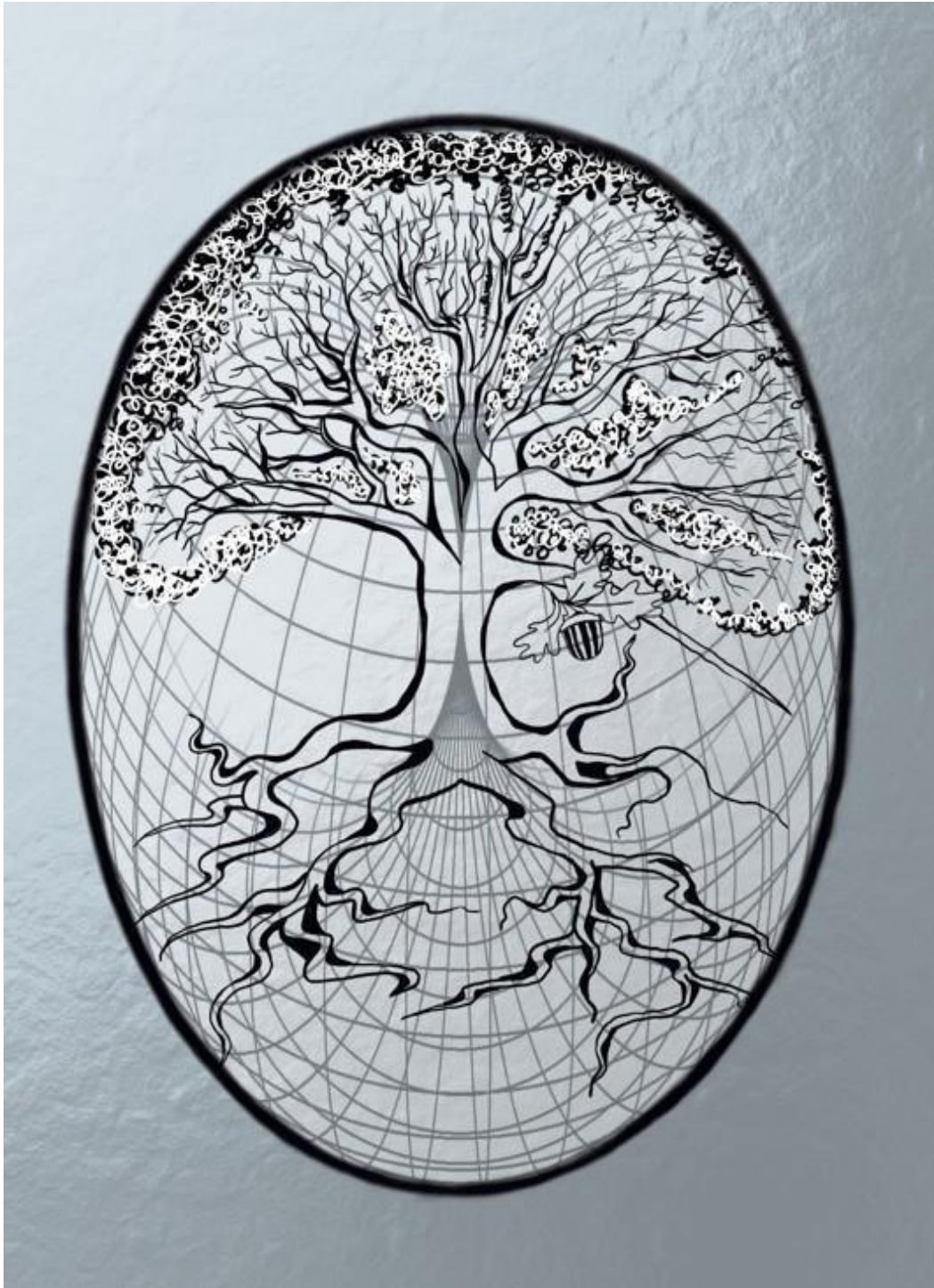


Embodied Imagination®

Getting the Courage to Change





Embodied Imagination®

Getting the Courage to Change

"In the universe, there are things that are known and things that are unknown, and in between, there are doors."

William Blake

"We can break out of history, out of >me and process and development, the moment we think in images, engaged in each thing as it presents itself, each step for itself, rather than linked by a process of individua>on."

James Hillman

*"To invest existence with a stately air –
Needs but to remember
That the Acorn there
Is the egg of forests
For the upper Air!"*

Emily Dickinson

Do you want to learn a method that provides a tool to discovering the doors to the unknown in a deep enough way for you to create desired change in your life and thrive?

Do you want to learn a method thoroughly enough that you are ready to work with others independently after the training and assist them in the same endeavor?

Do you wish to explore the doors of opportunity inside dreams, memories, and the pull toward creative projects?

Invitation

If you answered yes to these questions, then we have an opportunity for you that may fundamentally change how you approach your daily work and projects of deep importance. You are invited to join us in an eighteen-month training course to learn to use and apply the Embodied Imagination (EI) method to your meaningful endeavors.

