

IMAGERY
INTERNATIONAL



ImagiNews

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Transition

COVER STORY:

“Pueo Dream Transition” Acrylic on wood © Schar Freeman 2009

This painting began with a dream. In the dream I was flying over the ocean and came to a beach where I met up with my dear and close friend who had died previously. We walked the beach and she told me that huge changes were to come. The dream was profound, revealing to me that I was going to undergo a major Transition in my life. After my dream, this art piece evolved. And, true to the dream’s revelation, while working on the painting, I encountered my next life Transition.

I first met Owl on my early morning walk around the ocean’s edge. She popped up out of the brush about 15 feet from me and landed on a tree nub right after she caught her breakfast. We watched and observed each other for a time. Owl offers me strength, and connects me to our Mother, the Earth, and she also warns of a great Transition about to occur.

In the days that followed, a major illness struck my immediate family. I was called upon to endure and support my companion of eight years through several surgeries in a five week hospital stay. Traveling between two islands to do this, with each return to Kaua’i I would rejuvenate and revive my spirit and body by working on this painting. “Pueo Dream Transition” symbolizes my story of strength.

Painting is where I find strength during life’s Transitions. Those things are represented by the ocean, the moon, the owl and the NaPali of this island. The woman is receiving from Owl with her hand down atop its head. She is sending the wisdom of the Ancestors through the orchids in her other hand. The orchids rise and become Petroglyphs, depicting ancient symbols of life and life source that connect us to our Grandmother Moon.



Schar is an award winning artist recognized for her vibrant and bold use of color, whimsical figures, breathtaking landscapes and women of Native American and Hawaiian cultures. She is versatile with her choice of medium, painting with oils, acrylic, pastels, watercolor, ink and mixed mediums. Schar resides on the island of Kaua’i in the Hawaiian Islands. Kaua’i and the beauty of the island and its culture inspire her each and every day.

Schar is published with Mother Tongue Ink and We’Moon Calendar 1998-2012. She is a current member of Kauai Society of Artists, and Founder of Women Artists of Kauai.

*Find Schar’s art at Banana Patch Studio, Hanapepe and Kilauea, Kauai, Hawaii -
Schar-freeman.artistwebsites.com or scharbear@yahoo.com*

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ImagiNews is published 4 times a year, mid March, June, September, and December, or at least that’s the way we Imagine it. For submission guidelines, or to send proposals, comments, corrections, letters, complaints, jokes, praise, or just to poke fun, contact bev@sheppardwest.com, judith1001@msn.com, information@imageryinternational.com, call 1-866-494-9985 (US), 514-938-6131 (Int’l) or write Imagery International, 1574 Coburg Rd. #555, Eugene, Oregon, 97401-4802.

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IMAGERY INTERNATIONAL is the worldwide organization of Professional Guided Imagery Practitioners

Imagery International Values

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

From the President's Desk



Juliet Rohde-Brown

Dear Imagery Colleagues,
This has been quite a year for us as an organization. We have transitioned from telechats to international podcasts which can be downloaded at any hour in any time zone to invite a wider reception for our voice and membership. We added a silent auction to our conference to make funds available to those who would not normally be able

to attend next year's gathering. These are just a couple of examples of Transitions that Imagery International has done for the purposes of reaching out and inviting people to join us.

Our conference, entitled *Hope and New Beginnings*, was a big success. We opened with the Image of a world tree extending its roots and branches to the four corners. We were thrilled to award Past President and Co-editor of *ImagiNews*, Bev Hollander, the Imagery Person of the Year Award. Judith Ewing, Board member and Co-editor put together a beautiful portfolio of all of the *ImagiNews* covers of the issues that Bev has single-handedly edited over the years with lovely quotes attached to each. We presented her with a labyrinth necklace and a crystal trophy in the shape of a flame—an apropos symbol for a woman with both fire in the belly and the heart.

Each of our presenters offered unique gifts through their workshops. In my closing speech, I reflected on a word that could exemplify the quality of each contribution and what emerged for me was the following: Robin Gayle - roundedness; Carl Hendel - expansiveness; Lea Houston - embodiment; Jenny Garrison - sweet heartedness; Said Oslo - visionary; Jeanne Schul - expressiveness; and Susan Gold - creativity. I am deeply grateful to our presenters and to the conference committee who worked so diligently to put all of this together. Thank you to Jann Fredrickson Ramus, Terry Reed & Donna Christensen for your joyful presence greeting us every year, and to Susan Gold for opening the way for a new relationship with the Mercy Center. If I have forgotten anyone, I deeply apologize. You are in my heart, but sometimes my menopausal brain has lapse- pockets. Thanks to our Board members and our dear Sandy Warnken who just

generally helped out and actively engaged with the participants. Of particular mention is Doreen Leighton, who spearheaded the Silent Auction and managed it with pristine organizational skill and her usual grace. Thank you to all of you who attended, as well as to those of you who were not able to physically attend, but who we felt "in spirit."

As we Transition into this most significant and prophetic year of 2012, I do hope that there is more of an embracement in the world of the power of the Image to focus both attention and intention. I have been pondering my own resolutions for the coming year and what the word *Transition* means for me personally.

Ironically, several weeks ago I found an old photo of myself as an almost-7-year-old standing in front of an Oahu forest of Norfolk Pines with muddy bare feet and hands full of nature's gifts. I decided that this photo would be my symbol of resolution for this coming year. I am resolving to take more and longer periods of time away from my desk, computer, and chair and to get a little muddy and free to facilitate for myself a Transition to a more "earthy" place. I have always found my greatest joy in nature. The young girl's impish smile tells me I must heed her call to the forest. When a shadow complex of workaholism begins to grip me, I will face this shadow directly, say no, and I will take the young girl's hand.



I hold the vision that we may all face ourselves directly and allow Imagery to assist in the guidance of such.

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President's Message

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Facing our shadows directly, for instance, builds our consciousness and can bring us a long way towards healing ourselves and toward our capacity to facilitate others in their own healing—and sometimes healing means “dying well,” to which many II members working with hospice can attest. I do believe that those in our organization hold an intention of “dying well” from rusty paradigms and fostering the courage to Transition to what is newly

emerging in both personal and collective consciousness. (Speaking of the power of Imagery, dying well, and facing ourselves directly, there happens to be an absolutely stunning Japanese film entitled *Transitions*. I highly recommend it.)

There is that place that we all meet that is non-local and ever-present which serves our deepest center, as well as our connection. I suppose we could call it “that which was always present” or “the first sound” or the “causal,” something along those lines. That is what I come back to when I search for some kind of meaning in the atrocities of life such as war, hunger, violence

and other disasters and I ponder the metaphor of 2012. Yet, it is also in the chthonic, the underbelly and dirt of this earth, that our cherished relationships to each other are nurtured and graced by the drumming of hearts as we wish for all beings that they may be free from the cause of suffering. May we all savor the moments we have with loved ones and strangers, for our time is indeed brief on this spinning sphere and the most important thing we have is our capacity to choose to love.

Metta,
Juliet

From the Co-Editors' Desktops



By *Bev's Thoughts*
Bev Hollander,
BSN, MS,
HNB-BC
and
Judith Ewing,
M.Ed., M.A., CIH

Here's another ImagiNews – water under the bridge flowing downstream to you, our faithful readers and members. This issue itself flowed quite nicely, in complete contrast to our previous issue. Juliet, II's President, reached out to her many friends and colleagues and we have been blessed with the most submissions ever. WOW!!!! We even have enough to save for our March and June issues.

Judith and I are now moving in a nice rhythm as we work towards release of each issue. There has been a clear Transition to this place of ease and comfort with each other. Judith has that “Southern Charm” that could talk the leg off of a dog when she asks for something. I am learning how to use it to my advantage as well and am very grateful for this lesson.

I must say, the honor bestowed upon me as

your Imagery Person of the Year has touched me deeply. I hadn't realized my contribution, nor thought I had done anything special, particularly in my work with ImagiNews. Perhaps not so very surprisingly, I found it challenging to receive such gifts and forced myself to stay in an open-armed and receiving stance to take in the praise and love. Thank you so very much. The award is absolutely beautiful and holds a place of honor in my home.

