



AMERICAN INSTITUTE FOR MENTAL IMAGERY

FALL 2024 COURSE CATALOGUE

Register for Courses at
<https://aimi.us/group-courses-processes/>

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**Partial needs-based scholarships available for most courses --
please email rachel@aimi.us for more information.**

Switch to EST from EDT on Nov. 3, 2024 for all courses

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

<https://aimi.us/group-courses-processes/>

GROUP IMAGERY

Starts Tuesday, September 17, 2024

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

Step into the transformative world of heart-centered intelligence, where the magic of mental imagery awaits. For centuries, the practice of mental imagery has held the key to unlocking inner wisdom, igniting transformative change, and forging connections to the divine realms. This experiential class teaches students how to turn their senses inward to access their intuition and unlock their inner guidance, healing, and growth. Each week, students are led through multiple illuminating imagery exercises and will have the opportunity to share their awe-inspiring experiences with a close-knit group of fellow seekers. Through practice, students learn to decode and interpret the language of images and develop the skills to create personalized imagery exercises. During this transformative journey, we'll harness our inner power, using imagery to build confidence, navigate challenging decisions, and heal the wounds of the past.

This course is an open invitation to all, a sanctuary of learning and growth.

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 September 17, 2024)

Schedule: Every other Tuesday from 2:00-3:30pm starting September 17, 2024

Meets 2024: Sept. 17, Oct. 1, Oct. 15, Oct. 29, Nov. 12, Nov. 26, Dec. 10

2025: Jan. 7, Jan. 21, & Feb. 4

GEMS: SPIRITUAL LITERACY & SELF-DEVELOPMENT

Starts Tuesday, September 17, 2024

Meets every other Tuesday from 11:00-12:30pm EDT

This class unveils the realms of imagination, intuition, love, detachment, and healing, guiding you to develop a greater understanding of the Western Spiritual Traditions as well as world spiritual literature to enhance your personal spiritual practice. This semester'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.

Possible reading selections for this semester include:

- *Time to Think* by Nancy Kline
- *Waking Dream Therapy* by Gerald Epstein
- *The Life & Teachings of Russel Williams*
- Annick de Souza's *The Body & Its Symbolism*
- Bernadette Roberts's *The Real Christ* talks
- Selections from Gerald Epstein's *Studies in Non-Deterministic Psychology*
- *The Blissful Life* by Robert Powell
- *A Theory of Everything* by Ken Wilber
- *The Thirteen Petalled Rose* by Adin Steinsaltz
- 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 September 17, 2024)

Schedule: Every other Tuesday from 11:00-12:30pm starting September 17, 2024

Meets 2024: Sept. 17, Oct. 1, Oct. 15, Oct. 29, Nov. 12, Nov. 26, Dec. 10

2025: Jan. 7, Jan. 21, & Feb. 4

GROUP DREAM READING

Starts Tuesday, September 10, 2024

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

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, we'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 September 10, 2024)

Schedule: Every other Tuesday from 2:00-3:30pm starting September 10, 2024

Meets 2024: Sept. 10, Sept. 24, Oct. 8, Oct. 22, Nov. 5, Nov. 19, Dec. 3, Dec. 17

2025: Jan. 14, & Jan. 28

KNOW THY SELF: A WEEKLY COMMITMENT TO GROWTH

Started Thursday, August 15, 2024 - New Section Available Spring 2025
Meets every Thursday from 10:00-11:00am EDT

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 life, gaining valuable insights into overcoming roadblocks preventing you from embracing life with a fresh perspective. Uncover how you react when reality doesn't align with your desires and gain mastery over 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: \$1200 due on August 15th. Discounted rate offered for repeat students; contact instructor at rachel@aimi.us for more information about scholarship opportunities and payment plan options.

Schedule: Thursdays from 10:00-11:00am starting August 15, 2024

Meets 2024: Aug. 15, Sept. 5, Sept. 12, Sept. 19, Sept. 26, Oct. 10, Oct. 24, Oct. 31, Nov. 7, Nov. 14, Nov. 21, Dec. 5, Dec. 12, Dec. 19

2025: Jan. 9, Jan. 16, Jan. 23, Jan. 30, Feb. 6, Feb. 13, Feb. 20, Feb. 27, Mar. 6 & Mar. 13

RHONDELL: ADVANCED READINGS

Started Thursday, July 25, 2024 - New Section Available Spring 2025
Meets every Thursday from 4:00-5:00pm EDT

Those interested in this course must already be familiar with Rhondell's *Science of Man*.

This year, we will study supplemental texts to Rhondell's *Science of Man*, including: *Place of Language*, selections from *Headliners*, and assorted *School Talks* and workshops Rhondell gave through the years.

Instructor: Rachel Epstein, LAc, JD

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

Tuition: \$570 due on July 25th.

Schedule: Thursdays from 4:00-5:00pm starting July 25, 2024.

Meets 2024: July 25, Aug. 1, Aug. 8, Aug. 15, Sept. 5, Sept. 12, Sept. 19, Sept. 26, Oct. 10, Oct. 24, Oct. 31, Nov. 7, Nov. 14, Nov. 21, Dec. 5, Dec. 12, Dec. 19