

IMAGERY  
INTERNATIONAL



# ImagiNews

The Journal of Imagery International

September 2009, Vol. 13, No. 3



*Growth*

## **“Growth” by Clarisse Schnall Frenkel**



Clarisse Frenkel is a multi-faceted contemporary artist whose sumptuous use of color is both interpretative and mesmerizing. Her sensuous paintings and ceramic pieces speak a language from her soul, hinting at subliminal messages within the form and content of her work. Driven by a powerful need to create and express her innermost feelings through art, Clarisse’s work in oils, watercolor, acrylic, clay and glass, has been described as “intensely beautiful, vibrant and captivating.”

A serious artist all of her life, Clarisse grew up in New York and began studying art at a very young age, going on to earn a B.F.A. and M.S. in Art Ed. at Queens College. She continued to hone her style and explore various media at the National Academy of Fine Art, Urban Glass, and Greenwich House Pottery. She has successfully exhibited her work at many prestigious galleries, and had a solo art show benefit for Laniado Hospital in Israel.

Her work has won many awards, and has been selected to be in juried art shows at Lever House and the Salmagundi Art Club in New York City.

In addition, Clarisse loves imparting her love for art to others, and discovering and nourishing the spark of creativity. She has been teaching art in the New York City public school system for the past 20 years.

Currently, she has been commissioned to create a painting for a major teaching hospital in New York City. Her work is being created with the specific theme of Imagery that is therapeutic and life giving. Clarisse has always believed that art has the power to inspire and she creates her work with this in mind. Simultaneously, she has always felt that a powerful force transports her to a very spiritual level and guides her in her work.

More of Clarisse’s work can be viewed on her website <http://www.clarisseart.com>. She can be contacted at [cmfrenkel@gmail.com](mailto:cmfrenkel@gmail.com). Original oil paintings, watercolors, ceramics, as well as limited edition prints/giclee’s are available through the artist. Clarisse accepts private/corporate commissions as well.

In Clarisse’s words: “The painting ‘Growth’ is a watercolor that I painted a few years ago when I was dealing with major illness in my family. Despite all the turmoil and stress, I needed to paint. I expressed my joy for life and hope for recovery with my bold use of color. I chose this title for the painting because Growth signifies hope, regeneration and a positive attitude - all of which definitely promote recovery.”

(Images are not to be used without the artist’s express permission)

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ImagiNews is published 4 times a year, at the beginning of March, June, September, and December, or at least that's the way we Imagine it. For writers' guidelines, or to send proposals, comments, corrections, letters, complaints, jokes, praise, or just to poke fun, contact Bev Hollander at [bev@sheppardwest.com](mailto:bev@sheppardwest.com), [information@imageryinternational.com](mailto:information@imageryinternational.com), or write Imagery International, 1574 Coburg Rd., Eugene, Oregon, 97401-4802.

IMAGERY  
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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 Mind and Editor's Imagination

Hi again everyone. I hope you enjoy this hotly awaited issue of ImagiNews. Having the extra production time has lent itself to a lovely photo filled issue. I am reminded of the old adage – “Good things take time.” I hope you agree! A couple of notes of dismay, Harise Stein’s “Research” column is dark this issue – seems my theme stumped her and others as well! Phooey! In addition, Esther’s “Imagery at the End of Life” is also absent this quarter. Esther is in the process of moving across the country and somehow can’t find the free time to contribute – now why would that be? Both columns are sorely missed and I hope we have them back for December’s issue. Good luck on the move Esther!

September’s theme is Growth and oh how we have Grown in so many ways! We have expanded our efforts and completed II’s first annual conference (not to be missed next year!). You’ll find lots of photos from conference activities complemented by a delightful article from Jann Fredrickson, Conference Chair (see page 8).

We now have a Blog and our first Wikipedia contribution (see page 17). Thanks go to Sandy Warnken and Juliet Rohde-Brown.

Our membership has Grown by 13 since January. I think that’s good news!

Calling ourselves “Imagery International” has taken on new meaning with Growth and expansion that includes more members from across the planet (see related story on page 18).

As a result of our ability to connect with attendees at the annual membership meeting Friday evening of the conference, II’s Board added new members. Now, I call that Growth as well! Jann now has a team to work on creating next year’s conference! We also have a new Secretary – Juliet Rohde-Brown (See her bio on page 5). I also hope to have the support of a copy editor for ImagiNews from connections I made with members.

In addition, the Board had the opportunity to Grow together to become a more cohesive, effective and connected team. It’s amazing to get to know these women, attach faces to names and learn more about each other’s lives, styles and communication skills! You need to know that we only meet via monthly teleconference calls, so this opportunity for an annual face to face meeting (a first for a few of us) was an addition to our wellbeing and connecting (not to mention laughing). We spent the day after the Conference working and playing together to reach that point. One of our conference presenters, Glenda Cedarleaf, was kind and skilled enough to create a video of us during our working

meeting. The video has been posted on YouTube. You can preview Vallombrosa’s beautiful grounds because current plans point to that being the location for next year’s conference. Check it out at the following link: <http://www.youtube.com/watch?v=dvOozHE6rqs>. Thank you once again Glenda!

During the board meeting, we discussed the many ways in which we serve you and how we want to Grow from here. You’ll find some interesting ideas from our International members on that concept. Two things we know for certain – you loved the conference and you love ImagiNews. These two activities remain our top priorities. The rest will evolve from your input and support.

The other articles reflect Growth in one way or another – just take your time & enjoy them!

The theme for the December issue is “Healing.” Contributions are due November 5th to [bev@sheppardwest.com](mailto:bev@sheppardwest.com).

Keep tuned in - send us your love, dreams and case studies. We are here for you.

Aho!

*Bev*

# Benefits of Membership

- Free quarterly journal, *ImagiNews*, packed with helpful information
- Free access to multiple, member-only Telechats (telephone conference calls) each year to help you in your practice, co-hosted by Imagery professionals
- Free online access to the member-only section of our website, [www.imageryinternational.com](http://www.imageryinternational.com)
- 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
- Free Find a Practitioner listing on our Imagery International website
- Free live link to your Imagery website from the Imagery International website, and free listing of your site in

ImagiNews every quarter

- 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)
- Generous help from Board Members and the professional Imagery community on challenging Imagery clients, marketing, Imagery techniques and applications, Imagery with children, Imagery in the medical setting, advertising, creating a successful practice, insurance reimbursement, approaching hospital staff, research findings, finding other II members, and much more



## Professional Members With Websites

Margot Adair  
[www.toolsforchange.org](http://www.toolsforchange.org)

Sue Adams CCHT, EFT-ACV  
[www.alignwithsuccess.com](http://www.alignwithsuccess.com)

Martin Albert MD  
[www.healthyvim.org](http://www.healthyvim.org)

David Bressler Ph.D.  
[academyforguidedimagery.com](http://academyforguidedimagery.com)

Glenda Cedarleaf  
[www.partnersinhealingofmpls.com](http://www.partnersinhealingofmpls.com)  
[www.guidedimagerycd.com](http://www.guidedimagerycd.com)  
[www.reclaimingjoy.wordpress.com](http://www.reclaimingjoy.wordpress.com)

