

As the new year begins, we give thanks to those who stepped off the board and we welcome the new leadership.



Imagery International

A Professional Association of Guided Imagery Practitioners

eNews, January 2015

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WHO WE ARE

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**.

Click [here](#) to see our **board of directors and staff**.

WELCOME NEW MEMBERS!

We are delighted to welcome the following new member:

- **Aria Kabiri**

OUR WISH LIST

Happy New Year 2015



Changes on Our Board

As the new year begins, we welcome the following new board members - all warm, dynamic individuals with many talents to offer the organization:

Jenny Garrison, President

Lisa Chu, Secretary

Maurine Killough, Membership Chair

We are grateful that Randy Kasper is remaining on the board, transitioning from Membership Chair to Member-at-Large.

We also welcome Chris West, who is currently designing ImagiNews, and



We have one board position opening up: **Treasurer**. We would love for an enthusiastic member to step forward and join our leadership team. This is also an opportunity to work with and learn from Denise Hughes, our current treasurer and author of *Earn Save Spend Give*.

We are also looking for

- volunteers to help us **generate posts** on our blog, Linked In, and Facebook page. Anyone who enjoys social media and would like to assist II with our media presence would be a welcome member of our team.
- someone to supply our journal ImagiNews with **information and content** about "Imagery Research in the News." Kate Sculti has done this in the past and is stepping down.

To learn more, or to get involved, contact President-Elect, Jenny Garrison: jenny@imageryinyou.com.

FOR MEMBERS ONLY

Don't forget to set up your profile page in our member's directory! Having your name, photo, website, and business listed in our directory allows people across the globe to potentially access your services as an imagery practitioner. A listing on this site also gives your business credibility in the imagery community. Click [here](#) to see our directory.

who has generously volunteered to take over as eNews Editor.

We're so happy to introduce Jenny Garrison, our new President!



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

In 1991 I participated in a workshop with Eligo S. Gallegos, author of "The Personal Totem Pole Process." Animal images were invited to come forth from the major chakras. I met my animals and have been learning and growing with them ever since. Imagery was a way to explore the inner depths and connect with higher wisdom. It was a way to feed my soul, and I loved it. I continue to study with Dr. Gallegos but have also certified with the Academy for Guided Imagery.

Do you use guided imagery in your professional work? How you have used guided imagery for personal growth or healing?

I offer workshops and also occasional one-on-one imagery sessions. I love working with groups and teaching others how to use imagery to deepen their inner experience and connect with guides and helpers. I really feel this is soul level work and deeply nourishing at that level. Imagery is part of my personal daily meditation practice. I still meet with "my animals," and also use imagery in my spiritual practice.

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

My teacher is also my resource! He continually encourages his students to ask inside, "What needs to happen? Who will come forth to help me understand this situation?" I recommend *all books* by Eligio Stephen Gallegos.

I truly feel our best resource is our own imagery, so I recommend pairing up with someone and doing the work, guiding each other.

I also recommend my very own book: *Imagery In You: Mining for treasure in your Inner World*. I wrote it as an imagery resource for others. Because I work a lot with animal imagery, I have a deep respect

You can find a [link to the latest issue of ImagiNews](#) when you log into your member's account [here](#).

CONFERENCE NEWS: SAVE THE DATE!

During the 2014 conference, Laurie Marshall, MA, and Julia Weaver, BFA, LMFT, presented "Healing Hearts Mandala: Rewiring the Human Race."

Our **7th annual conference** will be held at the [Vallombrosa Center](#), in the San Francisco Bay Area, **October 30 through November 1, 2015**. You won't want to miss it!

HAVE AN EVENT YOU'D LIKE TO ADVERTISE IN THE NEXT eNEWS?

Submit the information below to enews@imageryinternational.com by **February**. Put "Event(s) for eNews" in the subject line of your email. eNews will be sent out in February.

Events should be relevant to our members.

Information to include:

- Title of the event
- Date
- Time
- Venue where the event will be held (be sure to include city and state)
- Cost
- Person/organization holding the event
- Contact phone number and/or email for the event
- URL for event web page, or web page of person or organization holding the event (optional)
- Description of event no longer than 25 words.

WE'D LOVE FOR YOU TO JOIN US ON FACEBOOK

Denise Hughes and Amrita Cottrell have been breathing life into our Facebook page. Click [here](#) to "Like" us.

for the work of Ted Andrews, *Animal Speak* and *Animal Wise*.

What motivated you to join Imagery International's board?

I was approached and asked. It is a stretch for me (a blazing introvert!) Yet I am so devoted to the work of imagery and so believe in its potential for assisting mankind, that I am delighted to be part of an organization that upholds this work and allows those of us who use it to be inspired by each other and how we use the imagery.

A warm welcome, also, to Lisa Chu, M.D., our new board secretary!

