



# Imagery International

A Professional Association of Guided Imagery Practitioners

eNews, March 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](#).

## LOOKING FOR NEW MEMBERS!

## OUR WISH LIST



## An Invitation from President Jenny Garrison: Member Spotlight



### Hello Dear Members!

Still hoping to recruit members out there who'd like to share your stories with all of us in the Member Spotlight area. Hopefully, this will become a regular piece of our e-news.

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 someone who loves and is familiar with technology to assist with planning offerings of mini workshops or imagery sessions, which could be offered on our website.

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

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!



On the grounds of the beautiful Vallombrosa Center, 2014 Conference attendees

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!

The interview questions which were created by Susan Gold are a beautiful passage into better understanding your own relationship with imagery, while at the same time sharing a bit of yourself with other members.

Here are the questions:

**Question 1: How did you first discover, or become interested in, guided imagery?** (up to 100 words)

**Question 2: Do you use guided imagery in your professional work? If so, how.** (up to 100 words) If the question isn't applicable, please feel free to skip it. As an alternative, you could write about how you have used guided imagery for personal growth or healing, or in ANY other areas of life.

**Question 3: What are three resources you would recommend to guided imagery enthusiasts?** These might include books, articles, websites, blogs, etc. Please include links to any online resources.

**Question 4: What motivated you to join Imagery International?** ( to 100 words)

If you'd like to step up and share with the imagery community, please send a photo (optional but nice!) and the answers to the interview questions to Chris at [enews@imageryinternational.com](mailto:enews@imageryinternational.com). Also, please include links to any personal websites you would like to include.

## A story about Generosity by Randy Kasper

I called Fran Greenfield, wanting to include some of her writings in a book that I was compiling. Fran and I were roommates when we traveled to Israel with Jerry and Rachel Epstein so as to study with his teacher, Mme. Colette Albouker-Muscat. Now, 20 years later, Fran had become a talented practitioner and writer of Mental Imagery, creating wonderful work with, among other topics, The Twelve Steps.

I told her that I would give her credit. Without missing a beat, she assured me that she was not concerned. "I am happy that the work will be shared. There is always more to receive, I know that I can access what I need at any time. The ideas simply come through me, I don't need to hold on to them". Perhaps coming from another person, this would sound, um...a bit cavalier. But Fran was grounded and completely without an agenda. I was struck by her munificence (the quality of being lavishly generous); how it afforded her ease and grace. There was no concern, no fear of being deprived, none of the tension that occurs when we try to control outcome (of course, I am using the royal 'we' here). I have always remembered Fran's actions as an incentive to be generous. Generosity is, at its core, an act of faith — faith that there is enough, that we do not have to clench our hands around our portion.



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



Submit the information below to [enews@imageryinternational.com](mailto:enews@imageryinternational.com) by April. Put "Event(s) for eNews" in the subject line of your email. eNews will be sent out in March.

Events should be relevant

to our members.

### Information to include:

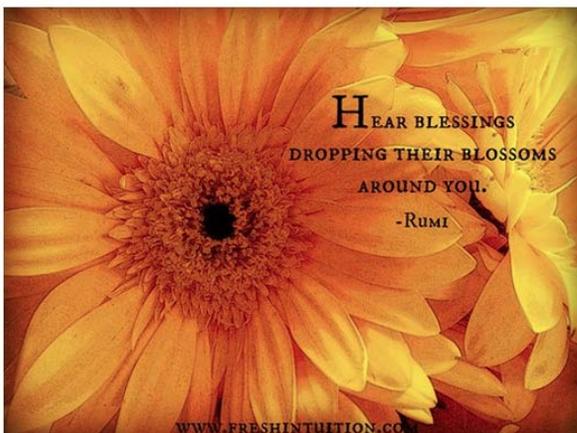
- Title of the event
- Date
- Time
- Venue where the event will be held (be sure to include city and state)
- Cost
- Person/organization holding the event
- Contact phone number and/or email for the event
- URL for event web page, or web page of person or organization holding the event (optional)
- Description 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.