Fania Chazen MSW  
[www.lev-shalem.com](http://www.lev-shalem.com)

Doreen Connor, RN  
[nursingandbeyond.com](http://nursingandbeyond.com)

Jane Ehrman M.Ed.,CHES,NBCDCH-PS  
[www.imagesofwellness.com](http://www.imagesofwellness.com)

Susan Ezra RN, HNC  
[www.integrativeimagery.com](http://www.integrativeimagery.com)

Miriam Franco MSW, Psy.D. Cert. MS Specialist  
[www.imagerywork.com](http://www.imagerywork.com) [www.stresslessbride.com](http://www.stresslessbride.com)

Joyce Freeman BS,CCHT,EFT  
[www.inner-calm.net](http://www.inner-calm.net)

Jenny Garrison RN  
[imageryinyou.com](http://imageryinyou.com)

Lora Hanna LISW, CHT  
[www.lorahanna.com](http://www.lorahanna.com)

Carl Hendel MD  
[www.doctorcarl.org](http://www.doctorcarl.org)

Barbara Henry Ph.D.  
[www.drbrhenry.com](http://www.drbrhenry.com)

Paula Hoyt, LMHC  
[healingplacescounselingcenter.com](http://healingplacescounselingcenter.com)

Rebecca Klinger LMT, HCC  
[www.rebeccaklinger.net](http://www.rebeccaklinger.net)

Cindy Middendorf RN, CIIG, MDiv  
[www.spirit-connection.net](http://www.spirit-connection.net)

Dr. Emmett & Sandra Miller MD  
[drmiller.com](http://drmiller.com)

Belleruth Naparstek  
[www.healthjourneys.com](http://www.healthjourneys.com)

Lee Raven RN  
[www.imageryforhealth.com](http://www.imageryforhealth.com)

Terry Reed RN, MS, HNC  
[www.integrativeimagery.com](http://www.integrativeimagery.com)

Charlotte Reznick PhD  
[www.imageryforkids.com](http://www.imageryforkids.com)

Judith Rienzi RN, MS  
[healthpromotionsassociates.com](http://healthpromotionsassociates.com)

Martin Rossman MD, Dipl. AC. (NCCAOM)  
[www.thehealingmind.org](http://www.thehealingmind.org)

Maryanne Sea MSW  
[www.deeplyheal.com](http://www.deeplyheal.com)

Mary Jo Sinclair EdD, CHTP/I  
[www.imageryandenergy.com](http://www.imageryandenergy.com)

Harise Stein MD  
[www.womansmindbodyhealth.info](http://www.womansmindbodyhealth.info)

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](mailto:information@imageryinternational.com), or to Imagery International, 1574 Coburg Road, Eugene, Oregon, 97401-4802

# Upcoming Telechats

**Mark your calendars !!  
These are not to be missed!!**

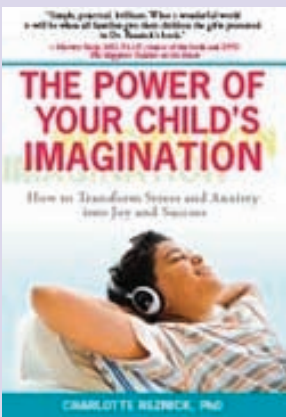
## **Working with Imagery to Address Acute or Chronic Pain**

November 1st 5:30 PST

With Andrew Wagner, MD, a family physician in private practice specializing in work with pain and injury. He has been using Imagery in his practice for over 15 years.

## **The Healing Power of Children's Imagination**

December 6th 5:30 PST



With Charlotte Reznick, Ph.D., a child educational psychologist and the author of *The Power of Your Child's Imagination: How to Transform Stress and Anxiety into Joy and Success* (Perigee/Penguin, 2009), creator of Imagery For Kids™, a positive

coping skills program, and author/producer of therapeutic CDs for children, teens, and parents.

## **Using Imagery at the End of Life**

January 10th 4:00 PST

With Esther L. Johnson, RN and Andrew Wagner, MD. Esther L. Johnson is the Integrative Therapies Program Director of Pathways Home Health & Hospice. Andrew Wagner is a family physician specializing in chronic pain, palliative care and hospice. They will use case histories to illustrate the breadth of using Imagery in addressing distressing physical symptoms, including pain, that occur at the end of life. They will also cover "having difficult conversations" and the potential for healing, as well as the transformational process for both the individual and their family at this momentous time in life.

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To register for these telechats email us a note to: [signup@imageryinternational.com](mailto:signup@imageryinternational.com) and we'll send you the call-in instructions.

## **WELCOME to new Imagery International members since the beginning of 2009:**

Siobhan Smyth from Ireland  
Nancy Campbell from Pembroke, MA  
Meridith Mendes from East Providence, RI  
June Spero from Oakland, CA  
Deborah Seth-Roth from Oakland, CA  
Leslie Moed from Santa Barbara, CA  
Maureen Imperial from Port Jefferson, NY

Marie Rogus from San Diego, CA  
Patti & Charles Leviton from Palm Springs, CA  
Linda Arvin from Chevy Chase, MD  
Sharon O'Conner from New Hampshire  
Regina Abramoff from Rio de Janeiro, Brazil  
Teresa Tellep from Sunnyvale, CA

# Imagery International welcomes a new Board Member

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A big welcome to our newest Board member – Dr. Juliet Rohde-Brown! She has agreed to take on the much needed role of Secretary.

Juliet is an integrative licensed clinical psychologist in Santa Barbara, California and a core faculty member of a doctoral program in psychology (Antioch University Santa Barbara's PsyD program). Inspired over 20 years ago by findings from studies in psychoneuroimmunology that explored how relaxation training can benefit the immune system and one's sense of overall wellness, she became certified in hypnotherapy. Equally inspired by the power of Imagination to guide us into awareness of the various parts of our psyche, she became certified in interactive guided Imagery under Dr's Martin Rossman and David Bresler, in addition to being mentored both pre and post-doctorally by Jungian analysts at the C.G. Jung Institute of Los Angeles. Juliet's participation in meditative practices informs her work in the world both personally and professionally.

On Juliet's journey toward her current life as both an educator and psychotherapist, Juliet has worked with brain injured individuals and with those confined to inpatient psychiatric facilities. It is to her own brain injured brother, John, that she owes her greatest gratitude, as he taught her to explore the layers beneath the face value of appearances. He also opened her to her feelings of compassion. Juliet has a deep appreciation of intuitive processes and of our connection with the natural environment. She has written about for-



giveness and spiritual practice in relationship to divorce, about the use of Imagery with inpatient psychiatric groups, and the use of metaphor in the stories of film-makers in understanding our global evolutionary process. She proposes a spiral model of forgiveness that incorporates aspects of ancient meditative focus with current reflections on the capacity for neural restructuring.

Always appreciating ecopsychological principles and artistic expression in relation to her understanding of the expanses and confinements of the human condition, Juliet's recent endeavors include her ongoing exploration of her own creative processes as well as serving as a founding member and board member for Tierra Sagrada: Sacred Earth Foundation, an organization devoted to supporting and respecting indigenous cultures and practices.

