



Imagery: Hope and New Beginnings Welcome to our 3rd Annual Conference



**By
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"Presenters were outstanding, the sequence of presentations was absolutely stellar," "

Love the ability to do personal experiential work while learning new tools and methods."

"The community of love between all of us."

"The kindness and openness of both presenters and participants."

"The camaraderie, friendliness, warm, open learning situation,"

"The flow of the presentations and opportunities for personal and professional inspiration and knowledge."

"Everything! The place, the presenters is absolutely tops!"

"It was great. Everything went like clockwork, with time built in for socializing and fun."

"Organization, 10+!"

"...richly rewarding..."

These are just a few of the comments received from the conference participants, presenters, and ourselves to affirm that the Board's hope for this conference to inspire and nurture did all of that and more. The heart-centered theme of prior conferences continued and expanded to provide another warm and nutrient rich environment. This year's conference, hard to believe as it may be, topped last year's. Whether this was your first venture with Imagery International, or a returning member, the 'buzz' was the same, "I feel warmly welcomed and inspired on so many levels."

Kudos to all, thanks to each for your inspirational feedback and recommendations, and very **Special Thanks** to Susan Ezra and Terry Reed of Beyond Ordinary Nursing, our co-sponsors. Continuing Education credits are one of the many vital contributions they

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give us. Following are the highlights of Imagery International's (II) 3rd annual conference.

Friday, September 30, 2011

Our conference was held at Mercy Center in Burlingame, CA and provided us with a lovely setting of tall graceful trees and expansive natural gardens. Anticipation was high and hopes for another successful conference were foremost in my mind.

Setting up for the Silent Auction was a fun 'family' affair, with lots of help placing and pricing the items as they came in, and opening the wonderful packages sent by Glenda Cedarleaf, Dr. Emmett Miller, Dottie Pendleton, Leslie Davenport, Maureen Minnehan Jones, and Sue Cooper.

Juliet Rohde-Brown, our gracious President, warmly welcomed us to



begin the conference. To open the ceremonial circle, Bev Hollander led a relaxation exercise as a preface to Juliet's Guided Imagery that created a heart centered tone for the conference.

After dinner, we gathered for our annual Membership meeting. Juliet introduced Conference Chair and Board member, Jann Fredrickson Ramus. She welcomed us and announced with much glee, that indeed, this year we would continue the tradition of a free raffle of none other than three Minnesota shirts. It was great fun to experience this "event" again. The Conference planning committee - Susan

Gold, Sandra Warnken and Terry Reed - were warmly thanked for their wonderful work on behalf of the conference. The Board was introduced and gave their annual reports.

The evening's highlight was the presentation of the Imagery Person of the Year award to Bev Hollander, Past President of Imagery International, Board Member, and Co-Editor of *ImagiNews*. (See article on page 10)

Our very first Silent Auction officially opened with 60 amazing items.

Saturday- October 1, 2011

Jann began the educational component by introducing each presenter. She raffled off the sweatshirts, kept us informed, and on time. Funny, fun, and firmly in charge of time, she kept us moving in easy cadence for the entire conference.

Our first presenter, Robin Gayle, Ph.D., MFT, explained her practice of "**Metaphoric Dialogue: Bringing Hope Alive.**" Describing how "The Metaphoric Dialogue process helps



The 2011 Imagery International board. L-R: Standing: Sue Ezra, Bev Hollander, Judith Ewing, Jann Fredrickson Ramus, Doreen Leighton, Sandy Warnken (Emeritus) - Kneeling: Juliet Rohde-Brown and Janet Barr

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individuals regain lost power, energy and self-support," she provided an Imagery experience wherein we used our own personal metaphors to draw a picture of the Image we found. We then dialogued with our Image and completed a second drawing of our, hopefully, transformed Image. (See Bev Hollander's article on Page 11) Robin's style was smooth, easy to follow, wonderfully interactive, warm and inviting. She set the bar high for the presenters to follow.

Our second presenter, Carl Hendel, M.D. spoke about **"The Neurobiology of Hope."** A lively presentation, liberally sprinkled with his gentle sense of humor, Carl led us through the workings of the brain, reviewing its basic neuroanatomy and neurotransmitters. Then he discussed the various aspects of hope and "The Positive Polarity." He said, "The Positive Polarity of the human experience is Aloha." Carl emphasized that the word Aloha means more than just Hello – that in the Hawaiian culture it also means "breath of life." He talked about "the true teacher as direct experience ... If you don't like what's there, create the opposite, and be at peace with change." Then Carl led us through a Guided Imagery to seek Aloha - "a feeling of kind compassion" - to anchor and ground within ourselves. This presentation raised the bar just a bit higher.