Dr. Lisa Chu, M.D., founder of [The Music Within Us](#), is a life coach, musician, sound healer, bodyworker, and artist. Lisa's varied forms of expression all converge around the themes of healing, transformation, and creative process. Based in Half Moon Bay, California, Lisa currently provides one-on-one coaching, bodywork sessions, and experiential learning adventures utilizing the healing power of sound, imagination and creative process to help participants find their own song. She is a co-creator of the acoustic rock duo [Chinese Melodrama](#), and creator of the blog [Bad Asian Daughter](#). Her visual art and creative process can be followed at [5050 Art](#).

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

I stumbled upon guided imagery when I started practicing life coaching when I would ask people to imagine and name their visions for their ideal life. Until I was introduced to Imagery International, I didn't necessarily know there was a name for what I was doing. I witnessed the power of imagery in my own life first and then started sharing it with others. The power of images keeps growing in my own experience, and I keep sharing it in various ways.

Do you use guided imagery in your professional work? How you have used guided imagery for personal growth or healing?

My work with imagery started first with vision board creation and facilitation. I noticed how images speak from and to our subconscious mind, and I experienced the power of this "language of images" in bringing forth desires into reality. I still love leading vision board workshops because I know how powerful a tool it can be for people to begin trusting their imaginations. I also use guided imagery to help clients dialog with their felt experiences and to hear messages from their bodies that can bring clarity or direction when it is needed.

What are the three resources you would recommend to guided imagery enthusiasts?

My life coaching mentor was Martha Beck. She uses a lot of metaphor and imagery in her writing and it is the crux of her coaching methodology. Her website is <http://marthabeck.com>.

The poet David Whyte is a masterful user of image in the depiction of the human spiritual journey. His audio recordings are some of my favorite "go

Imagery International
January 11 at 4:21am · 🌐

This is a great talk from a physician about the power of the mind in healing and the responsibility to put "care" back into healthcare.



Scientific Proof That We Can Heal Ourselves

In this TEDtalk, Lissa Rankin explores the spiritual and scientific implications that the placebo effect has over us. She discusses how our thoughts powerfully affect our physiology when we believe we can get well. The placebo effect is concrete...

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Try us out with a complimentary copy of *ImagiNews*, our clinical journal

Please send me *ImagiNews*, FREE!

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Please also feel free to **forward to friends** and colleagues.

Click [here](#) for the **archive of eNews**.

Click [here](#) to see the **benefits of an annual membership** to Imagery International.

to" resources when I need to reconnect to the beauty and mystery of life. His website is <http://davidwhyte.com>.

I would also like to mention Breema bodywork as an essential resource for anyone working in the caring professions. The Breema Nine Principles of Harmony continue to be guiding lights for my personal practice of being present when I am giving to others, when I am creating, and when I am navigating life. The Breema Center and Clinic are located in Oakland, offering both classes and treatment sessions for the general public. Their website is <http://breema.com>.

What motivated you to join Imagery International's board?

I had not heard of Imagery International until I walked into the conference in October 2014. I immediately felt I had come home to "my tribe" in the world. The entire weekend was so rich with creativity, gentleness, presence, and healing intentions. When I was asked to join the Board, I was very enthusiastic about exploring the opportunity. Ultimately I was able to arrive at an enthusiastic YES when it became clear that this Board was a space where each person is valued as a unique individual with gifts and expressions to bring to the table, beyond the job descriptions of the Board roles. My desire in my life is to be involved in activities that honor my uniqueness and the uniqueness of those around me. To serve with love and creativity on the Board of Imagery International, among a group of heart-centered individuals collaborating on such a beautiful cause, is a natural next step for me.

A warm II welcome to Maurine Killough, our new Membership Chair!



Maurine began leading guided visualizations and meditations in 2012 at the Sacred Paths Bookstore in San Mateo which grew into "Kitchen Meditations" where she led weekly groups in her kitchen! Her interest in imagery blossomed when she discovered II which led her to the AGI certification course, which she is currently enrolled in. She recently began a journey series on her poetry blog, iwritemyself.wordpress.com, of guided visualizations in poetic form. Last year she recorded a short visualization, *Introducing a New Medicine*, which Quest Clinical Research now offers to their patients.

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

I somehow got turned on to Creative Visualizations by Shakti Gawain a long time ago and later did a weekend workshop with her. That planted the seed. Then after discovering gestalt and doing some personal healing using that, I studied meditation in the yogi tradition. After that I just got more creative with combining meditations and visualizations for self-healing and began offering it to my community. When I discovered there was a professional group dedicated to Imagery, I knew I had to join, and this has led me from practicing imagery as an avocation to, hopefully, a vocation!

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

I heard about the Academy for Guided Imagery through II and that has been a fantastic learning experience, I highly recommend it. And have you ever heard of James Baraz's course and book, *Awakening Joy?* I enjoyed that quite a bit, but right now I am reading *The Sedona Method* book, and I am quite fascinated by that modality...I'll keep you posted. But I also have to mention the book, *The Holographic Universe*. I think any imagery lover would be captivated by it. It's not a recent book, but it's timeless.

