Ritual
Cover Art Story:
The piece titled "Cup for a Ritual of Transformation" is one in a series of maybe 15 horn-shaped vessels I have made over the past 20 years. The series was inspired by an ancient cup that I encountered in the Shanghai Museum of Art in 1992. That cup in the museum was made of actual horn, and carved in great detail on its tip was the head of an antelope. It sat on a beautifully made silver stand, and its label described it as a Ritual cup. Though it was not a large object, it had great presence, and that, more than its beauty or craftsmanship, was what made it special to me. Also, the fact it had survived so beautifully intact through the centuries, and stood before me, laden with history was so impressive. That piece still looms large in my Imagination, even after so many years, and has made me think a lot about the lasting quality of sacred art, and the meaning and purpose of Ritual for humanity.

For me, Rituals of the everyday kind are a source of nourishment: things like joining hands around the table and feeling grateful before a meal, or lighting a stick of incense and taking a minute to form an intention when entering the studio. Those kinds of small Rituals connect me with the sacred aspects of everyday life. I believe acts of Ritual, large and small, resonate with the non-physical, non-intellectual parts of ourselves – they engage us on the level of heart and spirit, and allow us to pay attention to our lives with the fullness of our being.

– Jenny Andersen

[Cover art photo credit: Susan Roth (Sales Manager, The Island Gallery)]

Bio:
I am a native of Seattle and have spent all but a few years of my life living in the Pacific Northwest. I took my first pottery class in 1969 as a student at Cornish College of the Arts in Seattle. I was lucky to have the gifted ceramic artist Patti Warishina instructing my very first class. From that time forward, the focus of my creative life has been on clay.

In 1973 I set up my first studio in a dilapidated barn in southwestern Washington using a tiny wood fired raku kiln. I also began teaching. Teaching has been an important aspect of my career. In 1980, I taught pottery for the Bainbridge Park District. Because of the variety of students with whom I have worked, I have traveled various paths in the field of ceramics that I might not otherwise have explored, thus expanding my understanding of the possibilities of the medium.

Firing methods that demand close interaction with the fire itself have always been important to me. For many years I worked primarily with Raku, pit firing, bonfiring, and other “primitive” firing techniques. I participated in my first firing of an anagama kiln in 1999, and since then I have dedicated myself to high temperature wood firing. I love the hard work, the community effort, the huge fire rumbling in the kiln for days on end. Most of all, I love the feeling of collaborating with the forces of nature in order to complete the work.

Inspiration for my work comes largely from my interest in historical art, especially the Ritual bronzes and ceremonial ceramics of Asia, and the functional and funerary ceramics of pre-historic America. The legacy of ceramic art left to us by artists of many cultures over thousands of years is rich and vast. I look to this legacy in order to keep reaching for the highest standards in my own work.
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Inclusiveness: We welcome all trained Imagery professionals and students
Accessibility: We make Imagery available to all who are interested
Nurturing Development: We encourage personal growth and support community
Groundedness: We use Imagery for meaningful, healthy purposes
Professionalism: We maintain high standards of performance
Dear Imagery Colleagues,

Life is moving very quickly these days. It seems that we run at a rapid pace as we keep up with emails, paperwork and all of the obligations of each day. What we often need is a slowing down and a time for sacred ceremony. The rich Imagery (including all of our senses) of our dream material is one of the most profound ways to lead us to the sacred; to the innermost depths of our personal and collective unconscious. We can bring dream-work into our contemplative practices for our own personal growth and self-care and we can encourage those we work with to engage in an ongoing dialogue with dreams as well. Working with dreams can become a sort of Ritual in and of itself. Dreams often have initiatory elements to them. As we follow the trajectory of our dreams and the themes and Images that emerge and shift as we engage in sacred Ritual with them, we are often reminded of the parallels to symbolic material from myths and fairytales, which almost always involve some kind of rite of passage. Often, the main character makes mistakes, goes through tests of one sort or another, and must mindfully work with particular objects that can lead the way to greater understanding and integration. This sounds like life, doesn’t it?

Ritual provides a way of working through trials and tribulations and creating a container for processing feelings. Clarissa Pinkola Estes has referred to this feeling part of ourselves as the “river beneath the river” and suggests that we arrive there by “deep meditation, dance, writing, painting, prayermaking, singing, drumming, active Imagination,” by “deeply creative acts.” More and more people are experiencing Imagery in their dreams that involve the social psyche beyond their own individual processes and tap into a highly intuitive way of knowing. Small ceremonial acts or Rituals in our daily work that honor our dreams and the dreams of others can bind us to the sacred and remind us of our genuine intention for doing healing work.

One small Ritual I engage in my work is that I fill a small bowl of water for each person that I see in my therapy practice. When each person leaves, I water my plants with their “river” water and I fill the bowl with fresh water for the next person. I always have a candle or two burning as well. These small gestures anchor me and set the ground and intention for deep work.

Our theme for this year’s conference, Imagery and the Soul, amplifies the acknowledgement that the work that we do can be seen as spiritual work. The conference begins on October 5th and it will take place at the Mercy Center again, a connection that our wonderful new board member, Susan Gold secured for us. Speaking of soul, we mourn a deeply creative being in this issue. Jeanne Achterberg did more for the honoring of Imagery than many others and we are sad to acknowledge her passing. You will read more about this extraordinary woman in a memorial from Susan Ezra.

I wish to acknowledge someone else as well. One of our board members and the co-editor for ImagiNews, our dear Judith Ewing, is heeding the call of self-care and she is stepping down for now to spend more time with Ritual and with that “river beneath the river” I have deep gratitude for all that she has offered us with her kind spirit, 110% energy, and “rainbows.” Bev continues her magic with ImagiNews for now and will be calling for a partner. We are gathering nominations for Imagery Person of the Year again, so please feel free to send your nominations our way. We will present the award at the conference.

Jann and her conference committee had an abundance of really strong presentation proposals, making the decision-making process challenging. What a good challenge though, to have to choose from such intriguing topics and presenters. Doreen graciously spearheaded the silent auction last year and we earned some money, so now we have a couple of spots for scholarships. Sandy, our Mensa rock and I.T. guru is doing wonders with our website. You will see updates and scheduling about the conference online. I am dreaming of seeing lots of you there again this year. For now, enjoy what has surely become a wonderful Ritual for you as you once again read your June issue of ImagiNews.

Metta,

Juliet
From the Editor’s Desktop

By Bev Hollander, BSN, MS, HNB-BC

Well, it almost goes without saying how sad I feel about Judith leaving. So, once again, solo-mio! I am in charge of this issue and take full responsibility for any errors. I don't have my eagle-eyed partner here to give things a second and third look! I hope you enjoy, nonetheless.

