



Imagery International

A Professional Association of Guided Imagery Practitioners



Inviting New Members

We welcome all professionals interested in the practical application of guided imagery for healing and personal growth, including, but not limited to nurses, doctors, psychotherapists, social workers, hypnotherapists, and somatic workers.

Click [here](#) to see the benefits of membership.

Board of Directors

President

Susan Ezra, RN, HNC
Fairfax, California 94930
(415) 308-7808
susan.ezra@gmail.com
www.susanezra.com

Membership Chair

Randy Kasper, LCSW, BCD
Pasadena, CA
(213) 434-0700
apply@imageryinternational.com

Member-at-Large/ Conference Committee Chair

Jann Fredrickson Ramus, MA,
MSW, LICSW
West St. Paul, MN 55118
(651) 208-6458
signup@imageryinternational.com

Secretary

Doreen Leighton, RN, CHTP, HN-
BC, HTACP
Napa, CA 94558
(707) 253-2716
iioffice@imageryinternational.com

Treasurer

Janet L. Barr, ChFC, CLU, CDFA
Santa Barbara, CA 93101
(805) 965-0101
Janet@JanetBarrCFS.com

Imagery International's Monthly eNews: June 2013

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**Member-at-Large/
Editor of eNews**

Susan Gold, MA, CH
San Mateo, California 94401
(650) 532-0509
<http://www.susangold.net>
enews@imageryinternational.com

Member-at-Large

Kate Sculti, RNP, MPH
Oakland, CA
(510) 847-8118
KateSculti@aol.com

Support Staff

Past President

Juliet Rohde-Brown, PhD
Santa Barbara, CA 93101
(805) 856-8005
<http://www.drjrb.com>

ImagiNews Editor

Bev Hollander, BSN, MS, HNB-BC,
FCN
Eugene, OR 97405
(541) 345-3772
Submit articles for ImagiNews to
editor@imageryinternational.com

Program Director

Lea Bayles, MA
Philomath, OR
(541) 929-2605
www.leabayles.com
lea@leabayles.com

Office Manager

Amrita Cottrell
San Martin, CA 95046
(831) 588-7498
office@imageryinternational.com

Website Editor

Sandra Warnken, CCHT, SEP
Dixon, California 95620
707) 592-7667
Send pictures and website
submissions to
website@imageryinternational.com



**Imagery International's
5th Annual Conference
Oct. 4-6, 2013, Burlingame, CA**

CE Credits available for
RNs, MFTs, and LCSWs



Theme: The Magic of Imagery

imageryinternational.org

"Magical Countenance," by Robin Urton - DreambirdArt.com

We are now accepting registration!

[Click here to visit our conference page.](#)

[Scholarships available.](#)

Interview with conference speaker, Tallulah Lyons, M.Ed. who will be presenting:

Distilling the Magic from Dream Imagery



Tallulah Lyons, M.Ed. is co-creator and co-director of the Cancer Project (now called the Healthcare Project) conducted by the International Association for the Study of Dreams from 2005-2013. She is the author of [*Dreams and Guided Imagery: Gifts for Transforming Illness and Crisis*](#) (reviewed in [Dec. issue of ImagiNews](#)) and [*Dream Prayers: Dreamwork as a Spiritual Path*](#). She frequently

writes articles including one in the September issue of *ImagiNews*. She is on the staff of two cancer wellness centers in Atlanta hospitals, and has facilitated groups with cancer patients and offered presentations across the country for fifteen years. She is on the faculty of the Haden Institute Summer Dream Conference. Tallulah's passion is to bring the power of healing imagery into all

areas of integrative healthcare.

To find out more about Tallulah Lyons visit her website:
www.healingpowerofdreams.com.

How did you first discover, or become interested in, guided imagery?

I discovered guided imagery quite naturally when I worked as a special education teacher with emotionally challenged preschool children. I found that the imaginative journey time was the favorite activity of almost every child. Several times each day I would play quiet music, and we would circle up on a rug, close our eyes, invite a supportive companion, and journey into a place of safety and beauty. We would later explore these places and allies through art and storytelling. My goal was to help each child experience the reality of inner strength through personal imagery. With older children, I found guided imagery to be a powerful tool for centering into a relaxed, focused state. Early on, a little boy said, "When I breathe and imagine the golden energy ball inside me, I can feel myself grow quiet and at the same time grow strong. I feel that I can do whatever I need to do."

Do you use guided imagery in your professional work?

Guided Journey into the Fullness of Living is the name of a monthly workshop I facilitate in a cancer wellness center. Each session focuses on a different theme and moves in various directions; but participants experience the basics of dropping into a meditative state and allowing a "waking dream" to bring imagery and energy for healing and personal growth. I also facilitate guided imagery sessions with breast cancer survivors who are in a 12-week fitness program. In an ongoing dream group in another cancer support community, guided imagery is my primary approach for facilitating dreamers to transform their dreams and to integrate the healing energy from dreams and subsequent meditations.

What are three resources you would recommend to guided imagery professionals?

There are so many resources, but three favorites are also classic books about guided imagery for anyone facing illness or crisis:

Belleruth Naparstek, [*Invisible Heroes: Survivors of Trauma and How They Heal*](#)

Martin L. Rossman, MD., [*Fighting Cancer from Within*](#)

Leslie Davenport, [*Healing and Transformation through Guided Imagery*](#)



Image created by II's office manager, Amrita Cottrell

Dear Imagery Community,

Your 2013 board had an extended meeting on June 9. Susan Ezra, our new president, led the intention to set goals with this beautiful imagery exercise:

Imagine taking your right hand and reaching in to the center of our circle so all our hands overlap. Feel our connection by hands, hearts and minds, blending our individual energy into a collective. This image forms a wheel or a mandala. There may be color, sound or movement as well. Right above our hands sit the teal colored ii representing Imagery International and our healing imagery community.

Let's clearly set our intention today for us to tap into our creativity, intelligence and intuition so that we may easily reach wise decisions for the benefit of our II community and growth of our organization.

Susan also asked us to imagine the board being surrounded and supported by the membership, and waves rippling to the horizon and back—touching others and drawing them to us. We would love for each of you to take a few moments and imagine your connection to the Imagery International circle.

This was an inspired meeting. We also said goodbye to our outgoing Treasurer, Janet Barr and welcomed incoming Treasurer, [Denise Hughes](#), who joined us for the meeting but will officially begin her duties sometime this summer.

We invite you to visit our [Board of Directors](#) page to see all of your Imagery International representatives.

Seeking magazine layout/production person for *ImagiNews*

Hello Imagery International colleagues:

Imagery International is seeking a magazine layout/production person for our quarterly online/paper copy journal.

We are looking for an interested and talented individual with experience in print publication, magazine layout, and website posting. Knowledge about InDesign software would be very helpful.

Perhaps you are a student or new in the field of print publication and are interested in working with a great group of holistically oriented people. Compensation is per issue and each issue is about 20 hours of work. You would work closely with our journal editor by email or phone.

View an example of our journal at <http://imageryinternational.org/imagiNews-journal/>

Please send your name, contact information and a paragraph of your qualifications to:

Susan Ezra, RN, HN-BC
President of Imagery International
susan.ezra@gmail.com

If you know of any qualified person we would greatly appreciate you passing this on to them.

Many thanks,

Susan Ezra

June 2013 issue of *ImagiNews*



[Click here to read the June 2013 issue of *ImagiNews*.](#)

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