rooted in the Western Spiritual Tradition, this teaching is an essential practice for observing thoughts and feelings without judgment. Immerse yourself in Robert Rhondell Gibson's transformative book, "The Science of Man," as this extraordinary class unfurls a profound psycho-spiritual journey of self-exploration and personal evolution. Discover a simple yet profound matrix that illuminates the roots of your "negative" thinking, emotions, and behaviors, freeing you from their grip. Across 24 thought-provoking weekly lessons, you'll delve into the art of mindful living, simultaneously untangling your social patterns and liberating yourself from the shackles of the "ego" or "false selves."

Each week, you'll apply the session's readings to your daily struggles, gaining valuable insights into the roadblocks preventing you from embracing life with a fresh perspective. Uncover how you react when reality doesn't align with your desires, unearthing emotions like anger, frustration, fear, or insecurity.

By the end of this transformative journey, you will have:

- Cultivated a mindful approach to your daily interactions, enriching your relationships
- Identified six ways you unconsciously try to control others in your day-to-day behavior
- Embraced a holistic mind-body view, understanding the connections between your beliefs and your well-being
- Recognized the negative beliefs dictating your automatic responses.
- Gained a newfound clarity on your authentic values and purpose in life
- Acquired tools to utilize obstacles as stepping stones for inner growth
- Deepened your understanding of Biblical teachings and parables, finding profound wisdom in them

Instructor: Rachel Epstein, LAc, JD

Location: This remote course will meet via Zoom with recordings available for those who wish to join asynchronously.

Tuition: \$1000 due on Feb. 1. Discounted rate offered for repeat students; contact instructor at [mentalmageryinstitute@gmail.com](mailto:mentalmageryinstitute@gmail.com) for more information about scholarship opportunities and payment plan options.

Schedule: Thursdays from 11:00-12:00pm starting February 1, 2024

Meets 2024: Feb. 1, Feb. 8, Feb. 15, Feb. 22, Feb. 29, Mar. 7, Mar. 14, Mar. 21, Mar. 28, Apr. 4, Apr. 11, Apr. 18, Apr. 25, May 2, May 9, May 16, May 23, May 30, June 6, June 13, June 20, June 27, July 11, & July 18





# GROUP DREAM READING

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**Starts Tuesday, January 30, 2024**

**Meets every other Tuesday from 2:00-3:30pm EST**

Every night, as we slumber, a world of profound meaning and revelation awaits us in the realm of dreams. These nighttime visions not only help us process our daily events but also carry vital messages that transcend the boundaries of our waking lives—spanning the social, emotional, mental, spiritual, and physical dimensions.

To harness the true power of our dreams, we must learn the art of interpretation. In this transformative class, we believe that one person's dream holds significance for everyone. Each week, a close-knit group of students will share their dreams, fostering a sacred space for exploration and growth.

Together, we will embark on a thrilling journey of dream analysis, uncovering the profound analogies between dreams and waking reality. Through engaging class discussions, you'll learn to decipher the language of dreams, unlocking their meanings.

Armed with this newfound wisdom, you'll master the art of dream reversal—a powerful tool to elicit guidance and invoke tangible changes and healing in your waking life. Your dreams will become a wellspring of clarity and empowerment, guiding you towards the path of self-discovery and transformation.

“Working with my dreams, I felt like a part of myself was revealed, an intrinsic part of myself that I'd kept hidden, not because I wanted to keep it hidden, but because there hadn't been a mirror in my life to reflect it up until this time.” – E. A., Group Dream Reading Student

Instructor: Rachel Epstein, L.Ac., JD

Location: This remote course will meet via Zoom with recordings available for those who wish to join asynchronously.

Tuition: \$550 (due January 30, 2024)

Schedule: Every other Tuesday from 2:00-3:30pm starting January 30, 2024

Meets Jan. 30, Feb.13, Feb. 27, Mar. 12, Mar. 26, Apr. 9, May 7, May 21, June 4, & June 18





# INTRODUCTION TO FENG SHUI

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**Starts Sunday, February 4th**

**Meets for two Sundays from 11:00-1:00pm EST**

Part One: Unlock the ancient wisdom of Feng Shui and harness its power to create harmony and balance in your living spaces. In this comprehensive introductory course, you'll delve into the principles of Feng Shui, its history, and practical applications that can positively impact your environment and well-being. Curriculum will include imagery, the history of Feng Shui, the three types of Chi, Yin/Yang Theory, the Five Elements and their cycles, and compass reading of the elements of a room.

Part Two: Dive deeper into the world of Feng Shui and unlock more advanced techniques to create harmonious and energetically balanced environments. Building on the foundational knowledge from Part One, this course will guide you through intricate Feng Shui scenarios, cures, and calculations that empower you to transform spaces for optimal well-being and prosperity. Curriculum will include imagery, discussions of Feng Shui scenarios and their cures, calculating Ming Kwa/Nine Star numbers, the connection between Nine Star numbers and the I Ching, and Eight Points.

Instructors: Jacqueline Albert Pepper

Location: This remote course will meet via Zoom with recordings available for those who wish to join asynchronously.

Tuition: \$120 (Due February 4th, 2024)

Schedule: Sunday February 4th and Sunday February 11th, 2023 from 11:00-1:00pm EST