



AMERICAN INSTITUTE FOR MENTAL IMAGERY

FALL 2026 COURSE CATALOGUE

Register for Courses at
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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 1, 2026 for all courses

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

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

INTRODUCTION TO SELF HEALING

Starts Tuesday, November 3, 2026

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

This insightful course will offer an introduction to several valuable tools and strategies to support each student's ability to heal themselves. Based in the Gerald Epstein Medical System (GEMS), the crown jewel of Dr. Jerry's life's work, students will learn all about:

- The Mirrored Universe: How Beliefs Manifest as Experience
- 12 Limiting Beliefs - Personal & Universal
- Why We Get Sick & How We Get Well: Understanding How Doubt, Expectation, & Denial Insinuate Themselves Within Us
- Tapping Into Our Innate Healing Capacity: Imagery for Healing Physical & Emotional Difficulties
- Techniques of Change: Using Our Wills Effectively

Students will walk away with a solid foundation for practicing self healing in their daily lives and a deeper understanding of themselves and their transformative abilities.

Instructor: Rachel Epstein, LAc, JD

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

Tuition: \$240 (due Nov. 3, 2026)

Schedule: Every other Tuesday from 11:00-12:30pm starting Nov. 3, 2026

Meets 2026: Nov. 3, Nov. 17, Dec. 1, Dec. 15

GROUP IMAGERY

Starts Tuesday, September 15, 2026

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: \$575 (Due Sep. 15, 2026)

Schedule: Every other Tuesday from 2:00-3:30pm starting Sep. 15, 2026

Meets 2026: Sep. 15, Sep. 29, Oct. 13, Oct. 27, Nov. 10, Nov. 24, Dec. 8, Dec. 22

2027: Jan. 12, Jan. 26

GEMS: SPIRITUAL LITERACY & SELF-DEVELOPMENT

Starts Tuesday, September 15, 2026

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:

- Selections from the Old Testament: Tower of Babel, Sodom & Gomorrah, Jacob's Dream, Jacob Fighting With the Angel, The Exodus, The Golden Calf
- New Testament: Revelations
- Meditations on the Tarot: Tower of Destruction, The Moon, The Sun, The World
- Selections from Weinreb

"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: \$575 (Due Sep. 15, 2026)

Schedule: Every other Tuesday from 11:00-12:30pm starting Sep. 15, 2026

Meets 2026: Sep. 15, Sep. 29, Oct. 13, Oct. 27, Nov. 10, Nov. 24, Dec. 8, Dec. 22

2027: Jan. 12, Jan. 26

GROUP DREAM READING

Starts Tuesday, September 8, 2026

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: \$575 (due Sep. 8, 2026)

Schedule: Every other Tuesday from 2:00-3:30pm starting Sep. 8, 2026

Meets 2026: Sep. 8, Sep. 22, Oct. 6, Oct. 20, Nov. 3, Nov. 17, Dec. 1, Dec. 15

2027: Jan. 5, Jan. 19

KNOW THYSELF III: A JOURNEY IN PSYCHOSPIRITUAL GROWTH

New Section Starts Thursday, October 8, 2026

Meets every Thursday from 10:30-11:30am EDT

In today's fast-paced world, stress can feel overwhelming, affecting our health, relationships, and sense of purpose. Pathways to Wholeness: A 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 to review any missed sessions.

Tuition: \$1800 (due Oct. 8, 2026) Contact instructor at rachel@aimi.us for more information about scholarship opportunities and payment plan options.

Schedule: Thursdays from 10:30-11:30am starting Oct. 8, 2026

Meets 2026: Oct. 8, Oct. 15, Oct. 22, Oct. 29, Nov. 5, Nov. 19, Dec. 3, Dec. 10, Dec. 17, Dec. 24

2027: Jan. 7, Jan. 14, Jan. 21, Jan. 28, Feb. 4, Feb. 11, Feb. 18, Feb. 25, Mar. 4, Mar. 11, Mar. 18, Mar. 25, Apr. 1, Apr. 8, Apr. 15, May 6, May 13, May 20, May 27, June 3, June 10, June 17, June 24, July 1, July 8, July 15, July 22, July 29, Aug. 5, Aug. 12

RHONDELL: ADVANCED READINGS

New Section Starts Thursday, October 8, 2026

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 continue to study the 48 lessons as well as supplemental texts from Rhondell's "*School Talks*" and workshops.

Instructor: Rachel Epstein, LAc, JD

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

Tuition: \$1800 (due Oct. 8, 2026)

Schedule: Thursdays from 4:00-5:00pm starting Feb. 5, 2026

Meets 2026: Oct. 8, Oct. 15, Oct. 22, Oct. 29, Nov. 5, Nov. 19, Dec. 3, Dec. 10, Dec. 17, Dec. 24

2027: Jan. 7, Jan. 14, Jan. 21, Jan. 28, Feb. 4, Feb. 11, Feb. 18, Feb. 25, Mar. 4, Mar. 11,

Mar. 18, Mar. 25, Apr. 1, Apr. 8, Apr. 15, May 6, May 13, May 20, May 27, June 3,

June 10, June 17, June 24, July 1, July 8, July 15, July 22, July 29, Aug. 5, Aug. 12

GEMS GROUP SUPERVISION: APPLICATIONS FOR COACHING & CLINICAL PRACTICE

Starts Wednesday, October 14, 2026

Meets Monthly on Wednesdays from 1:00-2:00pm EDT

This course will be a supervisory space for coaches and clinicians using the Gerald Epstein Medical System (GEMS) and imagery interventions with their clients. Students must be actively working with clients to participate in the course, but otherwise this course is open to all experience and skill levels. This course will not offer CEUs.

In this supervision group, coaches and clinicians will have the opportunity to discuss their applications of GEMS and mental imagery in their practice. Students are welcome to bring case material to the group as well as questions about integrating GEMS, mental imagery, and allied techniques into their work with clients.

Instructor: Rachel Epstein, LAc, JD

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

Tuition: \$300 (due Oct. 14, 2026)

Schedule: Monthly on Wednesdays from 1:00-2:00pm starting Oct. 14, 2026

Meets 2026: Oct. 14, Nov. 18, Dec. 16

2027: Jan. 13, Feb. 17