As a result, I am looking for a partner to work with me on the editing. This person needs to be familiar with WORD and its tool “Tracking Changes” in order to do the editing process. You also need to be filled with a great sense of humor, work under deadlines, and have a good grasp of punctuation, grammar and flow. Take note, at present, this is a volunteer position. Contact me @ bev@sheppardwest.com if you are interested.

Ritual – hmmmm. I have thought of ImagiNews as a bit of a Ritual for me. I have a process for its publication, yet it has felt routine and a bit mundane, as described in Fania’s article. I take heart and will consider creating a Ritual in advance of editing that will ensure the best outcome for you, our readers. By the best outcome, I mean inspirational, enthralling and enlightening. I can do that for you!

Everyday in my home, we have a Ritual for gratitude. At our evening meal, those present offer their gratitudes for the day – thankfulness for the abundance we find in nature, the animal who gave his or her life that we might be nourished, and the beauty of the sunset – whatever has moved us throughout the day. This moment in time allows us to fully appreciate our lives and the gifts we receive daily, if only we are open and aware.

Another Ritual, similar to Fania's description, is the morning Ritual. Walk the dogs, let the chickens out to range and thank them for their eggs, and then, oh yes, then, the cappuccino – lately made with half and half – that is enjoyed for each and every sip. I like to ease into my day you see!

Spring has finally sprung here and I am enjoying the abundance of green grass, purple iris and deep blue camas lilies. I hope you are enjoying similar bounty. Days like these are ones where I wish I was an herbivore seeing as that grass looks so luscious.

Our next theme is “Unity.” All submissions are due by August 1st, please. Take note that submissions need to be approximately 750 words or less. This way, you will not be overwhelmed by lengthy articles and we can include more authors’ works per issue. Submission guidelines are available online at our website http://imageryinternational.org/wp-content/uploads/2010/02/Guidelines-for-ImagiNews-Submissions.pdf

Best wishes to each of you,

Bev
With this issue I am saying “farewell” as co-editor to our wonderful authors who have been incredibly generous with their enriching contributions to our journal. What a dance Bev and I have enjoyed since September 2010 - investing time together in the creation of Imaginews! Bev is an incredible editor and I will miss working with her in this capacity. We have laughed often in “birthing” each of your issues, and the cherished friendship we developed will continue beyond our work together as editors.

As I leave this position, I also am acknowledging Imagery International’s Board Members and the loving friendships growing from my connection on the board. To journey with this phenomenal group of women has been a great honor and privilege. The ideals represented by this organization reinforce the power and strength of practicing Imagery in one’s personal life, and the professional standards held by this organization in publishing articles of information utilizing Imagery as a healing tool are commendable.

Something many of you have discovered about me since becoming co-editor of Imaginews is that Rainbows are very special happenings for me. Ever since I was a little girl I have been enthralled by rainbows. I love their symbolism and the Images created by the light-spectrum range of their wondrous colors. Throughout my years of life, I’ve experienced the grandeur of double rainbows on a consistent basis, and have been fortunate to experience triple rainbows on many other occasions. These wonders of nature literally live within me, and to simply imagine a rainbow completely fills me with awe! I even have an intuitive Hawaiian name which translates into Rainbow around the Sun, Heart, and Moon. Juliet, our president and my dear friend for over 20 years, shared with me the compassionate discovery of this name adding that “Hawaiian island rainbows are one of nature’s most spectacular offerings.”

The appropriateness of my intuitive name is the memory of my extraordinary experience as a young woman flying in a plane which was skirting around severe thunderstorms on a return trip to Houston. As the cloud formations became blackened and more treacherous, I looked out the window to discover a brilliantly vibrant rainbow silhouetted against the intensity of the solid ebony skies. I did a double-take upon the realization that this was *not* the shape of the usually viewed rainbow arc. How peaceful was the discovery that when viewed from thousands of feet within the air above earth, the rainbow becomes a complete circle!!

Thus, collectively and individually, my farewell encircles each of you with wishes for the very best in health, wellness, and fortune while being surrounded in the illuminated energetic light of rainbow blessings. Thanks for the beauty you have added to my life’s journey.

Judith

Welcome New Members
Janine LaChance from Cedar Park, TX
Sandy McDermott from Springfield Il
Laura Hoffman from Swampscott, MA

And a great big THANK YOU to the those who have renewed their membership!
Professional Members With Websites

Priscilla Abercrombie RN, NP, PhD
http://www.whhconsults.com

Richard Berrett Ph.D.
http://richberrett.com/Berrett_Web/Welcome.html

Linda Blachman MPH, MA
http://Lindablachman.com

Vincent Bonadies MS
http://www.veny.org

David Bressler Ph.D.
http://www.academyforguidedimagery.com

Glenda Cedarleaf LICSW
http://www.guidedimagerycd.com

Fania Chazen MSW
http://www.lev-shalem.com

Doreen Conner RN, BSN, IBCLC
http://www.nursingandbeyond.com

Leslie Davenport
Licensed Psychotherapist
http://www.LeslieDavenport.com

Gerald Epstein, MD
http://www.drjerryepstein.org

Susan Ezra RN, HNC
http://www.integrativeimagery.com

Miriam Franco MSW, PsyD, MSCS
http://www.imagerywork.com

Joyce Freeman BS, CCHT, EFT
http://www.inner-calm.net

Robin Gayle Ph.D, MFT
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Paula Hoyt LMHC
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Deb Hudson
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Karin Huetter MA
http://www.visualizewholeness.com

Randy Kasper
http://www.aimiwest.net

Rebecca Klinger LMT, HHC
http://www.rebeccaclinger.net

Marie Knapp
http://www.dallacor.com

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http://www.jomazzoli.com

Sherry McHenry CCHt, RM
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Cindy Middendorf RN, CIIG, MDiv
http://www.spirit-connection.net

Emmet Miller MD
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Belleruth Naparstek LISW
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Martin Rossman MD, Dipl. AC. (NCCAOM)
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Maryanne Sea MSW
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Harise Stein MD
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Suzanne Telintelo MSN, CNS
http://www.InnerHealthCounseling.com

Emmy Vadnais
Holistic Occupational Therapist & Intuitive Healer
http://www.emmyvadnais.com

Barbara Vitale RN, HNC
http://www.jollymudra.com

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“Auntie Fish”

I sit at my computer on this gray, rainy Minnesota day so filled with deep sorrow that I find it a bit difficult to think or even to breathe. There is a part of me that wants to run away, but then when I Imagine where I would go, I find that I cannot run from the dark sadness that sits just inside my heart.