She has guided visualization CDs that are available through [EnergiMediagroup.com](http://EnergiMediagroup.com) and [Amazon.com](http://Amazon.com) and she has a book on forgiveness that will be available by the end of the year. Juliet, as a singer, and her colleague, Dr. Jeanne Martin, as a harpist, have been involved with music therapy for individuals in the last stages of life at a hospice facility in Santa Barbara. Juliet's latest interests focus on moving from the individual into the collective, particularly in relation to compassion-based practices. She lives in Carpinteria, just south of Santa Barbara with her husband, artist James Paul Brown.

Scenes from the 1st annual  
**Imagery  
International**  
Conference

Vallombrosa – Menlo Park, CA (date)



*Top left:*  
Our President Bev Hollander setting up  
the conference room to welcome all.

*Top right:*  
We Grow branches of connection in a  
place of peace and learning: The first  
Imagery International Conference, Vallom-  
brosa Retreat Center, Menlo Park, CA.

*Right:*  
Our presenters: (from left) Jann Frederick-  
son, Terry Reed, Margo Adair, Juliet Rohde-  
Brown, Andrew Wagner and Glenda  
Cedarleaf. Your face here next year?





Due to unintentional oversights in the past, Sandy was not properly honored or acknowledged for her IPY award in 2006. Here she is receiving the honor she so deserves by Babs Vitale's "roasting" at the annual meeting preceding the II Conference: "Sandy's so smart she knows the last digit of pi. She would love to change the world for the better but she can't find the source code."

President Bev Hollander, Conference Co-Chair Margo Adair and Membership Chair Susan Ezra look on in ... horror?



*Top left:*

All tied up and nowhere to go? The modern dance portion of Spontaneous Combustion, the Saturday night interactive entertainment at the Imagery International Conference

*Top right:*

All work and no play at the conference? Hardly. The three Nonna Raviolis (Doreen Leighton, Elizabeth Janasch, and Margrete Cadena) swoon over the singers in the opera lip synch contest.



*Bottom left:*

Andrew Wagner, MD presents on Aikido and Imagery. One of six varied and riveting sessions at Imagery International's "Riding the Tides of Change" Conference. We invite all to look forward to next year's Conference at Vallombrosa.

# Talking to Harriet

Jann Fredrickson, MSW

As I drive up to the Vallombrosa conference center, I notice that trees, really big, nice, old trees are everywhere. I have a thing about old, ancient trees which is one of the reasons I always love coming to Northern California where the redwoods are protected and plentiful. My eyes catch a particularly fat tree at the entrance to Vallombrosa which I touch and capriciously decide that it is female and named Harriet. Harriet greets me, is particularly kind, and says that she has been around for "many, many years". (I find out later from the Director that she is 200 years old.) She blesses me and wishes me well. I tell her that I am a little worried, anxious even, because we are holding our first conference and I want it to be success. She inquires as to what a success would be to me and strangely, I am comforted by her oldness, by her been-there-done-that attitude. She is calming and I want to just stay there touching her ancientness and then I suddenly feel terribly silly and oh-so-California. If a tree could smile, Harriet actually laughed. Out loud. I mean, really loud. For a moment, I feel slightly offended. This does not deter Harriet. She is so old that there isn't a whole lot that she has not been exposed to. She says to me..."be light, young one." (YOUNG, I protest....I am on the south side of 60,



for goodness sake!!) She laughs again in her tree-way which is musical and healing and says to me, "you are but an adolescent." And then with a tree-twinkle, she says, "one of the secrets to life is to just BE." I tell her I've heard that all of my life but WHAT DOES IT MEAN? She says..."Wait, you'll know."

I am struck again, as I always am when I encounter "old" that we do not value wisdom. We do not value all the things that old ones, be they trees, humans, animals, whatever, have seen and experienced and done.

Harriet, I decide, is an ancient gift from God.

I carry Harriet's oldness throughout the rest of the marvelous conference. Yes, it is small but the attendees are die-hard-Imagery people and they GET IT. To be with like minded people who would understand talking to a tree and receiving communication from her is an experience that creates a oneness that I have always found

healing in this Imagery community. It feels a bit like a church body without all the craziness and judgments.

Anyway, the conference progresses and my mind takes me back, back to all the marvelous conferences (I believe there were 18 before the Academy for Guided Imagery decided to do everything via telecast. Hey, I don't blame them. Putting on a conference is expensive and not particularly cost-effective). But, being the obnoxiously nostalgic person I am, I wanted a COMMUNITY of Imagery "fanatics" (please, I mean this as a compliment) to get together and just learn and heal and Grow together in PERSON. I wanted the presenters to be at least above average and maybe even superior and of course, brave, strong and good-looking (with apologies to Garrison Keillor and "Lake Wobegon" ....I am from Minnesota, remember.)

And I can tell you, without exception, each of the presenters were all of this and more. I think of Julia Rohde-Brown's presentation and I remember HEART. I think of Margo Adair's and I think of PASSION AND LIFE'S WORK. I think of Terry Reed's and I think of QUIET STRENGTH. I think of Andrew Wagner's and I think of VELVET CONFIDENCE. And since I cannot objec-

*(continued on page 9)*



Here you can see our beautiful altar with various offerings from conference attendees who shared the sacred space.

## Talking to Harriet

*(continued from page 8)*

tively think of mine I will simply tell you the feedback I got from participants: VITALITY AND ENERGY. What a line-up we had and everyone learned so much! I say this based on the exit evaluations that we received.

So, as I leave, I pause to talk to Harriet again. She says that I should meet Remi who is a male tree right by her and older than she. So, I touch him and tell him that I am grateful and that I hope

that I can come back again. Just then, my eye catches one of the little rabbits that are housed at Vallombrosa. One can actually pet them as they are domesticated and live on the property. "The rabbits aren't very old," Remi says, "The rabbits will come and go just like your kind. But we, the ancient ones, stay. We see. We stay. We are."

And as my ride leaves Vallombrosa I think: We stay. We see. We are.

We are history in the making. The first annual Imagery International Conference was IN Vallombrosa.

Just waiting for many, many, many others. Maybe not there. Maybe not even like this, but the SPIRIT of the conference leaves with us all.

The second annual Imagery International Conference is now the future.....

# 2008 Imagery Persons of the Year

Bev Hollander, BSN, MS, HN-BC

Nominations for Imagery Person of the Year (IPY) were requested from our membership. Persons who were nominated reflected and represented Imagery as a healing modality, either in practice or in its promotion, in such a way as to stimulate peer respect and admiration.

We received several nominations and it was my responsibility, delegated by your Board, to determine the winner. In this case – winners!

Indeed, this was a challenging decision. Never before had we given this award to more than one person. I especially did not want either of the winners to feel that their individual contribution to Imagery was not enough or that they were only seen as a pair, connected at the hip, so to speak. Considering who “won”, I think you can understand my considerations.

After a long process, the winners are **Sue Ezra** and **Terry Reed** of Beyond Ordinary Nursing (BON). Sue and Terry’s contributions to Imagery

reflect collaboration and a synergy that is rarely seen in the business world. (Most folks are competitors and collaboration is not on the agenda.) Their work together, and separately,



"I can't imagine what's in here!": Terry Reed and Susan Ezra of Beyond Ordinary Nursing are honored as Imagery International's Persons of the Year.

certainly reflects the healing powers of Imagery. Each of them practices Imagery in their workplace. Together, they promote Imagery via BON. I truly respect and admire them for their contributions both to me personally (I am a BON graduate) and to the world.