I was particularly struck with the vibrancy of colors as well as the story of this issue's cover painting by Schar Freeman. What a beautiful story that actually is not about the Transition of Death, but Schar's Transition to a place of strength, connected to Owl, Mother Earth and Grandmother Moon while facing a health

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From the Co-Editors' Desktops

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care crisis with her family. I am so very grateful for her contribution to us.

Please send your hopes, dreams and love our way in any form possible – poetry, story, photos, case studies, letters to the editors – whatever strikes your fancy BUT related to Imagery, please. Look for our new submission standards on the web – to be posted soon. March's theme is Enlightenment and articles will be due 2/1/2012.

Aloha,
Bev

Judith's Thoughts

At our 3rd Annual Conference, Carl Hendel shared during his presentation that the greeting "Aloha" carries the deeper meaning "Breath of life." The out-pouring of our members and readers in support of the auction for our Scholarship Fund, accompanying the generous in-pouring of your articles to support ImagiNews breathes a precious aliveness into your co-editor's and Imagery International's endeavors. You are phenomenal! And, a special Thanks to our President, Juliet Rohde-Brown, for having wonderful friends who responded to her call for articles. The publishing of your articles brings high quality to our journal, and we thank each of you for your contributions.

As we Transition into 2012, it will be an interesting year in that it is the "ending" of the Mayan Calendar. That we always surround every Transition with love

and hope is important for "Enlightenment"—which we have selected as the theme for March 2012. Then for June 2012, our theme will be "Ritual." Although we have some of your articles saved for those themes, right now there is room for more. So, it is still important to keep the contributions coming for these next issues. Also, Bev and I are in the process of refining Submission Guidelines that will be posted on the Web soon. One significant change is the new deadline for submissions is being moved up to the 1st of the month prior to the publication of the quarterly issues for March, June, September, and December.

Although we especially miss Dr. Gerald Epstein's column this month, we are really looking forward to the Enlightenment that he will bring to the March ImagiNews.

The beauty of Schar Freeman's exquisite painting resonates to the depths of my being. What a beautiful image to Transition into Strength! This message captures the essence of Transition. Thank you so much for giving your permission to showcase your art on this ImagiNews cover.

Now, I wish to congratulate Bev on her being chosen for our International Person of the Year, a most deserved honor. A tribute to Bev can be found on page 10. I want her to know the privilege it is for me to work together on ImagiNews with her....and how much I enjoy the laughter we share together as we tap dance through our roles of co-editorships.

And, to our wonderful authors, readers, and members.....may you always be surrounded by rainbows around your sun, heart, and moon as you come across Transitions in your life's journey.

Aloha,
Judith



Welcome New Members

Irma Botvin, San Anselmo CA
Leslie Bouche, Ojai CA
Werner Absenger, Spring Lake, MI
Barbara Eggenberger, Sacramento, CA

And a great big THANK YOU to the those who have renewed their membership!

Professional Members With Websites

Bill Aal
<http://www.toolsforchange.org>

Priscilla Abercrombie RN,NP,PhD
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Sue Adams CCHT, CHC, EFT-ACV
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Martin Albert MD
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Richard Berrett Ph.D.
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If you don't see your name and website, we haven't received your renewal or we don't know about your updated web address. Send in your dues or latest information and get your website listed in the next issue of ImagiNews and on our website! Additions/corrections can be sent to Sandra Warnken at information@imageryinternational.com, or to Imagery International, 1574 Coburg Road, Eugene, Oregon, 97401-4802



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



**By
Doreen
Leighton, RN,
CHTP, HN-BC,
HTACP**

"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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3rd Annual Conference Recap

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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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3rd Annual Conference Recap

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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

Imagery International Person of the Year 2010: Bev Hollander

We chose Bev Hollander for the 2010 Imagery Person of the Year because she has been an integral part of our Imagery International organization and our hearts since 2007, having served as Board Member, President, and Editor of II's Journal *ImagiNews*. Under our fun-loving trail blazer's forward thinking cutting-edge intuition and editorship, *ImagiNews* has become the glue that holds our international community together. In honoring Bev, who introduced the use of a theme for each publication, the 19 selected themes from her published issues are used randomly in the expression of II's deepest gratitude for all that she has given our community in so many ways. (See below) It is with great respect that we honor Bev with the esteemed Imagery Person of the Year award. Congratulations on this well-deserved honor, Bev!



A TRIBUTE TO BEV

Bev, coming on the Board of Imagery International while also starting an Editorship of *ImagiNews* created "New Beginnings" for you. To jump right in with "Courage" allowed you to overcome the initial overwhelm of your first journal issue. Right from the beginning, your determined "Resolution" and "Intention" that everything done for *ImagiNews* would be for the greater good and "Growth" of our Imagery International "Community" became evident. The "Clarity" of your focused "Intuition" to provide themes around which articles can be written still brings "Illumination" to the ways Imagery can be used in "Healing." The "Passion" within your "Compassion"

has guided the alignment of our authors' messages of "Hope" and "Joy" in sharing transformational modalities and practices in working with Imagery. This in turn has opened "Portals" of "Opportunity" for us as healthcare practitioners to take on the responsibility to reach even greater depths of awareness and understanding of Imagery in order to make important "Transitions" to support and embrace our clients.

Another delightful feature of *ImagiNews* initiated by your "Kindness" is the invitation to artists to showcase their original art on the cover. This provides international exposure for them, and it graces our cover with beautiful Images. Then, there is "Serendipity"—finding something valuable and pleasurable when looking for something else. In the beginning, Imagery International was looking for a Board Member, a President, and an Editor. What we found was a most valuable and pleasurable "you" who has taught us on many levels the importance of Transforming to the fullness of compassion, wisdom, and love.

Transitioning Images



**By
Bev Hollander,
BSN, MS,
HNB-BC**

At our recent Imagery International conference, I participated in an Imagery exercise that was such a delight. It involved creating a drawing of our Image and then another, showing a Transition into, hopefully, a calmer and more peaceful place.

We were to focus on an unresolved issue and find a place in our body that might contain the issue's energy. I noticed my hands were tingling and then continually "buzzing" with great distraction. We were directed to draw the Image of the issue. In my case, the buzzing became a swarm of bees which I could see clearly in my mind. (See drawing #1)

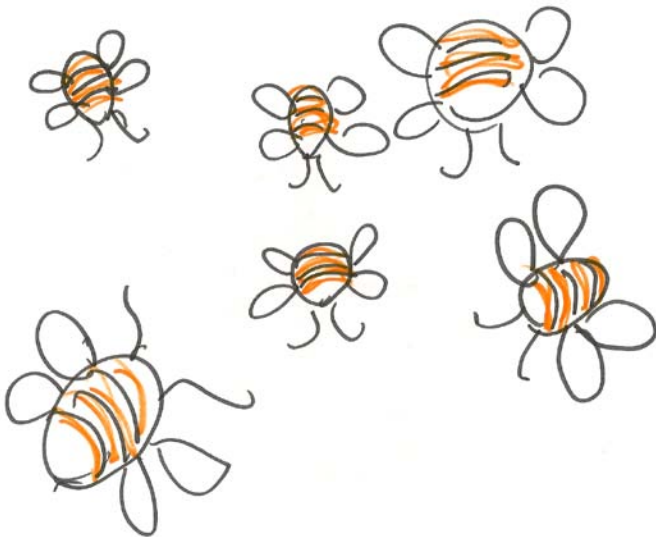
We then had a dialogue with the Image. I discovered that my bees wanted me to pay attention to them. Really, that's all they wanted. I had been avoiding looking at the

issue they represented and they were quite insistent that the time had come to address them.

I acknowledged to them that I appreciated their need for attention and informed them that I was not ready to make a decision at this moment. I promised to revisit them again when I could offer my full attention and consideration. In my next Image, they Transitioned into a contented group of bees enjoying their honey. (See drawing #2)

My hands stopped tingling immediately, I truly felt calm and peaceful as a result and sensed a more clear direction for my unresolved issue. I so love my drawings and couldn't wait to share them with you. See what I mean, a delight!