Allow me to explain. And as usual, sit back, be comfortable, and allow yourself to Imagine with me. There is a marvelous rhythm, a captivating Ritual, if you will, to a long-term soul-deep friendship. And now I start my story:

It was a typical day in the life of a Lawther Hall student at the University of Northern Iowa. I was the new kid, the transfer student, the one who stuck-out, because nearly everyone else had known each other from their freshmen year at my dear UNI. I met a woman who would become known to me as “Auntie Fish.” I knew in my Spirit that I had found someone who would be with me for most of the better and worst parts of my life. We just hit it off.

The friendship Ritual began. We often said that we would grow old and crabby together. We Imagined that we would sit on a porch and gripe about all the young people “nowadays”, sip tea, and talk about the “good old days.” We might even have too much wine on occasion, we reasoned. Most of that came true.

After college, graduate school, and marriage, I settled in the Twin Cities of Minneapolis and St. Paul. Auntie Fish settled in Iowa and eventually moved to Chicago. She then moved to the Twin Cities to be near her family in Iowa, me, and also to her dear friend, Calvin. Initially, we only lived a few blocks from one another. Our friendship Ritual continued as she was there from my children’s infancy, through their terrible teenaged years, and finally, into their adulthoods. She was there through the proverbial thick and thin of my life, and I for hers. I blithely believed that she would be a constant in my life. Always. We often marveled at the gift that God had given us: we were “soul-sisters.” By the way, I do not believe we have only ONE soul mate in life. I have several. And with Auntie Fish, well, we just seemed to get each other. She is, and was, both the worst and best part of me.

No one can make me angrier than Auntie Fish and few can give me greater joy. She once said that we were emotionally healing for each other. How true. As with any deep human connection, the complexities are both intense and immense. I suppose she would say the same about me.

Then, ten years ago, our very ordered Ritual was shattered. Auntie Fish had a serious Cancer; a very rare Cancer that mainly was found in older men. “Why couldn’t I have won the lottery instead?” she would say both laughing and crying at the same time. All of us who loved her walked through those first few terrifying days with numbness. She would spend the next few years doing Chemotherapy off and on. She was never really well after that. Her Cancer went into remission. “I am beginning to hope for the future,” she declared to me about a year and a half ago. I put caution to the wind and began to hope for our familiar Ritual. “Maybe this won’t have such bad outcome,” she would say both laughing and crying at the same time. All of us who loved her walked through those first few terrifying days with numbness. She would spend the next few years doing Chemotherapy off and on. She was never really well after that.

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Next came the paleness and horrible giant bruises that would not go away, the blood transfusions, endless tests, and then, the Leukemia diagnosis. Auntie Fish had Leukemia, a very aggressive kind that was

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caused from the many rounds of Chemotherapy she endured. She was told that her only hope was MORE Chemo which would cause a six week hospitalization, isolation and, if she survived that, a stem-cell transplant which promised an even lower rate of survival. She considered doing nothing at all and allowing the disease to run its natural course. Without treatment, it would be only a few weeks time. I told her I would support whatever she decided. I saw her suffer so with the last chemo that I vowed I could not ask her to do it again.

And so, she is at the University of Minnesota Hospital today. The day looks just like I feel inside: dull, rainy, gray and sad – a haunting sadness that reaches clear to my bones.

How hard I am praying for a miracle. I keep telling myself that miracles happen everyday. So, I hang on to this. Despite my natural dreaminess and optimism, I know deep down that this will be a fight for life, literally.

I reminded her on the phone that we were supposed to grow old together. “We ARE old, Jann Ruth,” she says to me.

I have been through enough now in my life and I would like to think that I am wise enough to know that difficult emotions must be allowed to be there. Although frankly, I detest them. I don't like feeling as gray as this Minnesota day. Actually that isn't strong enough. I hate it.

I always tell my patients that the only way to go through hard things is to go through them. I have to take my own advice now. But I don't have to like it. Yet, I would not feel this bone- sorrow if I had not had the incredible joy that Auntie Fish's friendship has given me - the unbroken Ritual of nearly 42 years of friendship.

So, today, I ask you to say a prayer for Auntie Fish or have good thoughts toward her or practice whatever your particular tradition or Ritual dictates for someone so seriously ill.

Auntie Fish would like that.
Jeanne Achterberg, PhD 1942-2012

“Images, indeed all thoughts, are electro-chemical events intricately woven into the fabric of brain and body.”

– Jeanne Achterberg

We have lost one of our legendary pioneers in the field of Imagery and mind/body medicine. Jeanne died of cancer on March 7, 2012. Thousands of friends, family and colleagues are feeling the loss on this earthly plane.

Since the 1970’s, Dr. Achterberg’s work has bridged the connection between science and spirituality, consciousness and physiology, medicine and healing. Staunchly grounded in research, she was equally comfortable in the realms of indigenous healing practices. This was true in her professional career and in her own healing journey.

In those early years, with other pioneers like Carl Simonton, MD, Jeanne began the groundwork for the expanding new science of psychoneuroimmunology (PNI). In fact, Dr. Marilyn Schlitz, CEO of The Institute for Noetic Science (IONS), notes that she received one of the first IONS grants for clinical research in PNI. Jeanne saw the profound significance of Imagery as the interface between conscious intention and physical responses in the body, the foundation of Mind-Body medicine.

Terry Reed and I were so thrilled to have Jeanne present at our 2006 Beyond Ordinary Nursing’s Conference on the big island of Hawai’i. When we found out about her research on the effects of prayer and healing intention on brain function using fMRI at North Hawaii Community Hospital, we had to have her share that with our community. The study involved observing key areas of many healers’ brains during times of focused intention. Not surprisingly, the Hippocampus and the Posterior Cingulate Cortex lit up.

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I would like to quote Jeanne herself in summarizing her life's purpose. “My mission has always been to bring humanity into health care, and I have done everything within my grasp that would allow this to happen. I do believe in modern medicine, but also in traditional and integrative healing. Most of all, I believe in the power of the human spirit and in the web we weave with one another and with everything else on the planet.”

Jeanne’s accomplishments were numerous. She was on the faculty of the Southwestern Medical School and the Saybrook Institute in San Francisco. She was past president of the association of Transpersonal Psychology. In the early 90’s, she co-chaired the mind/body connections ad hoc advisory panel and the Research Technologies Conference of the Office of Alternative Medicine, and was a member of the Advisory Board of Unconventional Cancer Treatment Study Group, Office of Technology Assessment for the U.S. Congress. Jeanne was also a senior editor for Alternative Therapies, a peer-reviewed medical journal with an international circulation. And this is just highlighting her major accomplishments. Apparently, she was a keynote speaker February 12, 2012 at a Spirituality and Psychology Conference, just one month before she died.