A few comments from nominating members follow:

"I would like to request your consideration of Terry Reed and Susan Ezra for their dedication to teaching the Certification courses for Nurses on Guided Imagery and most recently they published their book. I can only tell you how these two nurses have worked with me during my time of illness to participate in my own healing process through the use of guided Imagery. They lovingly support and guidance has changed my life.

They truly are world servers that this recognition would be a thank you for all they have done to expand so many nurses consciousness and understanding of guided Imagery. They truly are deserving of this nomination."

"Terry Reed ... has a strength that seems to come from somewhere deep inside. She is also steady, calm, and full of integrity. But the thing that has always impressed me most about

*(continued on page 13)*

# Imagery Here and There

Jann Fredrickson, MSW

## Growth and The University of Northern Iowa

I am sitting in my hotel room in Cedar Falls, Iowa after a raucous day spent with friends from my dorm days at the very lovely University of Northern Iowa. I am always stuck with a sense of wonder and gratitude and even awe when I roam the campus of UNI. I did not have a "real" home when I attended UNI

so UNI was truly my "home", the first place since I had been fourteen years old where I felt welcomed, beckoned, and yes, safe.

There was not a day that I did not feel gratitude that I GOT to go to UNI.

I wasn't like other students who assumed it was their right or were so busy running from class to class that they did not stop to take in a campus that is full of trees and flowers and old, old buildings that dated back 100 years and more. There is a huge campanile in the middle of the campus and I sadly heard that the man who played the carillon there for many, many years had re-

cently died. Oh, the magnificent concerts he used to give! I can close my eyes and hear the music. And when I close my eyes and hear the music, I can smell my dorm and even the old buildings that always gently scared us into believing that at any moment they would come crashing down, maybe even when we were walking in them. And it is music that takes me back to those years of fun and Growth and



pain. Yes, there was pain, too, because the years spent at UNI were also the Viet Nam years. The tension on campus was sometimes so intense, I would find myself sure that someone or something would just explode and I would lose my UNI; it would go up in flames or a bomb or....something unnamed that I could just feel.

When I was a Junior, the "Old Aud" or the old auditorium that stood right in the middle of campus, a building over a hundred years old, burned. The flames were bright orange and terrible in their destruction. We all stood on that warm day and watched it burn. I wasn't the only one with silent tears coursing down my face. An old friend was dying and there was nothing any of us could do.

I remember so clearly coming up highway 57 and seeing UNI sitting on the hill and I always knew I was home. I would get this excitement, this peace, this awful thrill just looking at it. The thrill was always awful because even though I did not want to face it, I

knew that my years at UNI were temporary. As much as I loved it, as much as it make me secure and happy, I could not love it into being permanent any place but in my Imagination.

My graduation day came on May 26, 1973 and I was the last one in the dorm before the ceremony. A dear

*(continued on page 13)*

# CD Review

Susan Ezra, RN, HN-BC

## **Climbing a Mountain of Success!**

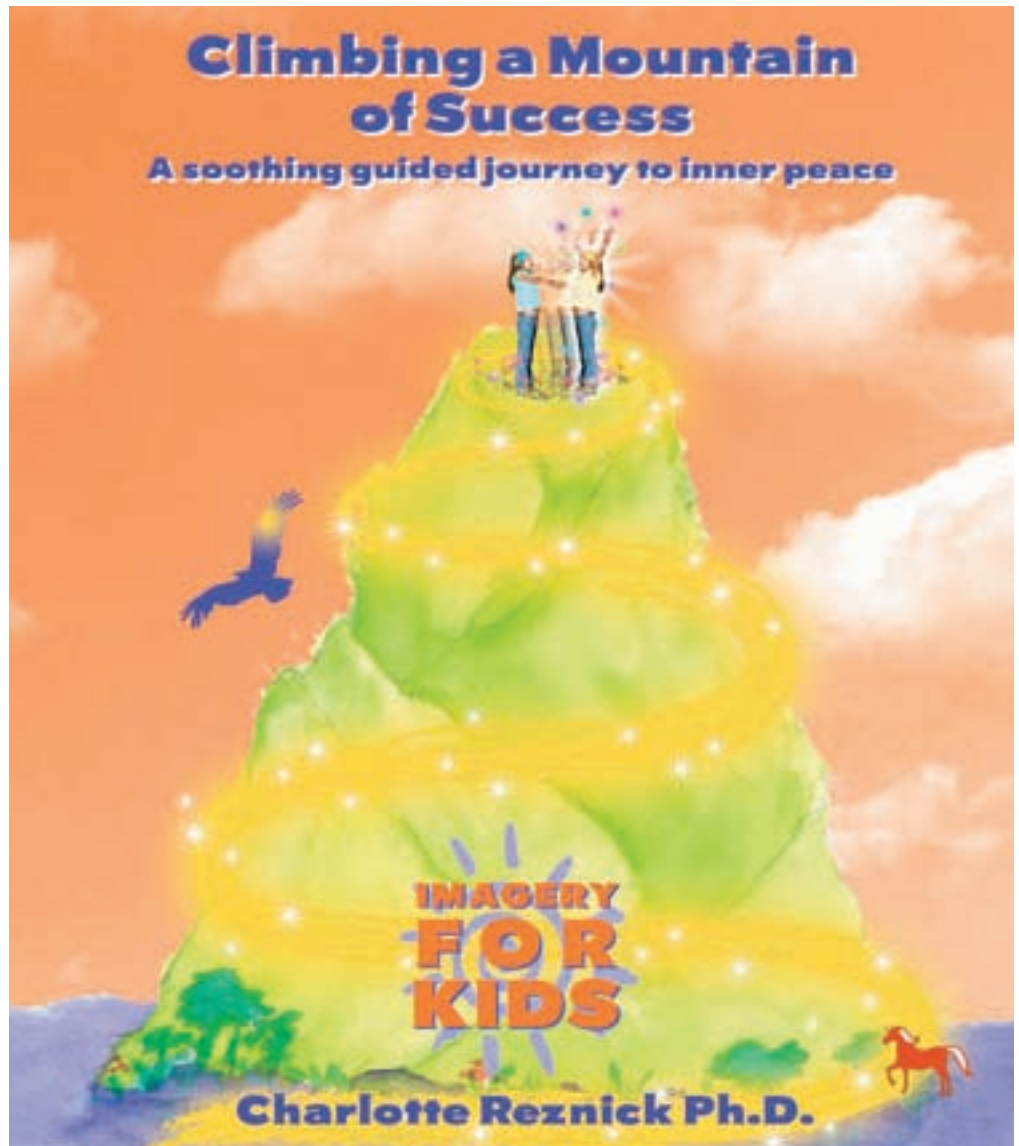
**A soothing guided Imagery to inner peace.**

Here's a new CD from our own favorite Charlotte Reznick, PhD for kids.

Charlotte has a new companion CD for her book, *The Power of Your Child's Imagination*. Like her other CD, *Discover Your Special Place*, this CD is geared towards kids, yet is broad enough to appeal to many adults as well. As she says, the CD is for ages 5 to 105.

