

Deep Imagery is the name given to the non-scripted process of imagery developed by Dr. Eligio Stephen Gallegos in 1982. The core base of this imagery is called "The Personal Totem Pole Process." Under the care of a guide, images are called forth from the energy centers or Chakras. Often, these are animal images, and this work is fondly known by insiders as "the Animal Work". Dr. Gallegos refined this work and presented it in text and instruction, seeing it as a way of healing and knowing our innermost selves, with roots steeped in native understandings of animals as bearers of medicine, eastern teachings of the chakras as centers of vital energy, and Carl Jung's theory of active imagination.

Trainings in Deep Imagery are offered independently by trainers certified worldwide through the International Institute for Visualization Research, or IIVR. Introductory Workshops are offered for interested people of all professions. Training to become a certified guide is a three step process, usually done in several weekend workshops over the course of three years. Training to lead workshops can be undertaken after becoming a certified guide.

Speaking from personal experience, I was fortunate to train under Dr. Gallegos in one-on-one guiding and also as a workshop leader. The trainings are usually fairly small, six to twelve people gathering at a select location several times over the course of several years. The training is a very personal commitment to healing and growth as well as a way of learning to offer the work to others. The key aspects that ground this work are respect, allowing, and non-intrusion by the guide.

My training in deep imagery preceded training with the Academy for Guided Imagery, and has been a foundation not only in my work but in my life and daily meditation practice. This training is an immersion in the inner world, undertaken with the greatest of care and a deep honoring of the images that come forth from within to help us heal and grow.

I am happy to respond to inquiries about my experience or this synopsis. E-mail:
jenny@imageryinyou.com