Books and Publications:
She has authored over 100 papers and 5 books. Imagery in Healing is critically acclaimed as a classic in the field of mind/body studies. Woman as Healer is described as a ground breaking work, surveying the history of women from prehistoric times to modern day. Rituals of Healing, co-authored with Barbara Dossey, is a primer on the use of creative therapies for medicine and health. Lightning at the Gate is a moving account of her own intense healing journey after a diagnosis of melanoma of the eye. Intentional Healing is a 6 hour CD recording of Jeanne discussing the field of consciousness for health and well-being.

“Jeanne was my dear friend and one of the most caring, compassionate, and love-filled women I have ever known. As a scientist, educator, prolific author, researcher, visionary thinker, and mother, she was someone who walked her talk. She was one of our great innovators in healthcare largely because of a remarkable ability to think in complementary ways, using a ‘both-and’ approach in seeing the whole perspective.

She invited us to reflect on the sacred in our lives, and to take time for our own healing. She will live in our hearts forever.”

– Barbara Dossey, PhD, RN

“Jeanne was generous with her energy in fighting to raise public and professional consciousness about mind/body healing and expanding awareness of human potential. She was elegant, brilliant and empathetic, yet very down home. She had a great sense of humor and was a good friend to me. I’ll miss her a lot and look forward to seeing her and our good friend Carl Simonton when the circle is unbroken.”

– Marty Rossman, MD

Spring has returned.
The Earth is like a child
that knows poems.

– Rainer Maria Rilke
Rituels are part of our life and may be prescribed by our community (nationally or locally), commanded by our religion, or created by us to make note of something important. Ritual affirms our belonging and our beliefs as well as defines, confirms and conforms to our collective identity.

Nowadays it is common to call any set of repeated behaviors a “Ritual.” The order in which we perform simple actions can be called a morning Ritual: Wake up, use the bathroom, brush teeth, make coffee, take a shower, drink coffee with the exact amount of milk, etc. The term has also lent itself to psychopathology as in the Rituals a person with compulsive-obsessive disorder might perform, e.g., repeated hand-washing or snapping fingers three times before opening a door.

More often than not, Rituals mark specific changes or transitions (Rites of Passage): Communion, Wedding, Burial, Graduation, and Bar Mitzvah. We also use Rituals to define the specific time and space devoted to an activity: A surgeon scrubbing before entering the operating room or the opening and closing of the Olympic Games.

Whatever the purpose, in order for a set of actions or behaviors to become a Ritual, they need to be given an added meaning apart from repetition, or else become merely “routine” and “mundane.” We might name the Ritual, state the intention for which it was designed, and set a specific place or time to perform it.

Giving a specific time, place and meaning allows us to form a secure “bubble” within which we can retreat, focus inward and connect with our self. This Ritual “bubble” is symbolic, holding not only the actions included, but, a belief system (expectations included) that leads us to choose a specific Ritual. In this manner, Rituals help us define our days and lives by setting order and structure. Rituals also assist us in defining and affirming who we are and who we choose to be.

In Therapy, do you have Rituals? I suggest you do. Your first Ritual may begin with the way in which you greet your clients! Think of your facial expression as you invite them in, do you have a predictable and welcoming expression? Upon arrival, does the client meet you or a receptionist? Do they sign a consent form or a contract? How about your gestures? Do you offer water or tea and why or why not? As the session begins, are the seats predetermined? Do you use special wording to invite the client to enter the room, or to start talking? Do you light a candle or maybe set your hands in a specific known way that hints “we can start now?”

Your answers to these questions carry a significance that goes beyond the mere action. Having Rituals that mark your clinic as the “bubble” within which healing can occur, may have a significant effect on how well the client responds and heals. There are so many ways in which to create a healing environment. It is paramount to tailor these ways to touch your clients’ hearts. Some folks will appreciate having a five minute “bubble” to sip a beverage or catch their breath. Others may appreciate lighting a candle and let its gentle flame purify the space or lead them into their inner world. And others, yet, will prefer beginning with a short meditation. I often greet new clients saying: “Here, please have a seat and enjoy our magic chair!” As I smile, they smile too, because they recognize that something special has the chance of happening here. And this recognition sparks hope for healing and positive change.

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Rituals: Creating the Healing Bubble

Continued from page 10

I believe it is vitally important that we also create our own “bubble” in our workplace. Consider what would make yours feel like a haven, retreat or oasis. Perhaps you would like to meditate, light a candle, say a prayer or state your convocation as you begin your day.

You might include a Ritual for ending the session. Consider what you say and what you do when closing. Do you usually announce “our time is over?” If your session included Guided Imagery, do you gently guide the client back to the present moment? How do you signal it? Do you move on your chair? Do you instruct the client to take a deep breath or do you take one yourself? Do you change your voice level or intonation? How do you choose to honor what has occurred during the session? Do you summarize what has transpired? Do you ask your client to share feelings and thoughts about the session? Do you thank your client?

There are so many ways in which we can incorporate Rituals in our work and life. The one shared here is to create a healing “bubble” for both our clients and ourselves. We can include Rituals that establish healing modes that start sessions or signal their conclusion. Whatever Ritual and purpose chosen, it is worth being guided by the Hopi Native American saying: “Rituals must be performed with good and pure hearts.”

Fania Chazen is a Licensed Clinical Social Worker, graduate of NYU, trained in Hypnosis, and certified by the Academy for Guided Imagery (AGI) in Interactive Guided ImagerySM, and is a graduate of the Israeli “Golem” Multidisciplinary Center for storytelling. Fania uses IGI as a powerful clinical tool in private and group sessions, and in lectures and workshops with diverse populations. Now living in Israel, she works in her private clinic in Tel Aviv with cancer patients at Rabin Medical Center, and teaches Guided Imagery for therapists. Fania has worked with Belleruth Naparstek on translating and narrating a guided imagery CD in Hebrew. You can contact her at levshalem@013.net or through www.lev-sahlem.com

Imagine: Making Your Home a Sacred Sanctuary

The happiest people in the world are those with abundant love in their lives and homes. After all, Spirit tells us it is how we love that brings happiness. And, when we take care to make our home a haven, we create the ultimate healthy and loving retreat. Such a space is a sanctuary for the soul – a sacred place.

As a result of years of Rituals, celebrations and prayers, the walls of a temple or church become imbued with an aura of sanctuary, sanctity and sacredness. In the same manner, the walls of your home can become filled with love, well-being and joy. Imagine infusing and permeating your home environment with loving, happy and healing energies! The warm, comfortable feelings of a home cannot be measured by the amount of money spent on construction and decoration. Many an owner has invested hundreds of thousands of dollars to build, furnish and decorate only to find the home feels as artificial as a furniture store window and about as personal as a hotel lobby.

