



AMERICAN INSTITUTE FOR MENTAL IMAGERY

FALL 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 for more information.**

Switch to EST from EDT on November 2, 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

Starts Tuesday, September 9, 2025

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 to review any missed sessions.

Tuition: \$565 (Due Sep. 9, 2025)

Schedule: Every other Tuesday from 2:00-3:30pm starting Sep. 9, 2025

Meets 2025: Sep. 9, Sep. 30, Oct. 28, Nov. 11, Nov. 25, Dec. 9

2026: Jan. 6, Jan. 20, Feb. 3

GEMS: SPIRITUAL LITERACY & SELF-DEVELOPMENT

Starts Tuesday, September 9, 2025

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:

- *Life's Word*
- *The Taste of Hidden Things: Images of The Sufi Path* by Sara Sviri
- *Time to Think: Listening to Ignite the Human Mind* by Nancy Kline
- *Happiness Beyond Thought: A Practical Guide to Awakening* by Gary Weber
- *Meditations on The Tarot: Justice*
- *Chance The Hidden Lord: The Amazing Scroll of Esther* by Friedrich Weinreb
- Selections from Jewish Kabbalistic sources:
 - Daniel Matt
 - Melila Hellner-Eshed
- 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 to review any missed sessions.

Tuition: \$565 (Due Sep. 9, 2025)

Schedule: Every other Tuesday from 11:00-12:30pm starting Sep. 9 2025

Meets 2025: Sep. 9, Sep. 30, Oct. 28, Nov. 11, Nov. 25, Dec. 9

2026: Jan. 6, Jan. 20, Feb. 3

GROUP DREAM READING

Starts Tuesday, Sep. 16, 2025

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, LAc, JD

Location: This remote course will meet via Zoom with recordings available to review any missed sessions.

Tuition: \$565 (due Sep. 16 2025)

Schedule: Every other Tuesday from 2:00-3:30pm starting Sep. 16, 2025

Meets 2025: Sep. 16, Oct. 21, Nov. 4, Nov. 18, Dec. 2, Dec. 16

2026: Jan. 13, Jan. 27, Feb. 10

KNOW THYSELF II: A JOURNEY IN PSYCHOSPIRITUAL GROWTH

New Section Starts Thursday, July 3, 2025

Meets every Thursday from 11:00-12:00pm EDT

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

Grounded in Western spiritual teachings of Robert Rhondell Gibson, 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 to review any missed sessions.

Tuition: \$800 (due July 3, 2025) Contact instructor at rachel@aimi.us for more information about scholarship opportunities and payment plan options.

Schedule: Thursdays from 11:00-12:00pm starting July 3, 2025

Meets 2025: July 3, July 10, July 16, July 24, July 31, Aug. 7, Aug. 14, Sep. 4, Sep. 11, Sep. 18, Sep. 25, Oct. 9, Oct. 16, Oct. 23, Oct. 30, Nov. 6, Nov. 13, Nov. 20, Dec. 4, Dec. 11, Dec. 18

RHONDELL: ADVANCED READINGS

New Section Starts Thursday, July 3, 2025

Meets every Thursday from 4:00-5:00pm EDT

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: 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 to review any missed sessions.

Tuition: \$960 (due July 3, 2025)

Schedule: Thursdays from 4:00-5:00pm starting July 3, 2025

Meets 2025: July 3, 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, Nov. 6, Nov. 13, Nov. 20, Dec. 4, Dec. 11, Dec. 18

2026: Jan. 8, Jan. 15, Jan. 22, Jan. 29

WE ARE NOT MEANT TO DIE: THE COMPLETE TEACHINGS OF DR. JERRY EPSTEIN

Starts Tuesday, September 16, 2025

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

Choose life, or choose death. In this workshop, we will embark on an exploration of Dr. Jerry's most complete and comprehensive guide for health and longevity. We'll discuss the themes of his final opus, *We Are Not Meant to Die*, integrating student perspectives and interpretations of the text to develop a full and unique understanding of Dr. Jerry's life's work. Learn how to make conscious decisions to reverse the forces that disintegrate our lives, unlocking a life of health, harmony, and balance.

The class will offer a variety of practices for applying the concepts discussed in the book to daily living.

Instructor: Rachel Epstein, LAc, JD

Location: This remote course will meet via Zoom with recordings available to review any missed sessions.

Tuition: \$550 (due Sep. 16, 2025)

Schedule: Every other Tuesday from 11:00-12:30pm starting Sep. 16, 2025

Meets 2025: Sep. 16, Oct. 21, Nov. 4, Nov. 18, Dec. 2, Dec. 16

2026: Jan. 13, Jan. 27, Feb. 10

CLINICAL SUPERVISION

Start Date TBA

Meeting Time TBA

This course will be a supervisory space for clinicians using imagery interventions with their clients. Details will be announced later this summer.

Instructor: Randy Kasper, PhD, Rachel Epstein, LAc, JD

Location: This remote course will meet via Zoom with recordings available to review any missed sessions.