Imagery International shared Mary Welty-Dapkus's photo.  
February 9 · Edited · 🌐

Sharing a beautiful image to hold onto this Monday from Life Coach Mary Welty-Dapkus



Like · Comment · Share · 🌐 4

## GET A FREE SUBSCRIPTION TO eNEWS

It is faith that we can be on this journey together, knowing that how we care for other beings impacts everything, faith that all is connected. And as everything starts with self, generosity with oneself is central. What a lovely, freeing thing to do — to let go of the fear that "I am not \_\_\_\_\_ enough." Fill in your personal blank — we all have one. The goal is not to fight this fear. It is to recognize it and remember that the idea of "not being enough" is fiction. We can let go of this fear, this fiction. How do we let go? Mental Imagery is a powerful tool that offers a way to set an intention and to create an inner movement that gives rise to our everyday experiences. So, with this in mind...

Close your eyes and breathe out three times. See, sense and feel fear as heavy, ragged rope binding your wrists and hands. Feel the weight, the limitations. Notice how you look and feel. Notice your posture. Now breathe out two times. Take one more breath and feel the precious air traveling through and expanding your whole body. As it reaches your wrists and hands, the rope can no longer hold and it bursts into small fragments. Your hands are free to move and be fully open. Lift your hands up, keeping your palms open to the sun, feeling it warm them, and see your energy as a beautiful ray of color rising back to the sun. Allow yourself to sense this loop of giving and receiving for a moment. Coming back to your normal size, you lower your hands, noticing how you look and feel. Notice your posture. Breathe out one time and knowing that you are free to give and receive without effort, 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](mailto:signup@imageryinternational.com). Otherwise, look for an email soon, inviting you to take part in this exciting new program. Meet Local!

### Regional Pods are Forming!

The San Francisco Bay Area II Regional Pod reports it will meet for an outing on April 12. II Member and author of "IMammal" and "Your Happy Chemicals," Loretta Breuning, PhD of the InnerMammal Institute, is leading a group on a private tour of primates and more at the Oakland Zoo. The focus will be on brain chemicals we have in common with earlier animals, the emotional ups and downs we can understand through the animal brain and more. If you are interested in attending a regional pod in your area or attending this one, contact [signup@imageryinternational.com](mailto:signup@imageryinternational.com)

### Leslie Davenport has shared upcoming Imagery Trainings:

**AND A FREE SAMPLE COPY OF OUR  
CLINICAL JOURNAL, *IMAGINEWS***

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

**Please send me *ImagiNews*, FREE!**

You do not have to be a member of Imagery International to subscribe to this newsletter. If you would like to be **added to our newsletter subscriber list** and receive a **free copy of our quarterly clinical journal, *ImagiNews***, click [here](#).

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.

**Attributions for art used in this issue:**

"Magic Stage," [www.audio-luci-store.it](http://www.audio-luci-store.it), Flickr, <https://creativecommons.org/licenses/by/2.0/>

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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](#).

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

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**Proposal deadline coming right up!**

Hello all you wonderful Imagery Lovers Everywhere! Just a little less than two weeks away for the deadline to submit your proposal for the 7th Annual Imagery Family Reunion: "The Heart of Imagery." Now I know this crowd. You are all "late birds," like me! So, email me today for the link to the proposal document and get your proposal in to me by March 31st.

Here is our Imagery International website:  
<http://imageryinternational.org/annual-conference/>.

Email me@ [Jann.Ruth7@gmail.com](mailto:Jann.Ruth7@gmail.com).

See you there!

**Jann Fredrickson Ramus**

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**Spring-time call-out for creative imagery ideas:**

We are brainstorming a small scale fund-raiser involving little imagery rituals that could accompany the planting of seeds. These seeds and ritual scrolls will be available. Our plan is to offer for sale packets of seeds along with a scroll of small rituals that could accompany the planting of the seeds. Any member who has an idea could submit it to Pres. Jenny Garrison [jenny@imageryinyou.com](mailto:jenny@imageryinyou.com). We would like to collect 3 or 4 diverse imagery rituals/practices that anyone could partake in while planting the seeds. Try to limit the words of your practice/ritual to 250 words or less. Have fun considering this! Be inspired! I can't wait to hear your ideas.



**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](mailto:leslie@lesliedavenport.com)

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**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.