In contrast, natural and authentic materials, meaningful personal objects, adherence to the primary principles of Feng Shui and Vastu, a coat of paint in just-the-right-color, and appropriate Rituals and celebrations can radiate a warmth and personality that leave even the simplest home alive with the feeling

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Making Your Home a Sacred Sanctuary

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that all who live or visit there are nurtured and enriched.

There are multiple layers of meaning in our feelings of attachment to house and home. Joseph Campbell once said, “People say that what we’re all seeking is a meaning for life. I don’t think that’s what we’re seeking. I think that what we’re seeking is an experience of being alive, so that our life experiences on the purely physical plane will resonate within our innermost being and reality, so that we can feel the rapture of being alive.”

By creating a home environment that is a sanctuary infused with Rituals of loving, healthy and harmonious energies, we resonate and become deeply connected to our soul. These feelings provide balance, harmony and contentment, enabling us to experience authentically, who we really are.

Whether you live in a creek-side cabin, a modest apartment, a converted loft, or a stone manor house, you can discover elements, Rituals, materials and inspiration to help you create your own special sanctuary. With a harmonious haven that vibrates with simple, natural, authentic and soul-evoking energy, can a deeply enriching, loving and authentic life be far behind?

Begin with the Rituals of cleaning and de-cluttering followed by your favorite energy clearing Ritual. Perhaps you like to smudge with sage, clap, ring bells or sprinkle holy water? There are numerous methods and techniques to clear old and stagnant energy from your home. This is always a “must-do” before imbuing your space with clean, positive and healing energy! Once you have cleared the space, take the time to pray, meditate, or contemplate to intentionally ‘ground’ the space.

Many kinds of daily activities can be Imagined as Rituals - including anything from your first cup of tea in the morning to your bath at night. The secret is being “present” and noticing “presence.” In addition, become creative with yourself and your friends and have some fun.

Speaking of fun, be sure to host happy occasions that will imbue your home with joyful energy. Have get-togethers with your family and friends. Celebrate birthdays, anniversaries, and holidays. Offer dinner parties for your book group or start a poker night (not just for the boys anymore!). I like to host spiritual salons. Over time you will discover that your home is

The warm, comfortable feelings of a home cannot be measured by the amount of money spent on construction and decoration. Many an owner has invested hundreds of thousands of dollars to build, furnish and decorate only to find the home feels as artificial as a furniture store window and about as personal as a hotel lobby.

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Making Your Home a Sacred Sanctuary

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increasingly infused with the feelings of comfort, peace, joy and laughter.

Take note of the following healing elements that will make your home a sacred sanctuary!

• Awareness of the Energetic ‘Vibe’ in Your Home
• Simplicity & Simple Living
• Rituals & Celebrations

Imagine . . . you CAN create your home as the ultimate sanctuary when you follow your heart, listen to your soul, and include Rituals and celebrations that deeply resonate with you.

Shawne Mitchell, founder of Soul Style, Conscious Living Aligned with Your Soul, is the author of Creating Home Sanctuaries with Feng Shui, Exploring Feng Shui and Simple Feng Shui. She is currently finishing a Masters degree in Consciousness Studies. Shawne has been a featured speaker at numerous conferences and seminars. She was the Home Sanctuary editor for Healing Retreats & Spas magazine. Shawne can be reached at Shawne@SoulStyle.com or visit her website at www.SoulStyle.com.

Nourishing Creative Consciousness: Using the Ritual of Psychodrama

Dancing dragons, colliding stars and bottomless rabbit holes; Images emerge into our awareness through metaphors, dreams, stories, and those synchronistic moments when the border between the real and the Imaginary fuse. In the therapy room we may engage with Images using active Imagination, exploring the messages they bring and the meanings they illuminate. Psychodrama can expand and enrich the process of active Imagination. In the sacred space of the psychodrama stage, Images can be welcomed, hosted, and given their autonomy.

Jacob Moreno created psychodrama, a dynamic method of group psychotherapy rooted in the long history of Ritual Theater. Moreno’s goals were to bring transformation and healing to participants, affirm their connections with their own psychic wholeness, each other and the numinous. Psychodrama not only summons forth a protagonist’s ability to interact and engage with Images, but taps into the rich layers of collective meaning that emerge from the group itself.

In psychodrama an improvisational theater production emerges from a highly Ritualized warm up and is closed in a highly Ritualized way. This Ritualized structure and the form of psychodrama contribute to the method’s ability to penetrate safely the intra-psychic world (Israel & Plummer, 2011) p.297

It is this structure and Ritual that bring safety to this work. Unique to the method is its ability to give form and substance to Images, allowing them to walk, dance, and carry their own feelings and understandings. Thus the psychodrama stage becomes a wormhole or conduit connecting both protagonist and group with the realm of the Imaginal. On the stage, non-rational patterns of energy that connect us with each other and the cosmos are illuminated. The seven lean cows and the seven fat cows of Joseph’s dream do pirouettes to the sounds of Tibetan gongs. A crone sits with her unborn baby in her lap in a hut smelling like wet dirt. Tears become shards of glass and then change into a sea of diamonds.

By Elizabeth Plummer

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For the past fifteen years it has been my privilege to study psychodrama, direct it, and teach it. I have found it to be rich with symbols and meanings and deeply healing. My personal journey has been made richer and more complete through this work and I invite you all to consider dancing with me one day on the psychodrama stage.

References:

Elizabeth Plummer is a licensed clinical psychologist and psychotherapist in private practice in Santa Barbara California. She specializes in the areas of addiction treatment, gerontology, life transitions and trauma. She has worked extensively with both active duty military personnel and combat veterans. She served as the Director of Dual Diagnosis Treatment Program for Sanctuary Psychiatric Centers of Santa Barbara, is a consulting psychologist for the Santa Barbara Center for Change, and is currently serving as Regional Clinical Director for Aegis Medical Systems in Ventura County. Elizabeth also teaches at Antioch University’s doctoral program. In addition, she provides clinical supervision for masters and doctoral level clinicians.

“Feeding is a very important Ritual for me. I don’t trust people who don’t like to eat.”

– Gina Gershon
Embodied within the word Spiritual is the word “Ritual,” signifying a sequence of performances creating a nonverbal state of awareness in that moment. To experience the depth of carefully choreographed movements brings to mind Japanese Cha-do, the Way of Tea. Soshitsu XV (2002) expresses “the tea spirit is the spirit of peace, and the culture of tea is a culture of hospitality.” His ancestor, Sotan, wrote:

“When someone asks you:
What is the nature of tea?
Say it’s the sound
Of the wind blowing through the pines
In a painting.”