Drawing 1:



Drawing 2:



Mulch

I know that connecting in relationship is my path. In relationship now I feel my aliveness as I talk of my garden and mulching! Such an unexpected passion in this context of what I aspire to in my life.

Mulch. Taking what is, what is dead, grinding it into beneficial nutrients for the garden. Raking, bagging, waiting for the doable time, setting up the mulcher, grinding, letting the leaves decompose and lie fallow, and then returning to the earth.

I am a literal mulcher. It's outside work. Inside, I am mulching also. Taking what is dead and mindfully grinding it into nutrients for my being.

It's all good. Behaviors, patterns, beliefs whose usefulness is lost: those troubling and often unaccepted parts of being human are let go. I 'get' they aren't bad. There will always be obstacles. Just a part of humanness that when accepted and seen can move to mulch, opening welcome space for aliveness and joy.

It is as it is. Basic goodness of humanity longing to fully embody its awakening self.

In the garden, in relationship, in work - MULCH!

– Marian Webster, RN, MS, PMHCNS-BC



Marian Webster is certified in Integrative Imagery through Beyond Ordinary Nursing and as a therapist in Hakomi, a body-centered, experiential psychotherapy. She lived in the Santa Cruz Mountains of CA for 17 years before moving to Pittsburgh, PA in 2009.



Life is pleasant. Death is peaceful. It's the transition that's troublesome.

– Isaac Asimov

Imagery Here and There



**By Jann
Fredrickson
Ramus,
MA, MSW**

I have been sitting here Imagining: Imagining the healing power of TRANSITIONS and how they make us grow. It is not always growth that we like or easily accept. Nevertheless, it is the power of Transitions that can cause even the more senior of us to become all that we were meant to be. By the by, that is my life's mission statement and one I often repeat: It is never too late to become all that you were meant to be.

I am a storyteller so I will tell you a story.

Once upon a time, in the land of Norwegianville (now, bear with me here. I am Norwegian. So, when anyone rants about "diversity" I always want to say: So, who here is Norwegian? And if no one is, then I demand that at LEAST 10% be Norwegian! Well, gee, why not?) But as usual, I digress..... Anyway, this land of Norwegianville is where I have semi-peacefully lived for over 30 years with my Lithuanian husband (a veritable clash of cultures if there ever was one). I have done the same therapy job for over 30 years,

punctuated at times with teaching and training gigs. I really never thought about doing anything else other than teaching and so, for the most part, I felt content. But, I would also say that a sort of marvelous boredom had set in for me. I needed a TRANSITION in my life! I needed to "be all that I was meant to be!"

Then along came a challenge I couldn't resist. I think it has to do with turning 60 and having my youngest child threaten to send John (my dear Lithuanian husband) and I to a nursing home if we didn't behave.

I applied to be the Clinical Director for a group of people who run into buildings when I run out. They are people who protect and serve when I would run and hide. They are the first

responders in the community: Fire, Police, EMS, Chaplains, Dispatch, and Mental Health folks. They are the heroes of the towns they serve. The group is called the Metro Critical Incident Stress Management Team. We train first responders to help other first responders deal with their own critical incidents. It is a group where I have volunteered for close to seven years, so I know most of the folks.

My thought process was this: "Wouldn't it be great to utilize all of my skills in a job rather than just therapy? I would get to teach and train people that I so highly respect."

I got the job, which was somewhat of a surprise, because I knew two of the folks who had also applied and either one of them might have been a better fit for the organization. But, the job was mine. I felt so excited and honored. I have to admit that there was another part that felt like this: "I CERTAINLY WASN'T THE BEST CANDIDATE? WHAT THE HECK WERE THEY THINKING??" But then, another part said: "So, here is your Transition, the challenge you wanted as an 'old lady.'" (Now, I should say I don't FEEL old. Inside, I am 22 years old. It's just that when I look in the mirror, I get this tremendous reality check....)

Oh my, has it been a challenge! I have been a teacher and trainer for more years than I can count. I have presented at conferences and workshops. So, I entered my first training with the team in September with some trepidation yet confident that I would "know" what I was doing.

Boy, was I wrong!

I am used to being in front of people who laugh at my humor and generally like what I have to say. What I didn't consider was the linear nature of the way a first responder thinks.

First responders are used to using procedures and steps for what they do. Ever wonder how

It is not always growth that we like or easily accept. Nevertheless, it is the power of Transitions that can cause even the more senior of us to become all that we were meant to be.

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Imagery

Here and There

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a SWAT team can do what they do? They train over and over using all kinds of scenarios. They learn to override that very part of the brain that biologically tells them to "RUN, FLEE, GET OUT!"

So my first "training" had more to do with ME being trained. I realized about two minutes into the presentation, as I scanned my audience, that few were laughing. Some smiled, but I wondered if maybe they were doing that out of politeness. I tried telling a joke that I love and they chuckled politely. I mean, please. CHUCKLED POLITELY? Then I noticed yawns and semi-closed eyes. I slightly panicked, and the more I "slightly panicked," the more uncharacteristically nervous I became and the more the presentation went south - waaaay south. I scanned my audience again and thought: "Well, it IS really hot in here....maybe that's why my skin feels like it doesn't belong on my body or that an alien has taken me over."

Mercifully, the presentation came to an end. I decided I needed to get feedback, so in the next few weeks I met with team members and asked them what they wanted. What I got back surprised me. It surprised me because I had broken the cardinal rule of teaching: know your audience and the culture they live. I thought I knew their culture. I didn't.



I was trying to "teach" to people that don't think like therapists. They don't think in the abstract for the most part. Oh, I am not saying that what they do does not require "art," because the BEST first responders are artists. What I had forgotten was that I am very abstract in my thinking. I am highly creative and not particularly sequential. These folks are artistic AND sequential. So, after two months on the job, I still am not having fun yet. I often feel out of my element, out of sync, and I have so much to learn. My skin feels too tight and my clothes don't seem to fit on my body. (Of course, one might argue that the reason for

this is an entirely different matter...)

At this senior stage of my life, I am being challenged like I never thought possible. I am in a TRANSITION that IS my life's mission: "To be all that I was meant to be."

And you know what? I LOVE it. Whether I fail or succeed, I know I am learning and will grow into this new skin. With ones advanced age comes the freedom to fail, if need be. I don't plan on failure, mind you, but the possibility is there.

TRANSITIONS. Yes, I'll have another cup, please.

Pilot Study Utilizing Relaxation & Guided Imagery for Male Youth in Transition



**By
Miriam Franco,
MSW, Psy.D.,
MSCS**

As the theme of this Imagery International Newsletter is “Transitions”, I wanted to share a pilot study I recently completed with Dr. Marie Cuddy-Casey and Sheila Jimenez. Project Concern is a residential treatment program for pre-incarcerated male youth in Pennsylvania. It is a highly successful program and field placement for my social work interns at Immaculata University. Judges favor it because young boys from low income inner city neighborhoods can live in a therapeutic cottage system, attend school and learn how to become responsible members of the community rather than be sent to detention and holding “centers.” The majority stays for one to two years and most Transition back into society and lead productive lives. Many of them struggle with learning disorders and experience high stress in response to being separated from their homes while awaiting an uncertain future. The majority of the residents also experience major insomnia, problems with focus and high degrees of stress.

Our small pilot study utilized Relaxation and Guided Imagery (RGI) to improve sleep, focus and self-confidence with the teens at Project Concern. Since the RGI intervention could only occur on weekends, and many had home passes, it was difficult to obtain a full sample of residents (20). However, ten did volunteer and were exposed to a RGI script and daily practice. These ten residents were able to achieve heightened states of relaxation as evidenced by their heart rates post RGI which were statistically lower than pre RGI exposure ($t(10) = 2.79, p < .005$). Three participants completed a second exposure and practice. They reported greatly improved sleep, focus and considerable reduction of stress. None of these youth had had any prior exposure to stress reduction techniques. Of special note, the three teens that completed both exposures were amazed and thrilled with how easily and quickly they were able to turn ‘themselves around’—to finally be able to put themselves to sleep and focus readily on their schoolwork.