The intention of *Climbing a Mountain of Success* CD is to enliven and empower young people to meet their goals and feel good about themselves in the process. The verbal suggestions are simple, giving direct instructions with just a hint of hypnosis. This is done by emphasizing key words with enthusiasm and encouragement. The pacing is slow and deliberate. The music is a perfect accompaniment.

Of course, the script is rich in Imagery. Charlotte begins with a "kernel of gold in the heart" representing the seed of success, with messages of powerful intention, hope and inner wisdom. The golden glow of "victory" comes from inside and Grows through



out the body. This turns into a path, which takes the listener on a journey through a forest and up to a mountain-top of success. Along the way, one meets a gentle animal friend and wisdom figures to guide and support the sojourner. A golden star brings three gifts unique to each individual. Reaching the top is a challenge but Charlotte is reassuring with messages that you can "find the route that is right for you and that all the tools

needed for success are there."

Charlotte is a captivating storyteller and this guided Imagery CD is sure to be a success.

# Imagery Here and There

*(continued from page 11)*

friend, Jim Biwer, had left a single red rose in my roommate's and my room and a card that said..."When I was 21, it was a very good year..." I took the rose and held it to me and just sobbed. I sobbed until I thought I might be sick. And then....and then.... I remembered a bit of advice that I once received: how precious and fleeting are the gifts life gives us. And with each gift, there is Growth and happiness and sometimes, sorrow of the deepest kind, the kind that makes your heart a little older and your soul a little quieter.

So, now, after a day spent with friends who look like young older women, I do feel sad and nostalgic. But I also look at each one of them and I see GROWN women; women who now have saggy breasts and chins and stomachs and well, butts. I also see women content in their pending dotage; women who have seen their children have children. Women who KNOW that life's gifts are fleeting, terrible in their temporariness. And when they talk, they take me back to one of my most wonderful gifts: my years spent at the University of Northern Iowa.

As we sit and chat and laugh and cackle, a group of very young children (they aren't children, for pity sake...they are at LEAST eighteen!)

wander past this group of "old ladies". They are doing freshmen orientation. My friend Mary looks at them (we all do) and there is a collective sigh. Mary calls out loudly, uncharacteristically, "These will be the best years of your life!" We all murmur agreement reverently as if we were agreeing with a prayer in church. One of the young children, a pretty blonde girl, smiles at us the way one smiles indulgently at those much older than they. Then we all bust into our girl-laughter. Almost as if we are all eighteen again.

UNI will always be my magic place on the hill. It will always be my "first home" after losing my real home at fourteen. It will always be my place of Growth and pain and memories.

Only now, I go back once a year to smell the smells and see the sees and feel the memories that were once my UNI. This time, when I drive away from highway 57, I do not feel particularly sad. Maybe as I slowly enter seniorhood the memories will be sharper, more poignant, and well, more .....graceful.

Now as I drive out of town and take once last look at my UNI on the hill I think to myself...goodbye, old friend.

Until next year.....

# Imagery Persons of the Year

*(continued from page 10)*

Terry is the motto that she tries to live by: Be the change you want to see. She doesn't just TALK Imagery and its power to change lives, she IS IT. Susan Ezra speaks her truth in a quiet, strong, peaceful way. But speak her truth she does and people listen. She is an excellent role model of one who believes, practices, and teaches Imagery.

These two amazing woman exemplify what Imagery is and how it can change lives. They started Beyond Ordinary Nursing over ten years ago and have now certified over three hundred people from all across the United States."

"I would like to nominate Terry Reed and Sue Ezra. They have both contributed a lot to the Imagery community. I know that Terry was one of the first board members when Imagery International was International Association of Interactive Imagery (IAII for short). ...the hard work that Terry and Sue have put in to get Beyond Ordinary Nursing to be the best Imagery program around should be recognized."

THANK YOU Terry & Sue for all that you do to keep the Imagery world alive.

# Anger Management

Sandy Warnken, IT

Jason, not his name, came in for help with a bad temper. All he would say was that he struck his bride. Before she left, she told him he needed to get help with his anger. He was willing.

He was extremely agitated when he came in. He said he was on two medications, but they didn't seem to be helping. He needed to talk. He mentioned some serious childhood injuries. As he talked I monitored his sympathetic activation and steered the conversation into calmer directions by asking questions.

When he started talking about his good buddy, he visibly started settling down. Recalling the things they did together, like riding motorcycles, made him smile. I asked him to tell me more to facilitate the settling. I could see he felt safe with his friend and asked for verification. Jason agreed he felt safe with this man.

He also had a safe place he liked to visit. As he described it he settled down even more. By the end of our time together he was much calmer and feeling better.

The second meeting he was again very agitated and needed to talk. When he mentioned his interest in classic cars and motorcycles, an



Image of a tachometer popped into my head. I decided to use the idea of a tachometer as a metaphor to help with self awareness.

Yes, he was familiar with tachometers. I invited him (eyes open) to imagine a tachometer that worked with his body. I said it shows that his idle speed is very high. It also shows that it doesn't take much gas to redline from idle. Redlining is a measure of anger.

He sees the tach and says that idle speed is 10,000 RPM and redline is 15,000 RPM. I ask him to scan his body and notice what he is feeling at 10,000 RPM. For our purposes, I tell him, redline is related to the kind of anger he is troubled with. We might find that he can be angry and in control or out of control and in the redline zone. Our task is to get the idling speed down and to learn how to back off the gas when approaching the redline level.

I asked him if he noticed how his idle speed slowed down when he was talking about his good buddy. He hadn't noticed. I invited him to recall what he had said, prompting him with some of the experiences he mentioned. As he started remembering what he talked about, he started smiling. He could feel the change in his body.

"What is the idle speed now", I ask. "8,000 RPM", he says.

I had him think about his special place and the things he enjoyed there. Idle speed went to 6,000 RPM.

From this point on he was calmer when he came in. He also went to a hospital approved anger management program. As the weeks went by, he was clearly enjoying the voyage of self-discovery & personal Growth that he was on. He worried about whether his wife would return, but doing this work was what she required, so he stuck with it.

Learning to trust my insights has been a part of my personal Growth as a hypnotherapist.

# I Live the Material

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Anni Hare

## **I Live the Material: Interactive Guided Imagery<sup>SM</sup> With Death, Dying, Loss and Transformation**

At the beginning of my Academy for Guided Imagery course work, I learned that it is not recommended to work with family members, specifically parents, because of the emotional baggage likely to be present. This paper is about the possibility of another point of view.

My mother was diagnosed with inoperable lung cancer in June of 2005. Shortly thereafter, I decided to reserve Tuesdays as a day we could both count on to be together.

The effect of the diagnosis of having "one year to live," though delivered as gently as possible along with hours spent discussing options and questions with Oncologists, left her in shock and understandably depressed. She had cancer, not a mental problem, and was fully aware and capable at 83 years of age.

Although not a believer in the benefits of psychological counseling, she agreed to visit my counselor if I came with her. I thought that she would want to go by herself but she said she had nothing to hide from me.