Throughout the last thousand years, tea has evolved from a poetical pastime to a complete art form and spiritual path. With Zen Buddhism laying the foundation for seeing greatness in the smallest incidents of life, tea rooms today still emulate the simplicity and purism of the monastery. The size of a tea room is commonly four-and-a-half mats, approximately 26 square feet. The tea house (chashitsu) is portioned into the tea room proper and the anteroom (mizuya) where the tea utensils are prepared. Outside the tea house is a garden path (roji) separating the tea house from the portico (machiai) where guests are waiting to be summoned to enter the tea room. Once summoned, they start across the garden path which serves as a boundary between the outer world and the inner tranquility of the tea room. To travel the path is to rid one’s self of the ‘dust’ of everyday thoughts before purification (rinsing of the hands and mouth) with the clear water in the stone basin (tsukubai) just outside the tea room. Following purification, each guest enters the tea house through a small, humbling “crouching door” to immediately honor the scroll or flower arrangement placed in the alcove (tokonoma) with careful attention and formal bows (ojigi) prior to

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seating themselves noiselessly in a reign of quietness accented by the soft whispering of the iron tea kettle.

Only then does the host enter to set into motion Images of the tea ceremony via Pattern, Form, and Beauty of Movement in performing temae (the sequence of moments, one following the other in preparation of tea). The purpose of the procedures of temae is for the host to express feelings of sincerity toward the guests. In carrying out the procedures correctly, the heart and soul of the host is in the temae to achieve a flow that knows no attachment to things and is boundless. This flow creates a depth and richness of spirit for movement into a place of gratitude and peace by all.

Kakuzo (1906/1973) states that a deeper purpose of the tea ceremony is a return to nature, including discovering one's true self and true nature wherein nature is conceived as all of creation. Not only does the way of tea invoke spirit and command universal esteem, the way of tea is a work of art requiring a masterful hand to simultaneously bring out both the noblest qualities of the tea while maintaining the truly beautiful moment of the ceremony. Even though the tea preparation occurs in a similar way each time, the tea never tastes the same because each preparation has its individuality and its own method of telling a story. Thus, the tea host strives to be more than the artist and to become the art itself. For in art, the Present is the eternal. Kakuzo adds that in all circumstances, the attainment of the unified concept of art and life, of nature and art blended into a harmony of daily living must be accompanied by maintaining serenity.

The way of tea embraces a spirit that in turn embraces peace – something yearned for by people of all countries. The Image provided by the expression "One time, One meeting (Ichigo, Ichie)" is a coming together with others to experience tea as an act of renewing the spirit of peace within a culture of hospitality. Soshitsu XV (2002) informs us that the expression's deeper meaning lies in the awareness that each encounter is a once-in-a-lifetime experience. In honor of this concept, may we transcend the confines of the tea room as we Image "one time-one meeting" as those moments where humanity meets over a tea bowl filled with the spirit of mutual gratitude in order to live together in this great world of nature, with harmony.


Alice Esbenshade MA, MFT is a licensed Marriage and Family Therapist in private practice in Santa Barbara, California. She grew up with an authentic Japanese tea house in her yard, and later lived in Kyoto where she learned what the tea ceremony was all about by taking lessons at the Shugakuin Rikyu. In 1999, the tea house was moved to the Santa Barbara Botanic Garden where it is a center of Urasenke Tea practice.

Judith Ewing MEd, MA, CIH has been involved with Imagery International since 2010 as co-editor of ImagiNews and board member at-large. She graciously was introduced to the Way of Tea fifteen years ago as one of Alice's invited guests at the authentic tea house. Our wish is for you to embody Images of the spirit of tea embracing peace and mutual gratitude for harmonious living. May you experience always the gentle "sound of wind blowing through the pines in a painting."

References

Rituals are repetitive forms of actions in which we engage to keep tradition alive. Tradition means the passing on or transmission of a certain body of knowledge or doctrine in an ongoing, uninterrupted, unbroken chain of transmission to perpetuate a lineage.

When we perform a Ritual act, we are generally remembering our relationship in time and space to an original, historically based experience, which we commemorate. For example, on Passover, Jews relive the story of Exodus as if they were crossing the Red Sea in their flight towards freedom and the Promised Land. Likewise, the Ritual eating of the communion wafer and wine in Catholicism is the eating of the body (to become one with) and drinking of the blood (i.e. life force) of Christ, the savior. Such Ritual actions place us together with our ancestors in a no time/space zone, where linear time and space are transcended, and we are one with all who were, are, and will ever be. Thus we establish a unity between past, present, and future.

To remember is to put ourselves back together again: re= again, member refers to our anatomy. Arms and legs are commonly known as members. Recall the ancient Egyptian pharaonic legend of Osiris, god of the realm between life and death, and his consort Isis, goddess of wisdom. Osiris is murdered by his brother Seth and cut up into 14 pieces that are buried in different parts of Egypt. Isis learns of the murder and proceeds to collect the pieces. After doing so, she restores Osiris to life (resurrects him) by putting his body back together. She remembered him by restoring his members back to his torso and head. She re-membered him not only physically, but also mentally – Imaging him back to life.

Another meaning of member is to be part of a community. A community bespeaks a growth of life of a variable number of people. So, we see there is an intimate connection among Ritual, life, remembering (member, memory) and community. Coming of Age Rituals are formal activities marking the transition from one phase or period of development to another, usually considered to be on a higher level. Through these rites and Rituals – secular or spiRitual – we maintain our membership in a certain group or fraternity (sorority) of like minded souls. Thus, the continuity of tradition is preserved in such Rituals as a Christian baptism, a Jewish bar/bat mitzvah, a wedding, and memorials –remembrances of those who have passed.

To interfere or interrupt tradition creates a rupture in the lineage to which you are connected and is considered a form of murder. Hence, Hitler attempted to murder the lineage of a certain form of Monotheism – Judaism – via the holocaust. The effort was to eliminate that lineage from the Earth. In biblical times, a murder was considered a mass murder because the death of that man or woman had cut off the generation of a lineage. Hence every murder was a mass one and was treated as a capital offense. To cut tradition is to cut off life. Ritual, on the other hand preserves tradition, preserves life.

While most definitions of Ritual focus on the outer action, the inner remembrance is at the heart of most practices. For without connecting to the inner dimension, a physical action becomes mere routine. Imagery is a powerful means to engage in the inner remembrance of ourselves, our heritages, and all that we wish to perpetuate. Our receptivity to the Imagery message is strengthened when we take an action linking the inside and outside – through writing down our responses to the Imagery, drawing the Image, or finding a physical object that we discovered internally. All these serve as reminders for change and transformation.