It appears that RGI within correctional populations can be an effective means of improving sleep and focus, and lowering stress and reactivity. It therefore could be a viable resource for enhancing quality of life for youth at risk. It is my hope that more Guided Imagery research can occur within correctional programs and facilities as this is definitely an underserved population that could benefit greatly.

Miriam Franco, MSW, Psy.D. is a psychologist and Professor of Sociology at Immaculata University. She is certified in Integrative Imagery by Beyond Ordinary Nursing and is President of the non-profit The Guided Imagery Foundation. Dr. Franco has published research on use of GI to reduce anxiety and injection anxiety with Multiple Sclerosis and is a certified MS specialist. She has developed GI interventions to reduce caregiver stress, cope with kidney disease, reduce MRI related anxiety and GI programs: Master Test Anxiety, Max Performance and Beautiful Confidence at Your Core-- aimed to increase women's comfort and acceptance of their own unique beauty and physique. www.imagerywork.com

Transitions – Using Nature as a Mirror



*By
Shantha Sri*

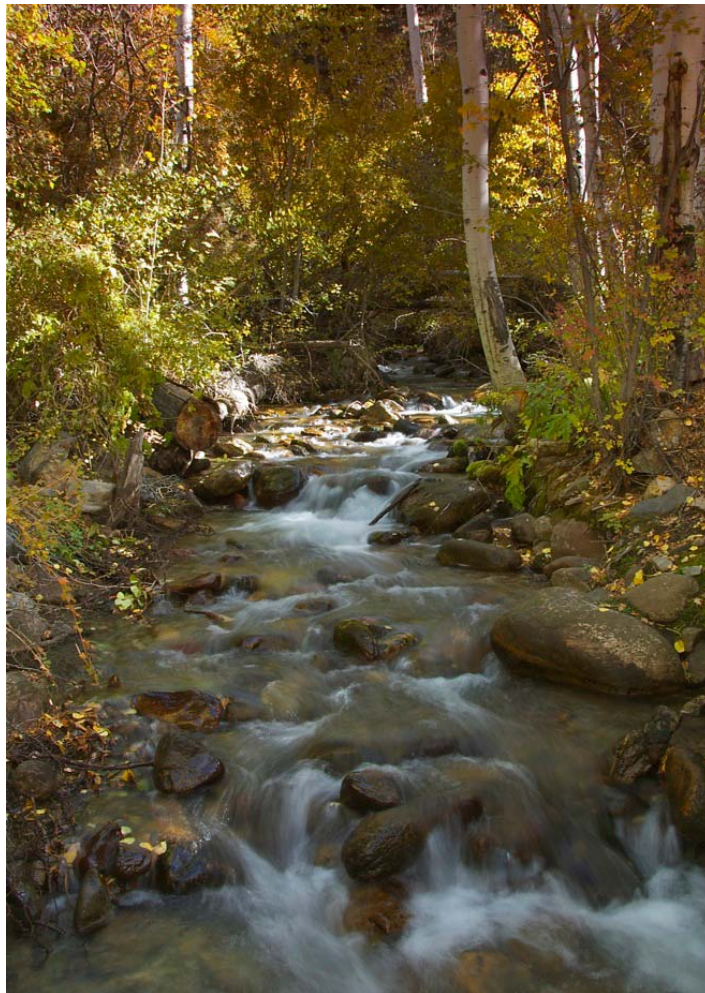
Recently I stayed with a special friend in New Mexico for several weeks. When I left my home in Australia, it was right at the end of winter. That meant I arrived at the end of summer in the United States. It was a beautiful time to use nature as a mirror of reflection during a particular Transitional period in my life.

Hiking with my friend into the stunning gorges of a mountain range was exactly what I needed. We

found a fresh running stream, wilderness trees, lichen and moss-covered boulders and soaring rock cliffs. Aspen trees stood like white-painted Aboriginal sentinels of the Dreamtime – guarding Native American spirits of the ancient mountain ramparts. The soft sounds of water flowing across time-worn stones were both calming and mesmerizing. A gentle breeze through the foliage was intoxicatingly sensuous and

uplifting. It filled my inner being with every breath. It was very peaceful – a perfect place to meditate and reflect. And, I needed reflection time as I had recently experienced some personal loss and grief in my life. With my friend's help I was able to rest and gain a fresh perspective on important issues, like, who I am and what my purpose is, and where do I go from here. It was an important healing time.

Being a visually stimulated person, and someone who always worked in the visual arts, I was awe-struck by the beauty of my surroundings in New Mexico's nature wonderland. The grandeur and scale of this environment was extremely moving and deeply inspiring. As Fall began, I started noticing subtle environmental Transitions—leaves gently turning from green to light yellow, then golden saffron, even russet red.



Then, with the progression of the season, I noticed light snowfalls in the mountains dusting everything in brilliant white 'icing sugar.' At other times, heavier snowfalls painted the landscape with an early Christmas postcard scene. Regardless, the stream could be viewed rising gently and rushing swiftly across the smooth, stone-laden bed as snow melting high in the mountains fed the stream with new fresh water.

Life-force in the mountains seemed abundant, vibrant and... well, alive!

Nature is a wonderful mirror for awareness! Scenes from my New Mexico visit remind me of what I have always known and felt—I exist in a living-breathing environment surrounded

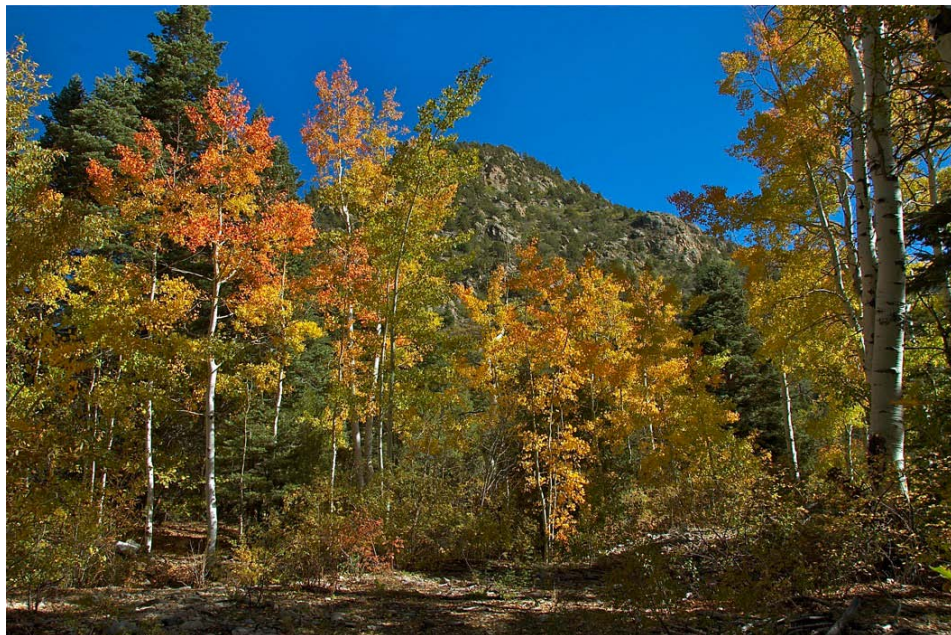
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Transitions – Using Nature as a Mirror

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by life which is Transitioning constantly. During my vacation, I was able to experience the weather changes in wind direction, to see the contrasting color palettes evolving from tree leaves and to feel temperature switching during the days, often dropping lower at night, leaving the still hush of snow to whisper a morning's first greeting upon my awakening. Breathing in the spiritual essence flowing from landscapes of the mountains, streams, and cliffs still provides me a sense of renewal. Images of the golden leaves of the Aspens turning bright orange, and some even turning brown and falling to the ground, or into the stream to be guided along in the flow of the water, brings the realization that I was able to witness nature's subtle, but real change in the natural environment, as she Transitioned from one season to another—seamlessly, smoothly, naturally.

