



# AMERICAN INSTITUTE FOR MENTAL IMAGERY

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## SPRING 2025 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](mailto:rachel@aimi.us) for more information.**

Switch to EDT from EST on Mar. 9, 2025 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

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**Starts Tuesday, February 18, 2025**

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

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 Feb. 18, 2025)

Schedule: Every other Tuesday from 2:00-3:30pm starting Feb. 18, 2025

Meets 2025: Feb. 18, Mar. 4, Mar. 18, Apr. 1, Apr. 15, Apr. 29, May 13, May 27, June 10, June 24

# GEMS: SPIRITUAL LITERACY & SELF-DEVELOPMENT

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**Starts Tuesday, February 18, 2025**

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

- *Ascension* by William Henry
- *Mystical Poetry of Colette Aboulker-Muscat and Reflections of her Student* by Oleg Reznik
- *Chance The Hidden Lord: The Amazing Scroll of Esther* by Friedrich Weinreb
- *Life's Word*
- *The Blissful Life* by Robert Powell
- 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 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 Feb. 18, 2025)

Schedule: Every other Tuesday from 11:00-12:30pm starting Feb. 18, 2025

Meets 2025: Feb. 18, Mar. 4, Mar. 18, Apr. 1, Apr. 15, Apr. 29, May 13, May 27, June 10, June 24

# GROUP DREAM READING

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**Starts Tuesday, February 25, 2025**

**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, 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 Feb. 25, 2025)

Schedule: Every other Tuesday from 2:00-3:30pm starting Feb. 25, 2025

Meets 2025: Feb. 25, Mar. 11, Mar. 25, Apr. 8, Apr. 22, May 6, May 20, June 17, July 1

# PATHWAYS TO WHOLENESS: A 48-WEEK JOURNEY IN PSYCHOSPIRITUAL GROWTH

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**Starts Thursday, April 24, 2025**

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

In today's fast-paced world, stress can feel overwhelming, affecting our health, relationships, and sense of purpose. Pathways to Wholeness: A 48-Week Journey in Psychospiritual Growth offers a transformative approach to managing stress and restoring balance through timeless spiritual principles.

Grounded in Western spiritual teachings, this course integrates psychology and faith to address the most pressing concerns related to stress—physical health, emotional resilience, work-life balance, relationships, and financial well-being.

Whether you are struggling with daily pressures or seeking a deeper connection to Spirit in the midst of life's challenges, this course will guide you toward wholeness, renewal, and spiritual strength.

Instructor: Rachel Epstein, LAc, JD

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

Tuition: \$960 (due Apr. 24, 2025) Contact instructor at [rachel@aimi.us](mailto:rachel@aimi.us) for more information about scholarship opportunities and payment plan options.

Schedule: Thursdays from 11:00-12:00pm starting April 24, 2025

Meets 2025: Apr. 24, May 1, May 8, May 15, May 22, May 29, June 5, June 12, June 19, June 26, July 10, July 17, July 24, July 31, Aug. 7, Aug. 14, Sep. 4, Sep. 11, Sep. 18, Sep. 25, Oct. 9, Oct. 16, Oct. 23, Oct. 30

# RHONDELL: ADVANCED READINGS

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**Started Thursday, January 9, 2025**

**Meets every Thursday from 4:00-5:00pm EST**

Those interested in this course must already be familiar with the 48 lessons of Rhondell's *Science of Man*.

This year, we will study supplemental texts to Rhondell's *Science of Man*, including: *Life's Word*, *Who's In Charge of My Inner State of Being*, 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: \$725 (due Jan. 9, 2025)

Schedule: Thursdays from 4:00-5:00pm starting Jan. 9, 2025

Meets 2025: Jan. 9, Jan. 16, Jan. 23, Jan. 30, Feb. 6, Feb. 13, Feb. 20, Feb. 27, Mar. 6, Mar. 20, Mar. 27, Apr. 3, Apr. 10, Apr. 17, Apr. 24, May 1, May 8, May 15, May 22, May 29, June 5, June 12, June 19, June 26