Here is a set of Imagery exercises to rid us of what we no longer want or need and to imprint in ourselves new possibilities. It is adapted from the Encyclopedia of Mental Imagery: Colette Aboulker-Muscat’s 2,100 Visualization Exercises for Personal Development, Healing and Self-Knowledge

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Remembering Ourselves Through Ritual

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(ACMI Press, Spring 2012).

Do the exercises every three months (Summer solstice, ~ June 21; Autumnal equinox, ~ Sept. 21; the Winter solstice, ~ Dec 21, and Vernal equinox, ~ March 21). Write down and/or draw your responses and review them at each quarter.

Note: We breathe in a special way to help direct our attention inward and induce a light relaxation. We start with three rounds of slow breathing where we focus on the out breath and let the in breath take care of itself. Physiologically, this out-in breathing stimulates the parasympathetic nervous system to quiet the body down. After the third round of the “out-in” breaths, you breathe as you normally do, focusing on the Imagery, not the breathing.

Instructions: Sit up, spine straight, in a chair, with your arms in your lap, or on the arms of the chair. Close your eyes and start by breathing out (BO) a long, slow exhalation through the mouth, and follow it with a natural, brief inhalation (BI) through the nose. To start, do this three times (BO/BI 3X) - an exhalation followed by an inhalation, an exhalation followed by an inhalation, and an exhalation followed by an inhalation. Between the Imagery exercises do only a single round of out-in breathing (BO/BI 1X).

(BO/BI 3X) – Imagine making a vase with clay. Take a stylus and imprint on the turning vase all you want to change in yourself in one year. Break the vase and throw its parts into the sea.

(BO/BI 1X) - Imagine making a vase and draw on it the symbols of what you’d like to change in yourself. Put the vase in an oven. When it is hard, break it and bury the broken pieces.

(BO/BI 1X) – Into a mirror, see your self-portrait as a super-woman or super-man. Push this Image to the right out of the mirror.

Breathe out and open your eyes.

Scholarships to this year’s conference are now available!!

Imagery International is pleased to offer three scholarships this year to cover conference tuition. If you wish to apply, please provide the following information:

• The reason you are applying for a scholarship and your specific need
• How coming to the conference will enhance your professional or personal growth.
• What “Imagery” is to you and what you hope to learn from the conference.

This year we will again have the Silent Auction that was such a hit last year. All monies earned from the Auction will continue to fund scholarships for future conferences.

If you wish to apply for a scholarship, please address your letter answering the above questions to Jann Fredrickson Ramus, P.O. Box 213, Newport, MN. 55055. Or you can email your responses to: JFredr7753@aol.com or Jann.Ruth7@gmail.com.

Scholarship winners will be notified by August 1, 2012. Please keep in mind - scholarships cover tuition only. All travel and lodging expenses are the attendee’s responsibility.
Imagery International’s Fourth Conference
Co-Sponsored by Beyond Ordinary Nursing

Imagery and the Soul

October 5-7, 2012
at Mercy Center in Burlingame, California
USA
Imagery International 2011 Annual Report

2011 Financial Highlights

- 4.78% decrease in net income between 2010 and 2011
- A net income of $2050 in 2011, versus $2,181 in 2010
- An increase in donations from $0 in 2010 to $1,074 in 2011
- Our largest loss was the Journal (Cost: $1731; Income: $900)

Miscellaneous expense, $1,789

List of Accomplishments 2011:

- 2012 Budget Completed
- 2011 Final Financials (Year-End-First time)
- Automating Payments-Master list
- Creation of this Annual Report (two page)

Treasurer's Report and Statement:

I am pleased to report that Imagery International’s financial position remains sound during these challenging economic times. I took the helm as of July 2011 to implement changes that took effect immediately; and a virtual office manager, Amrita Cottrell, was hired to help with the QuickBooks, budget and membership dues.

Income and Expenses: Figure 1-1 and Figure 1-2.

Our total income for the year is $16,080, which is comprised of $1,075 from silent auctions/donations, $5,390 from membership dues, and $9,610 from our Fall Conference. Our expenses totaled $14,532, which is comprised of $691 miscellaneous expense, $1,789 administrative expense, $1,731 ImagiNews development expense, and $10,321 Fall conference expense.

The net gain for this year was generated by the dues, totaling $4,780 and silent auction/donations, totaling $1,074. However, despite the year’s 4.78% decrease in income compared to 2010, we are taking measures to strive to break-even or come out slightly ahead with a net gain in 2012.

Budget Message: In 2011 we have developed a detailed budget and budget history for the organization. We also completed the 2012 budget as well as a special budget for ImagiNews. We are currently conducting an analysis of the expenses related to producing the journal. Printing and preparation costs to produce ImagiNews have risen and we are currently assessing controls and alternative means to keep cost low and as affordable as possible.

List of Accomplishments 2011:

- 2012 Budget Completed
- 2011 Final Financials (Year-End-First time)
- Automating Payments-Master list
- Creation of this Annual Report (two page)

Janet Barr; MS, ChFC, CLU, is the President, Director of Wealth Management at Collaborative Financial Solutions. She advises high net worth clients and offers holistic/comprehensive financial planning with an emphasis on socially (ESG) conscious investment strategies. Questions or comments: www.JanetBarrCFS.com

* Unaudited Financial Statements **Quickbooks maintained and reports provided by Virtual Office Manager Amrita Cottrell ***Annual Report Prepared by Jay Wongwatana-anan
Message from the President, Juliet Rohde-Brown: This has been a year of transition in many ways. We have moved into podcasts to allow for more international recognition of the powerful work of the Imagination to heal. Already we have brought in more international members through our expanded online presence. I am continuously inspired by the variety of people who come to us from different modalities of health and healing. My presidency runs through January, 2013 and it has been an honor to be able to serve you in this role, I am excited to see what our next president, Susan Ezra, will have in store. We have many endeavors on the horizon. I’m grateful for an amazing, creative, hardworking, heart-centered, and savvy board, because without them and without you, our members, we would not be thriving as we are.

Message from the Conference Chair, Jann Frederickson: Our conference, Imagination: Hope and New Beginnings was a big success! We would like to thank all our presenters at the conference and to all the members who attended. We have already received 17 proposals to present at the 2012 Conference, Imagination and the Soul, even though we only have room for 5! We are extremely excited with all the interest we are receiving for our annual conference and Imagination International in general. Without a doubt, our 2012 conference is sure to be bigger and better than any previous years. We look forward to another great year!

Message from the Membership Chair, Susan Ezra: Our membership remains stable at 110-120 members per year. We are a small but mighty group. Many people have been members since our inception as an association in 1995 and there are a few new members every quarter. We have 4 international members from Israel, New Zealand and Australia. There are 13 honorary members who are the pioneers in Imagery such as Marty Rossman, David Bresler, Belleruth Naparstek and Emmett Miller, along with all the past presidents of the association. We intend to keep growing our community of Imagery practitioners!