In my contemplative mood, reflecting upon nature's Transitions, I am witnessing a beginning understanding about my own Transition—that life is Transition—all life is Transition. All things change, there is no permanency and although we humans tend to cling to the past, to what is familiar, the inevitable truth of life is just this fact – that as much as we don't want it, our life is Transitioning constantly – moment by moment. Upon further reflection I remember something else I had forgotten or taken for granted. Life goes on, within us and without us, and because we



Life goes on, within us and without us, and because we mirror nature wherein everything is Transitioning, the important thing for us to remember is that everything returns.

mirror nature wherein everything is Transitioning, the important thing for us to remember is that everything returns. Like the seasons, like the snow, and the water in the stream and the golden leaves of Fall, or the dry warm winds of Summer, everything returns. Transition is inevitable, natural. Accept it. Using nature as a mirror, the acceptance of the Transitioning can stimulate renewal and rejuvenation, just as it did for me.

Having just returned to Australia, to Spring, where the temperature is already informing me that we are in for a long, hot Summer, I am again (still) witnessing Transitions on a daily basis. We always have another chance, and as long as we are aware of this and we are prepared not to

give up when times are tough, or when we feel beaten by life's blows – we, like nature, can return, fresh, renewed, and restored. Transition is natural and we should trust in it, go with it and let it flow to just be at one, in harmony with nature, with the Universe.

Shantha Sri (Shanti) is a writer, photographer, filmmaker, and sound healing music composer-producer based in Australia. He has collaborative partners in the US and works globally. A registered professional holistic practitioner (Yoga and Meditation) with Inner Voyage Holistic Human Development (IVHHD) College, he has gained his teaching qualifications, and is a member of the International Meditation Teacher's Association (IMTA). Through his music and Image experimentation, Shantha Sri continues to study the emotional effects of music and Imagery on the psyche, and in particular, their applications in achieving states of higher consciousness. His healing soundscapes are found online through www.energimediagroup.com and www.energimusic.com

Jake's Story



By
Kathryn de
Planque, PhD

Transition feels so different from the word "change." Transition implies a more gentle movement from one state to another, as change may be more abrupt. Jake is one of my heroes in that his Transition has gently guided my own Transition wherein teacher becomes student, and student becomes teacher.

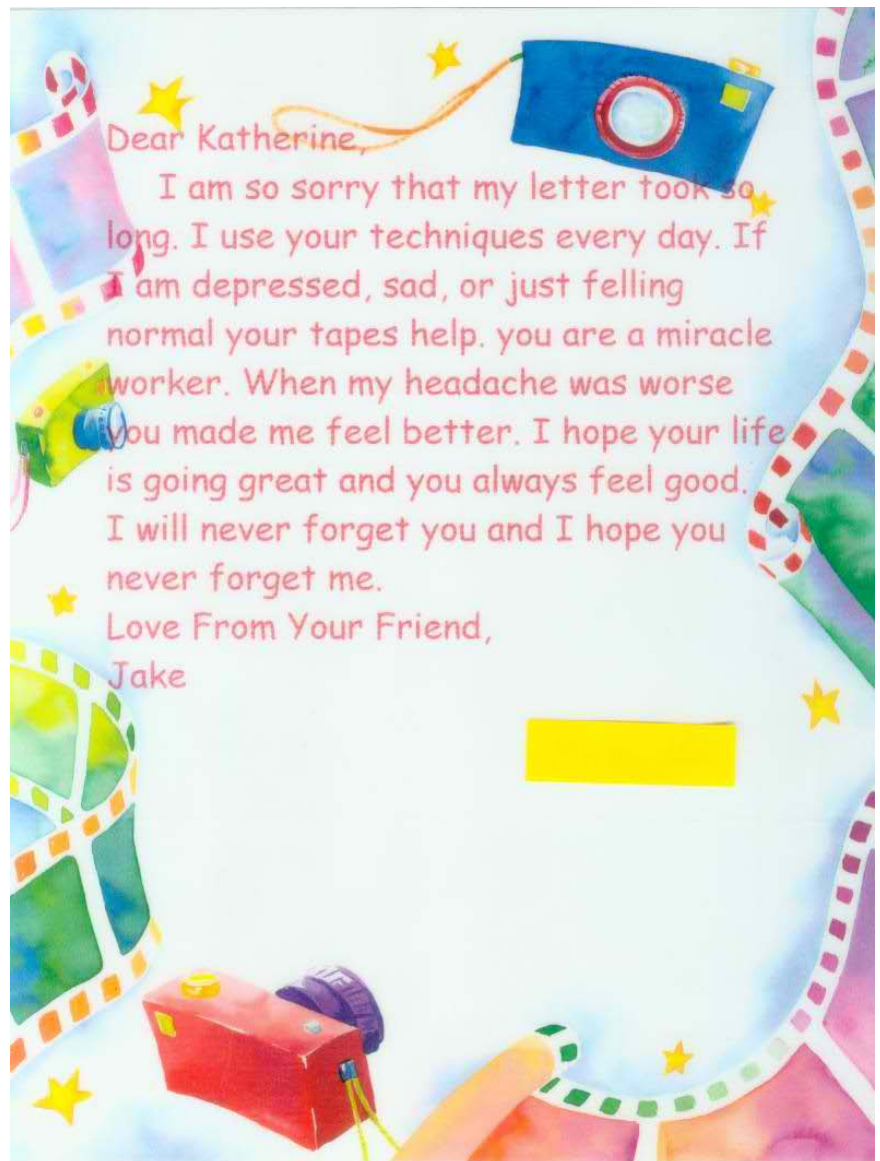
Jake's Transition Through A Golden Ray of Light

Jake was a little boy who was brought to me by his warm and loving mother, due to his severe chronic headaches, as well as his inability to go to sleep before his mother did each night. Obviously, this kept his nervous system in a state of constant alert. After exploring the more typical reasons associated with the sleep anxiety, it became apparent that these reasons did not seem to apply to Jake's situation at all. He had a great family, no former separation issues, a good relationship with his sister, many friends and was an excellent student at school. Yet, within the past year his sleep patterns had changed, followed by headaches. Additionally, Jake's constant low-grade headache was accentuated by intermittent severe stabbing pains through the top of his head. So, the Imagery process was begun.

Jake responded beautifully to the Imagery process, and

my guided Imagery CD improved his sleep difficulties somewhat, but he continued to suffer from headaches. Through continued exploration, we finally discovered the source of Jake's anxiety when he recalled a time just about a year prior when his mother went in the hospital with complaints of chest pain. Since her chest pain turned out to be insignificant, she did not give it another thought. However, Jake's fear and sense of helplessness at the time manifested in his head as chronic pain. From that time onward, Jake's headache had never stopped. He needed to constantly be in control and aware of his

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Jake's Story

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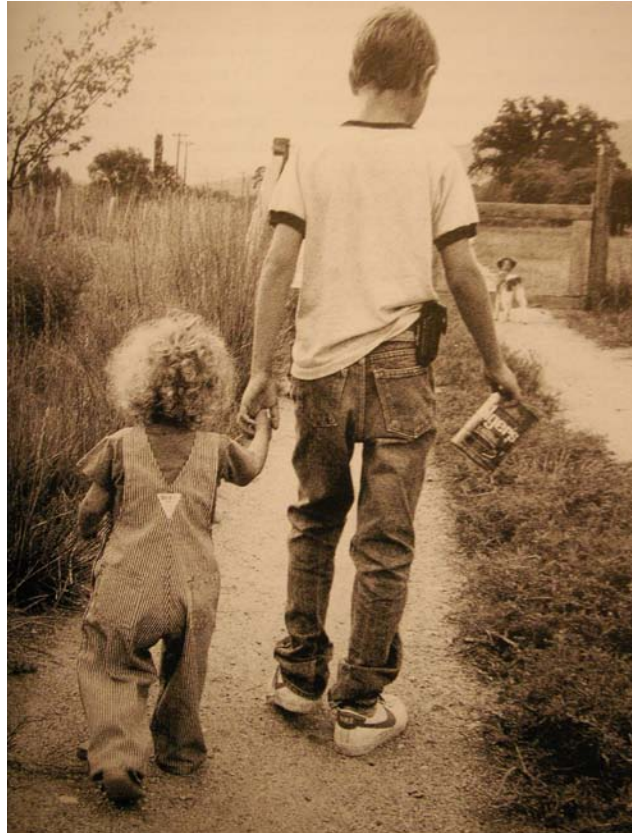
mother's safety to the point that he could not go to sleep until she did at night.