"Move, Breathe and Imagine: Activating Your Triple Bodymind



2011 Conference Presenters. Left to right - Carl Hendel, Susan Gold, Jenny Garrison, Robin Gayle, Said Osio, Jeanne Schul. (Missing is Lea Houston)

Power Keys!" was the topic of information from our third presenter, Lea Houston, M.A. In this wonderfully integrative body/mind movement, Lea introduced us to the "three ordinary daily habits, moving, breathing and Imagery, [when consciously] imbued with awareness and intention, become your Triple Bodymind Power Keys for healing, transformation and creativity. Lea taught us to synchronize breathing and Imagery with small intentional motions, termed "micro-movements," thereby stimulating a flow that calms body, mind and nervous system. Another powerful and interactive experience that kept the bar high.

Our fourth presenter, Jenny Garrison, RN, shared **"Expanding Open-Heartedness: Imagery as a Spiritual Practice."** She led us through a meditation entitled "Your Spiritual Heart Imagery" that included each chakra and the four directions. We "paused with inquiry and non-judgment" at each chakra and sensed the qualities, asking

questions. She encouraged us to connect deeply with the heart center - "Imagine allowing your heart to breathe." We explored the landscape of the heart, "acknowledging the 3 jewels of the heart - love forgiveness & gratitude." This was a lovely and deep meditation journey. Jenny's gentleness and heart-centeredness was felt by all. The bar stayed high.

After dinner we enjoyed wine, cheese and a relaxed time of conversation, laughter and sharing amongst great company.

Sunday- October 2, 2011

Our last day began with our fifth session, Said Osio, who discussed **"Reintegration: Getting to a Newer, Richer Self by Accessing a Deeper Guided Imagery Pattern Language."** We started with Imagery and movement that led into Sufi dancing. His rich and colorful slide show of patterns in architecture, gardens and nature illustrated

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how patterns were everywhere - within and without. He emphasized being in right relationship with our own nature, through mindful awareness, Imagery, and breath. Sharing several breathing patterns - Fire, Water, Light, and Earth - he demonstrated how each pattern could alter our internal vibrational patterns. He encouraged us to be "engaged and aware, right down to the daily weather, for we are part of its pattern." Said's gentle manner and passion for pattern was very evident, giving us much to ponder. The bar moved up a notch.

Our sixth presenter, Jeanne M. Schul, PhD gave us "**Dancing the Dream Image: Out of the Nightmare, Into the Light.**" Jeanne, a choreographer of a college dance company, introduced us to her process of creating dance from dreams. Her Power Point slide show vividly walked us through a nightmare Image wherein dancers transformed the Image into renewal and rebirth. Jeanne then led us through a movement warm-up and a guided relaxation designed to enable participants to enter a

dream-like state. Partnering, we shared our "dreams" and while one partner watched, the other "danced" the dream. Then we switched. When it was my turn, I was amazed that at some point the "dream" began dancing me with profound emotions and connection to my Self. Jeanne's quiet gentleness and strength supported us all. Jeanne kept the bar dancing.

Our seventh and final presentation was "**Using Imagery to Overcome Creative Blocks**" by Susan Gold, M.A. Her presentation, based on Joseph Campbell's exploration of The Hero's Journey archetype, explored ways of discovering blocks to creativity. In discovering the pitfalls and gifts of each stage of the journey, one has the potential to integrate wisdom and find the freedom to re-embark on a new cycle of creativity. Susan's upbeat assurance - that we can and are following this path - buoyed us along. She invited us to pick a photo representing the stage of the Hero's Journey with which we most closely identified and free associate in writing. After shared reflection on the initial photo, we had the option to choose another which might represent the finished journey. We shared these insights with a partner - a rich exchange of Images of transformation. Kathryn de Planque wrote Jake's Story as a result of this experiential exercise. (See page 18) Returning the photos was

difficult because they had become a part of us. Susan's joyful style was inspirational and ended the presenters' section "bar excellence." (Pun intended)

Working with everyone on the Silent Auction brought me such joy and pleasure - your gracious generosity and open hearts made it a tremendous success. We raised \$958.00 for next year's conference scholarship fund!

Juliet closed the ceremonial circle allowing for the gentle leaving of new and old friends with gratitude for the rich nourishment of this conference and the gifts we gave and received. Next year continues with "Imagery and the Soul" at Mercy Center, October 5-7, 2012. Hope to see you there!

Aloha!

Doreen Leighton has a private practice in Healing Touch, Imagery & Stress Reduction/Relaxation for humans and animals. As an educator she has taught Stress Reduction/Relaxation/Self-care classes through Adult Education for 10 years, as well as various other classes/workshops for continuing education. She brings Healing Touch for Animals as a volunteer to a local animal shelter weekly. Doreen is a Beyond Ordinary Nursing graduate and has been on the Board of II as Secretary since January 2011.



"Just when the caterpillar thought the world was over, she became a butterfly."

– Proverb