The issue that was most pressing and difficult for her was telling her older

brother (aged 92) about her diagnosis. My/Our counselor allowed me to add input and role-play my mother's part of the feared conversation. It seemed valuable work to her at the time, but she was not interested in going again. Many more months passed before she was able to inform her beloved brother. She ultimately had me make the call and, with my support, was able to inform him of her situation.

In the months that followed we had some wonderful Tuesdays, which we named "Tuesdays with Mummy" after the book *Tuesdays with Morrie*.

The weather is generally foggy during summer months here, so one day I said to her, "Let's go find the sun!" It was a bit of an ordeal to load her heavy, battery powered wheel chair single-handedly into the trunk of the car and get it unloaded at the park. Nonetheless, we had a wonderful time laughing, enjoying the sun and scenery as well as chatting with other walkers. That turned out to be one of our last outings as her condition declined radically shortly afterward.

As time passed, she became uncomfortable breathing. That was when I asked her if she would want to "try something." She agreed. I did a bit of basic relaxation and asked her to let an Image form of what was going on

with her breathing. She said she had the sensation of a belt tied around her throat, choking her, and then she opened her eyes and said she thought I probably had other things to do and had better go. I chose not to push it and left her with the suggestion that as she was going to sleep that night she might want to, "Imagine that belt loosening just a notch". Her breathing was better the next day.

Subsequently, she would ask me to help her relax and breathe with her when she became anxious. We would put our foreheads together, hold hands and pace our breaths together until she became more relaxed and comfortable. It was during one of these pacing sessions that I asked her if she would like to Imagine going to a safe and peaceful place. She was quite agreeable by then since she trusted "my work" having already benefited from my interventions. In addition, this gave a focus for our time together.

I told her she didn't even have to close her eyes - just focus on the oxygen going in through the tubes and out through her mouth. Within a few seconds she closed her eyes and concentrated even more deeply. She relaxed visibly and using a basic count down from 10, I encouraged using the

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# I Live the Material

*(continued from page 15)*

Image of a staircase. When she reached the bottom, she could look back up, see how relaxed she had become and begin to imagine a place where she could be even more comfortable and very peaceful. She soon found herself on the family lawn of the house where she was raised back East in PA. She was lying on the lawn under a cherry tree that her beloved father had planted. I asked her the usual questions around sensory enhancement: time of day, temperature, angle of the sun, season, what she was wearing, how old she was, etc. The Imagery experience became a combination Safe Space, Age Regression and Life Review. As for the season, she answered that the cherries were not quite ripe yet. I was more directive and told her, "Have them be ripe and taste them." She answered with an eyes closed smile and "Ummmm – delicious!"

I encouraged her to recount memories from that time in her life and she remembered the names of people she hadn't thought about in years, as well as events of importance to her. We had a number of these sessions and I was most gratified for her asking for my help to go there. When I arrived one day, she proudly announced that she had been up in the cherry tree hiding from the farmer neighbor who had wanted her to help clear his field of rocks!

I began these sessions slowly in tune with her resistance. As her condition worsened, she was more open and enjoyed the respite from the anxiety of breathing difficulties and found opportunities to re-experience favorite times in her life.

On another occasion, I explained to her the possibility of finding her own Inner Advisor with the qualities of wisdom and unconditional love and asked her if she would like to try this piece of work. She was quite



amenable and easily discovered a figure that resembled her father. This person was very loving and hugged and kissed her when she greeted him. This memory brought tears to her (closed) eyes and she said that she felt comforted during this process. I suggested she could visit with him whenever she wanted and she said she would do so. (In this instance I did not set up an exact appointment for her to meet with him again due to the unknowns of her situation). In hindsight, she expressed again how touched and comforted

she felt having had the experience. There was one more piece of work that we accomplished together that I would call "transformational." My Mother was a most loving and gracious person to practically everyone with the sole exception of her stepdaughter. She expressed her dislike with such vehemence that she sought to exclude her from her will. There came a day we were discussing end of life issues and I asked her if she would be willing to forgive her stepdaughter. Initially, she did not see how it could be possible yet, she agreed to try. In an eyes open session, I asked her if she had ever forgiven someone before in her life. She had done so. I then asked how she was able to forgive. "Because he didn't know any better", came her reply. With that question and answer approach, we were very quickly able to get to forgiveness. (There are some advantages to not having the luxury of time to put off this kind of life resolution.) At the end of this session, my mother patted my cheek and said, "You are a genius." How lovely that was for me to hear!

To assisted in easing this last stage of my mother's life with the use of the tools learned through Interactive Guided Imagery<sup>SM</sup> was a time of immense Growth, both personally and professionally. I can only imagine the helplessness I would have felt simply

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# Mainstreaming Imagery on the World Wide Web

Sandy Warnken, IT

## Wikipedia Project

If you own a computer you are likely very familiar with search engines. A Google search says of Wikipedia: "Wikipedia, the free encyclopedia...A free encyclopedia built collaboratively using Wiki software. (GNU Free Documentation License)." Wikipedia is a social networking site that offers free encyclopedia type information.

Google generally ranks Wikipedia articles at the top. "Guided Imagery" is not a topic covered in Wikipedia. Therefore, anyone wanting to do research on the subject will find it in bits and pieces all over the internet. It is not always covered in sites devoted to healthcare. That's our loss.

It's a huge undertaking to create the content for a subject like this. However, we can make more inroads on getting the word out with Wikipedia than we can by trying to ferret out and contact every healthcare related site among the millions out there. (I contacted WebMD and never got a response back.)

Juliet Rohde-Brown has graciously donated a general and very comprehensive outline for us to work from. My hope is that anyone who has a piece of information with jour-

nal and textbook references will contribute a paragraph or two to fill in the missing pieces. We don't need to have the whole thing done – completed sub-topics can be posted on Wikipedia.

Be warned, Wikipedia does not give author credit and allows anyone to edit everything.

If you are interested in working on the Wikipedia Project you are welcome to email us at [imageryguides@gmail.com](mailto:imageryguides@gmail.com). You can call me at 707-592-7667.

## II Blog

Blogs are now the World Wide Web's first choice for advertising. Our blog is an extension of our website – [imageryinternational.org/](http://imageryinternational.org/) blog.

You are welcome to send an article about your business, thoughts on the topic of Guided Imagery and thought provoking articles. Send your picture too. The blog can handle any kind of multimedia presentation - image, audio, movie, a link to YouTube and Power Point. Include your website and email address if you want folks to contact you.

Send posts and pictures to [information@imageryinternational.com](mailto:information@imageryinternational.com).

## I Live the Material

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being present to her dying. Instead, I was actually able to ease her discomfort and aid her in resolving an emotionally unpleasant issue (forgiving her step-daughter). Professionally, having this real-life close-to-home application of Imagery work turn out to be so wonderfully effective was a great bonus! Those two aspects enabled me to mature into a role of caring for her that was very important for me in the course of letting her go. The memory of accompanying my own mother as far as I could toward her best possible death, as well as the deep gratitude I have for this work, will live with me for the remainder of my life.

Anni Hare studied Clinical Hypnotherapy with David Robi-  
nette for three years ending 1993 and continued with Interactive Guided Imagery<sup>SM</sup> graduating



from the Academy of Guided Imagery in Dec. of 2006. She received certification in hypnotherapy from the National Association for Transpersonal Psychology and chose to repeat the course because she loved her group and the instructor.