After this discovery, a new Image incorporating a Golden Ray of light became a part of the Imagery process. In brief, the Imagery that helped Jake was his ability to fly freely, let his "head go" and always be connected to his mother in his heart by mutual love that appeared in his Imagery as a golden stream of light from his heart to hers. No matter where he went, even when he slept, this loving, powerful stream of light would always keep them connected. His head began to ease at the session when we developed this Imagery, which I recorded for him. From then on, as his letter (previous page) expresses, he used the tape to help himself regain balance emotionally and physically whenever he needed it. His mother was kind enough to follow-up with me and let me know how she watched him Transition often after using the Imagery on his own. Jake's story will be inspirational to others who are using the Imagery process as a way to Transition sleeplessness and headaches. Jake's story, however, does not end here.

Jake's Transition as My Inspiration

During Imagery International's *Hope and New Beginnings* Conference, the presenter of one of the workshops had us find a photograph from the many she brought that would be

instrumental in helping us to further develop our creative process. And, there it was! In the middle of the myriad photographs was one of a young boy holding the hand of a younger 2-3 year old girl with fluffy cotton-colored hair. The two children were walking along a dirt drive toward a cattle-guard in the country. And, ironically, I looked just like that little girl when I was the same age. Somehow, I knew the



Source Unknown

Image of the young boy holding the hand of the little girl symbolized a helpful gesture toward my own Transition into creativity. It was here that Jake's story emerged in my heart again! Now, I further understood the symbolism of my selected picture. This time in viewing the picture, I saw myself as the little girl being guided by Jake, my former 8-year-old client, to further my process in creative writing. Your story, Jake, is just the beginning. I will always remember

you for the inspiration you have given me in my own Transition to creatively write other stories about "My Kids."

When I think of my work with children having chronic pain and cancer, I think of their ability to use skills developed through the use of hypnotherapy and Integrative and Guided Imagery so that they can Transition themselves away from pain and emotional stress into a healing state of beauty, love, and comfort. I have been encouraged to share the amazing stories of the heroism of these children and am certain that *ImagiNews* is the journal to provide a safe haven for honoring them. As always, I am grateful for the power of Imagery and for the opportunity for me to support the process of positive Transitions for myself as well as others.

Kathryn de Planque PhD became certified in Integrative Imagery in 2009 through Beyond Ordinary Nursing. Over the past twelve years she has served as an integrative clinician on UCLA's Pediatric Pain Team providing hypnotherapy, Guided Imagery, and Reiki for stress reduction in chronic pain. Considering it a privilege to work with children and young adults experiencing chronic pain and disease, she refers to them as "My Kids," and honors them for being the remarkable heroes they are. Through her private practice she also serves as a Clinical Consultant for the Simms/Mann UCLA Center for Integrative Oncology where she facilitates meditation groups for men and women with cancer to learn relaxation, enhancement of the immune system, and a sense of spiritual well-being.

Anxiety and Creativity



By
Fleur Nelson,
PhD

Reading Oenning-Hodgson's (2006) article on Anxiety and Creativity has been very enlightening to me because it highlights the tension between anxiety and creativity that takes place in many aspects of our personal growth. This dance between anxiety and creativity is portrayed as an alchemical partnership and opens up a deeper dimension of understanding the dynamics between the inner and outer reality and the subtle Transition from one to the other.

I could identify with this article because it Transitioned me back to a period of my adolescent education when I used the power of Imagery to manage my anxiety. I remember hiding a novel, usually a historical novel with drawings and interesting illustrations, under my notes in class. While all of us were waiting for the teacher to finish passing out the dreaded test material, I alone had this unusual addiction of reading a few pages to distract my mind so that I could shift

myself into a comfortable daydream and Imaginal state. You see, the private high school I attended was very strict because, every week, we were instructed to take that dreadful test. I felt very anxious knowing I could not escape the demands of this school.

However, there was also a side of me that had a love for knowledge and education. So, in an attempt to deal with the academic pressures, reading a historical novel in class (a little at a time) helped to

alleviate my anxiety, calm my nerves, induce my concentration, and enrich my linguistic writing ability. The drawings and Imagery in the novel, though unrelated to the topic of my class work, were a helpful vehicle for me to formulate a symbiotic relationship between unrelated mental stimulation and engagement

with my project and therefore create a Transition for merging a relationship between the two.

Like the Image of the little wren in the second story of Oenning-Hodgson's (2006) article, I hid in the eagle's feathers, allowing myself to be carried away in the heights of my Imagination. It was not until the last minute that I would make a rapid Transition back into the classroom reality - feeling refreshed and ready to engage with my full potential, having been nurtured by the Image.

In the first story, Oenning-Hodgson, (2006) talks about the teacher emphasizing the importance of finding the middle approach - holding the snake not too tight and, not too loose - but in that Transitory place between. It is in this midpoint between the tightness of anxiety, or the expression of pathology and the looseness of magic, or the experience and expression of the Imagination, where creativity takes place and produces that which cannot manifest otherwise. As the author puts it:

"Anxiety is there, whether we want it or not. It was so in the beginning and ever shall be. Anxiety is not an object to shut the door on; it is an energy to move with. It hovers and waits. It is a space opening on itself, an empty space where everything can be found, a space of stillness where the dance is." (p. 117)

I had to read this quote a few times because, at first, I couldn't see the correlation between anxiety and creativity. As I was struggling with the concepts, I had to let go of my preconceived dualistic interpretation of both concepts as being separate and distinct functions of the human psyche. Interestingly enough, when I would contemplate on the quality of anxiety, creativity would emerge as an inherent drive for survival. Creativity is the counterpart that readily replaces hopelessness, purpose and meaning, and knows how to tease the fear of the unknown

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Anxiety and Creativity

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by displaying the rich world of aesthetics. Anxiety, for me, carries a trapped force in the psyche, the hidden hope and fantasy that longs to manifest but conflicts with the conventional.

So, it is the dance between the Imaginative, logic and the palpable force of the Cosmos that creates order out of chaos and manifests aesthetics. From the psychological point of view, anxiety describes the unfolding of the human drama, whereas creativity describes the beauty of the soul where the human drama becomes the painful inspiration

for synthesizing a great piece of art, where pain transforms into an opportunity for personal growth. These last words of the author truly touched me:

“...if I can be with the anxiety and be in this third space, it will yield gold, it will yield me, and churning and churning in its own interpersonal intimacy, it will yield more than me. It morphs in to a creative space open for discovery”. (p. 120)

The ability to defuse anxiety is

in everyone. By escaping into the Imaginative, we can access our creative mind to enhance our intellectual performance to counter whatever is distressing us. By merging with the wisdom of an Imaginal story, we can get in touch with our own inner strength. By appreciating the beauty of the Images in a fictional world, we can start noticing all the details in our physical reality, where people, objects, and experiences are all part



of our personal story. And finally, by surrendering to the sensational mind landscaping of the Imaginal, we can somehow engage with the conventional world with a much more open attitude that would allow new possibilities to emerge. We may not necessarily need a novel hidden under our notes but, a simple way to Transition from a fixated reality to the flow of the Imaginal. It seems that the gift of transformation is found in this Transitory state, in the ever-flowing stream of the magnificent Imagery of the inner world.

Reference: Oenning-Hodgson, M. (2006). Anxiety and creativity. Psychological Perspectives, Vol.49 (1), 111-121.