ImagiNews Journal: This year has been a great year for ImagiNews. In December 2011 we printed off 50 copies, our biggest number yet! We have also developed new submission guidelines to provide a consistent look and feel as well as help keep costs to produce the journal under control. The new guidelines were included in the March 2012 issue and can also be found on our website. We would like to thank everyone for their submissions to the Journal and give a special thanks to Bev and Judith for all their hard work for putting together the journal, a job well done! NOW –we need a new volunteer co-editor. Please contact bev@sheppardwest.com
Calendar of Events

June 19, 2012
Life Skills for Kids - Teleseminar
Charlotte Reznick
http://naturalintuitivelearning.com/skill/charlotte/invite/

June 22-26, 2012
International Association for the Study of Dreams (IASD) Conference
Berkeley, CA
http://asdreams.org/2012/office@asdreams.org
1-209-724-0889

June 25, 2012
Healing with Dreams and Guided Imagery @ IASD Conference
Tallulah Lyons
Berkeley, CA
http://asdreams.org/2012/office@asdreams.org

July 16-17, 2012
Pellowah Healing Technique
Linda Benn
Earthrise @ IONS
Petaluma, CA
http://www.noetic.org/events/2012/7/pellowah-healing-technique/

July 26-29, 2012
Heart Opening Retreat
Kathy Zavada
Mount Shasta, CA

Aug 17-19, 2012
Integral Health & Human Flourishing
Elliott Dacher, MD
Earthrise @ IONS
Petaluma, CA

Aug 24-26, 2012
Horses, Somatics and Spirit
Beverley Kane, MD & Ariana Strozzi, MSC
Earthrise @ IONS
Petaluma, CA
http://www.noetic.org/events/2012/8/horses-somatics-and-spirit/

Sept 5, 2012
UCLA Family Commons Family Expert Series
Santa Monica, CA
http://www.uclacommons.com/

Sept 7-9, 2012
Healing Voice Workshop
Jill Purce
Earthrise @ IONS
Petaluma, CA
http://www.noetic.org/events/2012/9/healing-voice-workshop/

There is a new Imagery training program that member Leslie Davenport has told us about. John F Kennedy University is launching a certificate program in Imagery this fall. CE credits are available for Psychologists, MFT, LCSW, and RN's.

It’s possible to sign up for single classes, or for those wanting certification, enroll in the full curriculum. For anyone already experienced in Imagery, the three hour electives are a great way to practice with peers and build community. The classes will be offered at the Berkeley Campus of JFK University through their continuing education program. Questions about the content can be directed to Leslie Davenport at Leslie@LeslieDavenport.com. Questions about enrollment and credit should be directed to the school: JFKU Continuing Education.

Certificate Requirements: A minimum of 45 hours is required. This includes the four core courses and at least seven electives (3 credits each). New electives will be available in each catalogue, and different core courses are offered throughout the year.

CORE CLASSES (6 - 10 hours each) Clinical Applications of Deep Imagination, Level I and II, Deepening Imagery with Expressive Arts, Somatic Imagery to Relieve Stress and Anxiety

ELECTIVES (Take 7 out of 9) (3 hours each) Building Inner Resiliency, Resolving Complex Grief, Imagery with Children, Working with Pain and Insomnia, Trauma and PTSD, Integrating Spirituality, End of Life Issues, Imagery for Depression
Letters to the Editors

About March issue:

Hi Bev,
I wanted to thank you for publishing my article Stepping Towards Darkness: The Enlightened Path to Healthy Aging, in this month’s Imaginews publication. Really appreciate that and just loved the whole publication and artwork this month. I saw that you send a hard copy to author’s published that month and really hoping to get one. You have my mailing address below.

Thanks!

Elizabeth Wolfson

Judith and Bev,
Congratulations on another beautiful issue of Imaginews! I’ve flipped through page by page and can’t wait to clear some time to read it all. Very enticing!

I appreciate all you do to bring us this special journal and thank you for introducing me to the members in this issue.

Warmly,

Susan Gold

RE: Jeanne Achterberg’s death:

I’m so saddened to hear of Jeanne Achterberg’s death. She was an amazing and wonderful woman and researcher and such a pioneer in our field. She will be truly missed.

Charlotte Reznick Ph.D.

Thank you for sharing since I hadn’t heard yet, this is so incredibly sad and a huge loss. I was hoping to meet Ms. Achterberg one day as

I planned to take her courses at Saybrook once I finish my current degree program elsewhere. I have been listening this week to her audio on Intentional Healing and didn’t know she was gone :-(

Sue Hasker

Jeanne was a warrior for mind/body medicine. A meticulous researcher, an excellent writer and speaker, and always supportive of advances in our field. We always learned from her when she spoke to AGI meetings, and I had the great pleasure of teaching with her for several years. She was a great friend and I will miss her. May she rest in peace.

Marty Rossman, MD

Jeanne was loved by many. She was such a courageous beautiful woman and, definitely one of my heroes! I only had the privilege to meet her twice but I will always remember her. What a great loss for all of us! I am grateful we have her legacy of wonderful books. Thank you for sharing your “visions” with us, Jeanne.

Linda Sleeter

Jeanne Achterberg had one of those voices—a gentle beckoning vibration of sorts—capable of subtly enticing the listener into inner wisdom, creativity, and peace as if it had been our own idea all along. Thankfully this has been preserved in her many recordings, and those who had the opportunity to have heard her in person will cherish, of course, the memory of those times we laughed and wept in the presence of this masterful storyteller. Peace and Bliss to Jeanne and to All.

Dottie Pendleton

Indeed, what a great loss. Although I have not met her in person, I have always considered her one of my teachers. I go back to her books again and again. May she rest in peace.

Tania Chazen

General Comments:

To the Editor:
It has been a great pleasure connecting to the Imagery International Community via Imaginews. I look forward to reading of other’s experience in this vast field of imagination. The staff at the Journal - particularly Beverley Hollander - has been a virtual dream team in assisting me in reminding me to submit, gently editing the articles, etc.

warmly,

Jerry Epstein, MD

Hi Bev:

I’ve been meaning to correct something in your BEAUTIFUL JOURNAL....in the area of folks that have web sites, I’m listed as Terry Reed, RN...would like it to include RN,MS,BC-HN.

Thanks for all your creative contributions to II!!!

Terry Reed
Join or Renew Your Imagery International Membership

Today's Date: ________________________________

Name / Professional Designations: ____________________________________________________________

Business Name (if any): ________________________________________________________________

Street Address: ________________________________________________________________________

City: ___________________________ State: ___________________________

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