She is practicing part time these days and enjoying semi-retirement.

# Putting the International in Imagery International

Bev Hollander, BSN, MS, HN-BC

We want to offer a warm acknowledgment to our International members. To get to know more about them, we asked the following questions:

- 1) How did you first hear about II and come to join?
- 2) What are you doing in your community with Imagery?
- 3) How can we foster our connection internationally?

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## **Dr John M Evans From the Isle of Man (England)**

1) I met Marty Rossman at a meeting of the San Francisco Academy of Hypnosis in 1984 or 1985 where I learned of his interest in Imagery. I had been investigating various applications of trance and Imagery states since 1970. I joined II last year because I had begun using more guided Imagery in my clinical psychology practice.

2) I use Imagery as part of my clinical psychology practice, working with a wide variety of referrals. I am a member of the British Psychological Society, the UK Health Professions Council, the Psychological Society of Ireland, the British Society of Clinical

and Academic Hypnosis and the European Society for Study of Trauma and Dissociation. I also hold an inactive license as a psychologist in California.

I am interested in the ability of Imagery to convey multiple levels of meaning, and in its use to balance what I see as an overemphasis on the reliance on language as the only way to understand reality. I have received healing and shamanistic training in the past and this world view is an important part of my overall understanding.

3) I don't have a view on this.

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## **Fania Chazen From Israel**

1) That goes back quite a while! I trained with AGI back in the late nineties (doesn't that sound ancient?) and after our Preceptorships in California, we decided we had such a great time together and appreciation for each others work that we made a point of staying in touch. An IGI<sup>SM</sup> Discussion List was created.

(I fondly recall Dike Drummond "the Bear" from Seattle who first created the list, Michael Catalano, Diane Sternbach, Harise Stein, of course AGI



Fania Chazen

founders Marty and David and others). I think that it established us, AGI graduates, as a budding community. The list went through a few changes in the first years, became independent from AGI, and widened the scope of participating practitioners. I am not sure if II emerged directly from this original group or parallel to it or both, but I am proud to have witnessed its birth and be among the first joining it!

2) I am a Clinical Social Worker and in my private practice in Pardes-Hanna, Israel, I offer individual and group sessions, using IGI<sup>SM</sup> and GI as my main clinical tools. It is a joy and a privilege to witness the depths of my clients' experiences with these

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# Putting the International in Imagery International

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wonderful tools and follow their development and insights.

I also work in a hospital setting, at the Integrative Medicine Unit at Davidoff Care Center for Cancer patients, in Rabin-Beillinson Medical Center in Petah-Tikva. There too, I offer individual and group sessions using IGI<sup>SM</sup> and its principals as an important vehicle for coping with the cancer diagnosis, treatment, healing and rehabilitation. I also emphasize caring for the caregiver where we offer workshops and individual sessions to cancer patients' caregivers.

Community outreach is an important venue for spreading the word about the beauty, safety and efficacy of guided Imagery in promoting and maintaining health. Toward that end, I have been leading stress management and guided Imagery workshops in different settings in the community - at a center for senior citizens and other centers, a military setting, and at an all year round class in an elementary school.

But my biggest outreach step was joining forces with my dear mentor and friend Belleruth Naparstek in translating her CD "Relaxation & Wellness" to Hebrew, enabling Israelis to get to know her wonderful and healing work. The CD is now considered by many as the best Guided Imagery CD available in Hebrew, and being recommended by physicians to their patients!

3) This has been discussed every now and then in the past and really needs further probing. First and foremost there needs to be a representative in each country or at least each continent, someone who can be the contact for any new members. But in order for new members to join, II needs first to decide about international criteria - what would be an acceptable training program abroad, perhaps creating a star system parallel to accreditation. Also, we need to think what would be the benefits for an international member of II. Will the online newsletter suffice? Travel to the US for conferences is extremely costly for the average Israeli. Would we be able to provide local conferences and workshops? Telechats may be easier, yet still costly when dialing from abroad. If the only benefit is to be the newsletter and the II forum, I am afraid membership will not grow abroad. Perhaps the best would be if II had its own certification program that could in turn certify or approve other programs abroad. Then local workshops and conferences could take place under those programs auspice. Inclusion in II would establish professionalism and high standards. There is great potential there, and there is still much to consider, plan and eventually materialize II as an international entity. I would love to take part in it!

[From the Editor: Please note Fania, in our recent by-laws revision, we changed

the membership requirements to include a wider body of individuals rather than just AGI or BON graduates: a) REGULAR members are trained or offer trainings or are receiving training in a specialized use of Imagery.... As you can see this expands the group to include hypnotherapists, counselors, etc.]

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## Maryanne Sea An American in Australia

1) I first heard about II while doing a search about guided Imagery in hospitals. Also, I know Terry Reed and believe she mentioned II to me.

2) As far as my background... I became passionate about guided Imagery when I was quite ill with Environmental Illness (allergies to chemicals in the air, food and water) and had to live in 'bubbles' in order to survive. In the course of this healing journey, I became entranced with the power of Imagery, meditation and intuition in healing. It took twenty years to recover and come back into the world.

In the last ten years, I have been so blessed to have a lot of opportunities that involve Imagery. I will list them now. All have been firsts in Australia, as far as we know.

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# Putting the International in Imagery International

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\* Guided Imagery Pilot Project for Respiratory Patients (also conducted as a Feasibility Research Study)

\* Guided Imagery for Successful Surgery Pilot Project

\* Relaxation and Guided Imagery DVD – A DVD of music, Images and narration designed to relax and uplift those in hospitals

\* Guided Imagery and Nursing Students' Wellbeing – Research Project

I also am the MindBody Wellness coordinator for the RMIT University Master's in Wellness course. The course is an online course open to anyone in the world. One of the modalities presented is Guided Imagery.

3) As for how to foster connection internationally, I could help by providing my students with a link to II. Keep in mind that these students would not be practitioners. That's why I wondered if II has considered attracting members who are not necessarily practitioners but are interested/passionate about Imagery. (This is what a doctor in NZ does with his 'cause' – which is compassion in healing. He invites people to become Friends). If you are going to have a category such as this, then this makes it possible for

many more people to join. There are a lot of people who have found Imagery so beneficial, but are not practitioners but would like to know more about what's happening.

As for other steps to attract international response, it might be good to make sure you are optimized on search engines in such a way as to attract people from all over the world – and also to connect with academic programs that focus on Guided Imagery.

I am thinking of Leslie Davenport's program, a Master's degree, which has a MindBody Healing component and practicum experience. (Leslie, as you probably know, is in California).

Finally, I am beginning the process of marketing the DVD that we have made to other hospitals. I would be very happy to include mention of II on our website for the DVD, which we are just writing now and also to include mention of it in our brochures as a way people can learn more about the work of II.

I must say that I am not terribly knowledgeable about international marketing, so I hope this is of some help.

PS - I have been doing a lot of exploration of current research in Imagery and there are so many studies and articles. It occurred to me that you might want to contact these researchers and

invite them to be members.