Fleur Nelson is a pre-doctoral intern at The Community Center for Health and Wellness (CCHW). She completed the PhD course work in Clinical Depth-Psychology at Pacifica Graduate Institute. She has a Master's degree in Integrative Counseling Psychology and a Diploma in Existential Psychotherapy from the School of

Psychotherapy and Counseling Psychology in London, UK. Writing her Master's thesis on Mind-body Integration, Fleur uses mind-body awareness in therapy and she is currently interested in Eco-psychology and the symptoms of anxiety in the collective. Her therapy approach is integrative, promoting a therapeutic dialogue between personal growth and collective awareness. She is dedicated to supporting

her clients in developing a balanced experience of body-mind-spirit so that core qualities can emerge more into daily life and relationships.

Visit Fleur at her website fleurnelson.com

The Living Room



**By
Ann Rose
Dichov, RN**

Imagine a white layer of clouds across the horizon.....ahhh, the fog is rolling in! My unconscious mind signals that the heat will soon end those hot days, relieved by the cool mist off the San Francisco coast.

But wait...

My conscious mind suddenly realizes the white layer is a cloud pattern along the southern Arizona horizon - in June. The anticipated cool air is but a dream.

Back in 2007, I moved to Tucson, AZ from Oakland, CA and had this experience. While gazing south toward Mexico on a particularly hot day, my mind was there in S.F. seeing what my mind knew to be fog. During

that time, I was working toward certification in Integrative Imagery with Beyond Ordinary Nursing. In that brief moment, I understood the power of the mind and the untapped reservoir of the unconscious mind. I got a glass of cool water instead.

Down here in Tucson, my employer pays me six hours per month to provide Integrative Imagery to people with cancer. After receiving certification in February 2008, I began working with people receiving chemotherapy in a place called the Living Room. I have enjoyed seeing my patients' suffering eased and stress reduced. So far I have mainly used "Accessing Inner Strength," "Inner Healer," "Working with an Image" and hanging out in "Special Place."



I would like to briefly share data on my II work at the Arizona Cancer Center in Tucson. Since December 2009, I have worked with 28 people, with seven returning for more than one session. Several people had experienced Guided Imagery, self-hypnosis, or other forms of mind/body techniques. Most people were new to trying any form of self-healing. Ten people experienced at least a one-point reduction on the 0 - 10 Pain Scale. Twice, persons reported the pain as "gone" and "not there" after stating their pain as "4" and "4-5", respectively, before their session started. I

noted calmer breathing patterns, less fidgeting, and overall stress reduction in most of the 28 sessions thus far.

I am grateful for Beyond Ordinary Nursing and the opportunity to learn Integrative

Imagery as a tool for helping others in the Transition of their self-healing journeys. Powerful stuff!

Ann Rose is a holistic nurse working in an outpatient oncology clinic in Tucson, Az. She was certified in Integrative Imagery in 2008 and offers it through the Supportive Care For Healing program at the Az Cancer Center.

The Image



**By
Melissa Jones
Cantekin, PhD**

Nowadays, everyone seems to be in a perpetual Transition. If so, where does a “Transition” start? At the beginning of any Transition, there must be an IMAGE or you cannot move toward anything. There must be an Image - a picture in your mind of what you want to do and what it might look like; perhaps where you want to relocate, or how you are going to win that case or develop that career; meet that man or have a family. The Image tells a story, is a metaphor of future possibility and presents itself first and foremost as a WHOLE picture. Without an Image, nothing begins and nothing can change.

Images emerge spontaneously in some cases, as in dreams, daydreams, visions, or art form. For some, it helps to have a guided Imagery session to get in touch with the inner landscape or utilize a guide, such as a therapist. The Image comes about first as a DESIRE and is often an inner need for change when there is a need to develop in a new direction. Without an Image, the land remains fallow, unfertile with no new seeds planted, and the individual remains “stuck.”

Transition, however, often first appears as a crisis, either from inner or outer circumstances. The Chinese character for crisis also means “opportunity.” Herein lies the opportunity for change and “the way through” becomes “the way out” of the crisis.

The Image as a whole allows you to have a glimpse of your unique, individual wholeness,

that deeper sense of who you are, also, who you are now becoming. This is essential prior to the rest of the process which can at times, take you into self-doubt, ambivalence, resistance, and feelings of failure and worthlessness.

Holding onto the Image in the face of adversity, in the face of exhaustion and fatigue, in the face of mistakes - this is the key to success, to completion and to psychological rebirth.

So, don't let others denigrate your Images. They are the initiating influence of your

DREAMS in the fullest sense of the word. They are yours and yours to be reckoned with, whether others understand them or not. They are worth the time and attention. They come from the depth of your personal soul and the universal world soul. Your Images, no matter how humble, are the creative seeds that hold the destiny of your

future. Be patient with yourself, and kind, and perhaps, over time, your gentle soul will open up to a new world.



Melissa Jones Cantekin PH.D., is a licensed Psychologist practicing in Santa Barbara, CA and is serving as the current President of the Santa Barbara County Psychology Association. Over 30 years, she has developed an expertise working with Images and symbols in Jungian psychotherapy and dream work as a way of understanding life Transitions and transformation of individuals, families, couples and groups. Dr. Cantekin can be reached at: MJCANTEKIN@GMAIL.COM or 805-965-9508.



How do geese know when to fly to the sun? Who tells them the seasons? How do we, humans, know when it is time to move on? As with the migrant birds, so surely with us, there is a voice within, if only we would listen to it, that tells us so certainly when to go forth into the unknown.

– Elisabeth Kubler-Ross

Introduction from Jeanette Reynolds:

We are accustomed to thinking of the big Transitions in life - like birth, marriage, childbirth, death and so forth. Unless we resist change and growth, we are actually in Transition at every moment. It is comforting to think that we have guides and teachers who can protect and assist us on this journey in life - whether they are made of flesh or our Imagination.

My poetry was born from a major life Transition - a personal diagnosis of breast cancer. The diagnosis opened me to experiences and feelings I had suppressed for a long time and occurred at a specific moment, two weeks prior to my mastectomy. At that time I didn't believe in

direct Divine contact and being born again in the Spirit. When I was cracked open this way, tremendous energy was liberated, and poetry began to spill out, giving me access to material of which I might otherwise have been unaware. For me, this was a huge Transition - me, writing poetry from a place of deep awareness!

When I begin writing, I never know where a poem is going; I just hear a phrase or feel a certain urge, pick up a pen, and the poem unfolds. Sometimes I have unique and mystical experiences that I know need to be recorded in poetry form. Sometimes the poems are completely mundane - a processing of life events.

Jeanette's poem, "Guides," is on the next page.

Guides

They say that our guides are always with us,
although they may change according to need -
today, a white-suited healer who resembles Mark
Twain
or maybe Colonel Sanders, sans chicken;
tomorrow, a sylph named Sylvia
floating in breeze-blown silk
like the film goddess Columbia;
the next day a polar bear with a cheery demeanor
like the Coke bear only ice-blue,
sitting down for conversation
on a bench in a cavern
beside a subterranean stream.
They are just energy appearing in bodily form
courtesy of your right brain,
which thinks in pictures
and is connected to the Divine.

Sometimes guides will come in a dream,
like something from a Chinese fairy tale,
origami of yin and yang
unfolding in Jungian fashion:
in a clearing in the deep woods
flows a narrow waterfall,
a foaming veil white like milk,
and behind the waterfall a hidden cave,
dark as darkest night.
Eyes flicker in the blackness
and a tiger appears, and then a grizzly bear;
and now a luminous salt candle lights the cave,
guarded on both sides
by the grizzly and the tiger....

Mostly I see the pure energy of discarnate spirits
floating in the air like milkweed puffs
or sparkling seeds of dandelions,
or the tiny pops of color
that some call spirit lights;
the one time I saw someone else's guide
it appeared as solid blue light energy,
radiant with holiness,
and I didn't know what it was
until she told me he was there for her
in his usual corporeal form.