What motivated you to join Imagery International's board?

More than one person told me that being on the board would be a transformative experience. I have felt such a kinship and great respect for the professionals who make II what it is, I just felt inspired to be part of this beautiful tree. What better way to give back?

Welcoming in 2015 and the possibilities that come with the New Year, by Randy Kasper

Congratulations to Imagery International for transitioning to 2015 with a new board and a new president. We also hold much gratitude for our visionary leaders of years past. While most people use milestones such as holidays and anniversaries to celebrate beginnings and endings, those of us trained in mental imagery know that each and every moment is an opportunity for discovery and transformation. Heraclitus reminds us that we never step in the same river twice, that existence is a continual state of flux and change. Just as our bodies continually renew and replenish, so it is with our inner life. Each moment holds potential and possibilities. Mental imagery is a lantern with which we may illuminate the path we are on, as well as the paths that offer us opportunities for shifting course. Recently I was invited to help an executive committee transition as well as to revitalize and re-energize. The following is an imagery exercise that they found quite helpful.

Sit up straight with your feet flat on the floor and your palms facing up or down (but not touching each other). Close your eyes. Exhale a long, luxuriant breath through your mouth and inhale through your nose. Repeat this process a few times knowing that you're breathing in cleansing breaths and exhaling out any tensions and toxins. All this is to be done in an easy, effortless manner.

See, sense and feel yourself alone, privately and safely at the seashore. Inhale the salty air and feel the warm sunshine. As this is a private and safe location, you decide to indulge in a swim. Empty your pockets (and purse if you have one) creating two piles: indispensable and dispensable items. Continue to disrobe and choose into which pile you place each item of clothing. Breathe out one time and see, sense and feel yourself entering the water. Walking into the gentle waves, decide to dive in and immerse yourself fully in the water. Because this is imagination and anything is possible, the water not only surrounds you but actually enters into your body, your cells, your skin, bringing nourishment and washing away all detritus. Swim and frolic to your heart's content. As you continue to swim you can see and feel yourself lightening up, cleansing and detoxifying.

Breathing out again, come out of the water and feel the sun naturally drying you. As you reach the shore, you see a wave coming in and washing away the dispensable pile. Look next to your remaining indispensable pile and notice new clothes. Put these on and place back in the pockets all of the indispensable items, noting what you have chosen

to keep. Breathing out again, notice how you look and how you feel, paying particular attention to your hair, your stature and the clothing that you now have on. Breathe out one time and walk away from the ocean towards the horizon, knowing – in your body, mind and soul – an invigorated sense of being and purpose. Open your eyes.

Member Events

Imagery International Announces Regional Pods!



Get even more out of your II Membership! Connect to members in your area to network, inspire, learn and share.

Regional Pods are informal get-togethers for members to connect with other II members. They can be as easy as meeting over coffee or as delicious as

a potluck at a member's home. If you are interested, please contact Maurine at signup@imageryinternational.com. Otherwise, look for an email soon, inviting you to take part in this exciting new program. Meet Local!

The Wisdom of Integrative Imagery: a 6-Week Teleclass with

**Susan Ezra, RN, HN-BC and
Terry Reed, RN, MS, HN-BC**



Do you appreciate the power of the imagination?

Looking for some formal training in Guided Imagery?

Want powerful tools & techniques to use with your clients & yourself?

Earn 12 CNE Contact Hours (See [flyer](#) for more information.)

Wednesday evenings, starting February 4, 2015, 4:30–6:30 PM

Tuition: \$695

Early-bird price: \$595

For more information: Click [HERE](#) to download a flyer, or go to www.barkcoaching.com to register.

Leslie Davenport has shared upcoming Imagery Trainings:



All are offered through John F. Kennedy University Continuing Education

Program, Berkeley Campus, California.

For more information and to register, call (800) 557-1384. Or click [HERE](#).

February 21, 2015:
Clinical Applications of Deep Imagination, Level II

March 6, 2015:
Resolving Complex Grief

March 6, 2015:
Somatic Imagery to Relieve Stress and Anxiety

April 18, 2015:
Clinical Applications of Deep Imagination, Level I

Leslie Davenport Announces Guided Imagery Community on Google+



You are invited to join a newly launched online Guided Imagery Community on Google+. It is a forum for imagery professionals and enthusiasts to exchange information and resources on guided imagery and related mind-body practices.

You do need to have a Google accounts, but you don't need to use gmail. Click [HERE](#) for more information.

I'm also happy to assist if you'd like to join, but have questions on how to do it. Hope to see you on the web! leslie@lesliedavenport.com

Kathy Darlington has shared with us that Carol Kinney, RN, will be honored at the next Healing Touch California Symposium



The Art and Science of Healing Touch

9th Annual Regional Symposium

Save the date:
April 18 & 19, 2015

Kona Kai Resort,
San Diego, CA

Click [HERE](#) for more details.