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Siobhan Smyth

## Siobhan Smyth From Ireland

- 1) Searching the internet
- 2) I am doing this topic for my PhD studies in the area of Mental Health Nursing. I am a mental health nurse and now lecturing in the National University of Ireland, Galway, Ireland in all areas of mental health nursing.

3) Conferences, poster and paper publications, and email.

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Also, a warm welcome to Regina Abramoff from Rio de Janeiro, Brazil.

# Letters to the Editor

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Hi All,  
I just saw that ImagiNews June issue is out - gorgeous! And Terry Reed's review of my new book, *The Power of Your Child's Imagination*, is posted on page 7. Thanks a million Terry for such a generous review. Your kindness and care are much appreciated. Everyone take a look at it and all the other terrific articles.

All the best,

*Charlotte Reznick*

Bev-

I have just skimmed the new ImagiNews [June] and want to take this opportunity to tell you what a wonderful gift to others your ImagiNews editing is. This thing just keeps getting better and better. It is simple and profound at the same time. I also realize it is an incredible amount of work. Please know how wonderful your creation is and the joy and knowledge it brings to people you know and people who may come across it under circumstances we can only guess. I imagine a person unversed in Imagery finding and reading a copy and experiencing a whole new world. Powerful stuff! Thanks from the bottom of my heart and the top of my head.

*Babs Vitale*

Hi Sandy,  
Congrats on the blog! It keeps rolling along, offering new opportunities and my hat is off to all.

Two items that might be relevant:

1) We are relaunching The Healing Mind at [www.thehealingmind.org](http://www.thehealingmind.org). I'm excited about it, I think it's much better looking and easier to navigate. All our guided Imagery CDs are now available there as downloads as well as CDs. We welcome feedback from all.

2) Here's a link to a new article on mind body medicine and cancer just published in *Oncology News International*. If it's appropriate, feel free to post the article.

<http://www.cancernetwork.com/display/article/10165/1415782>

All best,

*Marty Rossman*

Hi Bev!  
I have not received my hard copy yet, but I went online and read ImagiNews [June] wanting to see how my article looked, very nice, thank you. I LOVE the red heart.

I read your article about Imagery and HT with interest and fascination, and totally relate to what you have said here about reluctance toward Imagery

yet willingness to be "done to". This inspires me to look for a level 1 HT ...maybe somewhere in my future. I just wanted to let you know how much I enjoyed your article, and working with you.

*Jenny Garrison*

A Big "THANK YOU" to all of our wonderful leaders for your dedicated service!

*Cindy Middendorf*

RN CIIG

Troy, IL 62294

Congratulations on excellent first annual conference.

This was the best membership meeting I've ever attended. Thanks for giving me the long delayed Imagery Person of the Year 2006 plaque. I will treasure the Princess Plant. It will be planted beside my front door. Can't wait till it gets 15 feet tall.

Much to my surprise the board allowed Babs Vitale to say a few words about me. She said I talked nerdy and no one understands me - very much.

This observation comes from the woman who had Juliet Rhode-Brown teaching another woman how to do doggie tricks

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# Letters to the Editor

(continued from page 21)

in Czechoslovakian. Yes Imagery International is a multilingual, multicultural, all inclusive nonprofit professional association. It's a bit much to ask a person to act as if she were a dog.

Babs deliberately and effectively uses innuendo, pregnant pauses and off the wall ideas to surprise her audience into belly laughter.

We had a diverse group of speakers. Some of them were absolutely gorgeous.

I learned that in hard times one takes care to ground, center, be compassionate and engage in heartfelt pursuits. If you can't quite manage – tap on your head and other parts of the body and play the Kazoo.

Andrew Wagner's Aikido demonstration showed us what being grounded, centered, open-hearted and passionately engaged in a martial art can accomplish when some great big guy comes at you with the intent to do harm - Splat! Andrew calmly assisted

his attacker to lay down on his back – hard. He did it with the ease of a hot knife going through butter. Where did Imagery fit in? Instead of putting his attention on where the attacker connects with him, he looks to the horizon, joins with the attacker's flow and brings it to his center. (I hope that's what you were saying Andrew).

Kudos and Kazoos,  
*Sandra Warnken*

CCHT, SEP

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## Calendar of Events

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### September 25-27, 2009

23rd Westberg Parish Nurse Symposium

*"Opening Doors to Wholeness"*

St. Louis, MO

Cortney Kelley (314) 482-4378 or [www.parishnurses.org](http://www.parishnurses.org)

### October 2-4, 2009

*Southeast Women's Herbal Conference (5th annual)*

Black Mountain, NC

[www.sewisewomen.com](http://www.sewisewomen.com) or 877-SEWOMEN

### October 4, 2009

*Cultivating the Herbal Medicine Woman Within*

Classroom locations in San Francisco and Sacramento, CA

[www.livingawareness.com](http://www.livingawareness.com) or (707) 446-1290

### October 15-18, 2009

*Building Bridges of Integration for Traditional Chinese Medicine - Transformation: Changing Beliefs, Healing Bodies*

Westfield's Marriott, Chantilly, VA, (Dulles Airport).

[www.tcmconference.org](http://www.tcmconference.org) or 1-888-TCM-6909

### April 28 - May 1, 2010

*Society for the Arts in Healthcare's 21st annual conference*

Minneapolis, MN

[www.theSAH.org](http://www.theSAH.org)

## Imagination - Reality - Imagery

O' Imagination the mirror to the mind  
You travel in stride, with tides Unseen but  
known

Many enter your world vividly  
And in waves, you entered the heart of God &  
Science

Nature and the stars above sing your tune

O' Imagination, your depth, your slope, is  
high even beyond the moon.

Imagii - Imagii! You combine Culture & Cap-  
tains

As your ship sails through the  
wind

Looking for the right shore to  
land

You anchored the soul of man  
and the world to bring nothing  
but Imagination.



Reality, Yes Reality. Thy seed is known and  
recognized

You tail the poor into acceptance  
And you lead them - to see, to feel and to cry.

Reality, you vow not to violate the dead ends  
The wise finds you in their thoughts

All serve thee, from generation to generation

The Solution Speaks of you in one language  
Your Language is Universal and well inter-  
preted.

Re- Re- Reality! Often the void fight thee

But you stand with an Oath unraveled.

You bring tears, sprawls and joy to the world  
known and unknown.

Imagery - Guided Imagery! Conquest con-  
cerned clever but deep.

You design your own place in the Vineyard of  
the gardener.

The statesman finds you governed by Simplic-  
ity.

When you are relaxed, you bring the Un-  
known.

You weave from the weaver's heart.

You obtain your license from the  
air.

Flowers know you. Oceans hear  
you and the foreseen  
Insight or Hindsight remembers  
you.

You pastor to clear and you reach into reality  
but

Imagii stays behind its veil.

Your world I love. Yet Personal.

Now, my chakras cry for your food but medi-  
tation grounds the self

I will be gone to waterloo

And see you soonest!

– G. Anazia



# Join or Renew your Imagery International membership

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Name: \_\_\_\_\_

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Phone (day): \_\_\_\_\_ Phone (eve): \_\_\_\_\_

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**Dues are annually renewable every February.**

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We will contact you for more information, so please be sure to leave a phone number and/or email address.

**Please make your check payable to Imagery International and remit to:**

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# 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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