My guides don't talk to me,
at least not in words,
except for that one time
beyond left-brained comprehension



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when they spoke to me and I answered
in two-way conversation,
the day I had the experience I didn't believe in,
and my life was changed forever.

I say that our guides are extensions of angels -
fluffy wings are unnecessary
for messengers of the Divine.

– Jeanette Reynolds, M.Ed., TRM

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Jeanette Reynolds is happily retired after 25 years teaching high school French and Social Studies. She runs a monthly Reiki clinic at the Y, where she also teaches Qigong Fusion, which adds energy healing and guided imagery to the practice of 24-posture therapeutic Qigong. Her poetry has been published locally, and has won a hymn-text contest and been set to music. Her latest publication is MY MOSAIC, which is inscribed on a plaque next to a new survivor-created mosaic installed at the Hamot Women's Hospital in Erie, PA. Her email address is chatoiseau@yahoo.com.



Calendar of Events

December 4, 2011

Relaxation and Guided Imagery in Social Work Practice

Miriam Franco, MSW, Psy.D., MSCS
Teleconference
Contact Lisa Correale, LCSW at lisa@lisacorreale.com

December 31, 2011 - January 1, 2012

A Contemplative New Year's Retreat
Radhule Weininger, Ph.D., M.D. and Michael Kearney, M.D.
La Casa de Maria, Santa Barbara, CA
<http://lacasademaria.org/programs.asp>

January 6 - 8, 2012

Mystical Insights: Poetic Wisdom for the Contemplative Journey
Cynthia Bourgeault
La Casa de Maria, Santa Barbara, CA
<http://lacasademaria.org/programs.asp>

January 11, 2012

Working with Imagery for Life Issues
Juliet Rohde-Brown, Ph.D.
La Casa de Maria, Santa Barbara, CA
<http://lacasademaria.org/programs.asp>

January 14, 2012

Emotional Integration Through Meditation and Insight
Radhule Weininger and Kimberly Snow
La Casa de Maria, Santa Barbara, CA
<http://lacasademaria.org/programs.asp>

January 20-22, 2012

Conquer Your Critical Inner Voice
Lisa Firestone, Ph.D. and Joyce Catlett
Esalen, Big Sur
www.glendon.org

February 8-11, 2012

The Integrative Healthcare Symposium
New York, NY
www.ihsymposium.com or (972) 943-4773

February 11, 2012

Part II of Clinical Applications of Deep Imagination (Part I is a prerequisite)
Leslie Davenport
Berkeley, CA
Leslie@LeslieDavenport.com

February 20 - 21, 2011:

Imagery Talk and Workshop
Leslie Davenport
Rancho La Puerta, Tecate, Mexico
www.rancholapuerta.com or Leslie@LeslieDavenport.com

Become an Imagery Practitioner in 2012

Professional Guided Imagery Training
Leslie Davenport
Leslie@LeslieDavenport.com

March 24, 2012

Building Inner Resiliency with Guided Imagery: March 24
Leslie Davenport
JFK University, San Francisco
Leslie@LeslieDavenport.com

Ongoing

Leslie Davenport
CEU units are available to California MFT's and LCSW's for reading and completing a post-test for Healing and Transformation Through Self Guided Imagery
Leslie@LeslieDavenport.com

May 5, 2012

Clinical Applications of Deep Imagination
Leslie Davenport
Institute for Health & Healing, San Francisco, CA
Leslie@LeslieDavenport.com

June 9, 2012

Resolving Complex Grief with Guided Imagery
Leslie Davenport
JFK University, San Francisco, CA
Leslie@LeslieDavenport.com

June 13-16, 2012, (Pre-conference: June 12 & 13),

AHNA's 32nd Annual Conference, Holistic Nurses: Catalysts for Conscious Change
Snowbird, Utah
ahna.org/tabid/1200/Default.aspx

Fall 2012

The Art & Science of Mind/Body Medicine
Martin L. Rossman, MD, Dipl. Ac. (NCCAOM)
Lucca, Pisa, Florence and the Tuscany countryside, ITALY
<http://italyseminars.com/> or 415-925-8600 or mrmd555@aol.com or www.drrossman.info

Letters to the Editors

RE: Sept issue:

What a super newsletter. I can't wait to dig into it. Congratulations on a job well done!!
All best,

Charlotte Reznick Ph.D.

Thank you. It looks wonderful. Thanks, Bev and Judith, for all of your hard work.
Metta,

Juliet Rohde-Brown

///and as usual, you have done a marvelous job! I feel honored and thankful to contribute to it.

Fania Chazen
Israel

Dear Bev,
I arrived home this weekend after a short vacation and found the magazine here in the mail. Thank you so much for sending me this hard copy!!!! It is special to have this since this is my first time to have an article published in a professional journal. Thank you for the honor of including my contribution. Also, thank you for your hard work and intelligent creativity that provides this quarterly publication for all of us. Take care!
Sincerely,

Kathy Darlington

The September ImagiNews is, once again, exceptional. The article by Rachel Wotten from Australia was very interesting! I've yet to read all the rest. Thanks Bev and Judith.

Sue Ezra

About our Conference:

Oh thank you for sharing the photos. I so loved looking at all of them and to see folks who attended that I had not seen in awhile. This made me a little sad I had to miss out this year. I missed each and every one of you but I have already been approved to attend next year. So, see ya'll then! And Congratulations Bev on receiving the IPY award. Well deserved!
Thanks again.

Esther Johnson

Dear Bev and Judith,
The conference was outstanding. Kudos to Jann Fredrickson Ramus as Conference Chair and Mistress of Ceremonies. She has so much fun doing her thing that I sit back and enjoy her enjoying herself. I have often encouraged us to know that Guided Imagery is not limited to sitting in a chair and talking. This conference we saw how choreography was used to work through a nightmare. An imagery exercise could be acted out rather than drawn. The open heart was represented. Patterns were examined and the biology of neurons explored. It was a feast to be savored.

We also had the best annual meeting to date. The board is on to something. I am impressed with our new Treasurer, Janet Barr. She has the skills to help the organization do more interesting things with resources we yet to tap into. I met our new Office Manager Amrita Cottrel. She has an impressive background in healing and finances and is familiar with imagery. She has enthusiasm and a can do attitude. She will be an excellent support and continuity person. Many many thanks to Juliet Rohde-Brown for her gift for finding people to meet unmet needs, inspiration as a leader and just plain awesome person.

I had a dream after the conference: I found myself going to garage sale (some may call it tag sale or moving sale) an activity I enjoy. A fellow garage saler, but a stranger to me, found something he knew I could use. He went away then returned with a "doab". I had no idea what it was, but I felt a sense of excitement and anticipation that I had it. Best of all it was free to me.

As I started writing the dream down the next morning, I realized I had forgotten that another garage saler had brought me another piece to go with the doab. It was "able". That spelled out "doable". I laughed when I saw the word. The theme of the conference was Imagery: Hope and New Beginnings. The conference truly inspired me.

I look forward to seeing what the 2012 board will be getting up to.

Sandy Warnken

CCHT, SEP

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- Free member-only access to the web-based message board where we exchange advice, comments, creative inspiration, support, answers to questions, information, opinions, and announcements related to Imagery
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- Free calendar listings both on our website and in ImagiNews for your Imagery-related events
- Free access to searchable archives of past issues of ImagiNews on our website
- Discounts on Imagery International's workshops, products and seminars (now in development)

Imagery International

Imagery International is the organization of Professional Guided Imagery Practitioners from around the globe. Our members, largely from the healing professions, are trained to help you use Imagery to foster your own holistic integrative healing. Whether in hospitals, healing centers, consulting businesses, or private practice, practitioners have joined forces through this association to promote the innate, powerful capacity of all humans to heal physically, mentally, emotionally, and spiritually through the focused and skilled application of their Imagination.

Our practitioners educate other health professionals, the general public, and children, all over the world about the dynamic internal changes made possible by this elegant and profound process. Our members are active in fostering mutual professional development and growth, in extending post-graduate education opportunities, and in creating unique uses and applications of Imagery for the greater well-being of individuals, groups, communities, regions, nations, and the world.

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