This training has one main objective for you as participant: to learn about the EI method and to learn to apply it well enough to feel secure to develop plans to use the method independently after the training is completed. After completing all elements of the training within the 18-month time frame of the program, the participants will receive a certificate, signed by the instructors, and approved by the International Society for Embodied Imagination.

Introduction

The Embodied Imagination method uses dreaming as a paradigm for working with images. In dreams we are fully engaged in whatever is transpiring. In dreams we do not control our actions nor the actions of others: we are imaginative in the true sense of the word. In dreams we meet a quasi-physical world populated by embodied presences. After leaving the imaginal reality, we remember that world through our senses, our bodies. Imagination continually creates our realities. Imagination consciously embodied - made present in our bodies - is what provides the catalyzing ingredients to move us forward with our projects of deep intention.

Our basic view is that creative imagination of dream time reality will intervene in shifting our habitual patterns of thought, behavior, and belief systems through embodiment of the images. Embodiment of the images shifts and rearranges the balance of status quo and, in that way, opens one up for meaningful change. An image is not merely a picture, it is a presence, with its own intention and volition. It is our job to meet that presence in its own environment and on its own terms. Paraphrasing James Hillman, our deepest intention is to treat these images or presences as honored guests in our home.

Roots

The Embodied Imagination method is a modern-day adaptation of dream work practices of the ancient Asklepan healing sanctuaries. It draws from a broad set of disciplines that include alchemy, ancient incubation practices, active imagination as developed by C.G. Jung, different acting techniques, phenomenology, complexity theory, neuroscience, and depth psychology.

The Embodied Imagination method was developed by the Jungian therapist and well-known author, Robert Bosnak. EI method stands on the shoulders of work of ancient alchemists as well as known pioneers such as: C.G. Jung, James Hillman, Maurice Merleau-Ponty, Henry Corbin, and others.

The Embodied Imagination Method

In endeavors of deep intentionality, the Embodied Imagination method provides the opportunity to limit the influence of belief systems that constrain our view what is real and what is possible. Slow observation of the images in a hypnogogic state – the state of awareness between being asleep and being awake – is one of the cornerstones of the EI method. When we slow down and enter the phenomena of the images through embodiment, we gain access to their wisdom, insight, creativity, and healing. A key to embodiment is trusting and knowing our own bodies.

The Objective of the Training

As stated above the training has one main goal for you: To learn about the EI method and to learn to apply the method well enough to feel secure to develop plans to use it independently – and in your own way – after the eighteen-month long training is completed. We will do this by having each member of this training be facilitated by the instructors. And, equally important, the members will facilitate their peers and receive feedback from the instructors.

To keep the objective in focus and to learn the method through direct experience you will be asked to pick a project to work on during the training. The project could be for personal development, different forms of art (theater, writing, dance, music, visual arts, film making etc.), purpose driven life projects, or seminal life memories.

You will also be interacting with EI practitioners who have completed this 18-month training program and are preparing for their EI teaching certification. As such you will have the unique opportunity to interface with and be facilitated in dream, memory and incubation work while under supervision of the program instructors.

Commitment

Embodied Imagination requires each of us to be ready to look for change, to meet the change, and to work for it. Working with EI confronts our most treasured and cherished assumptions about our realities and can therefore, at times, be very challenging. Commitment and holding onto the individual intention for this training is necessary to move through vulnerabilities and the unique risks that come with change.

Listening to and respecting the other participants as they traverse their unique – and yet similar – challenges is a very important part of the training. It will deepen your understanding of the EI method, of your own way of working and changing, and how this work can influence others.

Program Focus Areas

- Deep Intentionality Projects
- The Arts (theater, writing, dance, music, visual arts, film making etc.)
- Personal Development
- Seminal Memories

Program Elements

- Zoom Sessions, 1 ½ (and sometimes 2) hours in duration, every two weeks with some exceptions and adjustments for major holidays, for total of approximately 32 sessions. During Laboratory sessions we will work on someone's dreams, incubation, or memory. During Teaching sessions, we will focus on the theory of the EI method.

- Practice sessions with partners over the internet.
- Supervision, by one of the instructors, during some practice sessions.
- Reading, writing, and teaching other participants to confirm comprehension and to create an effective learning environment and group cohesion.
- Two sessions called *Brief and In-Depth* as developed and documented by Jungian Analyst Jill Fisher, who said the process, “has provided individuals with solutions to psychological and relational problems, it demonstrated healing responses in people with physical illness and has given rise to creative bursts in artists”, The Brief and In-Depth sessions will be with each of the core instructors or with the Instructor-in- Training while under supervision of one of the instructors. These private sessions are done once per week for about 8 weeks.

Requirements for Continuation in Program

- Attendance of approximately 27 out of 32 sessions. All sessions are recorded – if you miss a session, you are required to view or listen to the recording within a two-week period and write a brief report to the group on the sessions you miss.
- Practice with partners minimum of 15 sessions as dreamers and 15 sessions as facilitators (instructors will make the practice partner assignments at start of approximately each five month period).
- Supervision of 3 sessions every five month period.
- Reading, writing, and teaching. Teach one topic, write answers to questions monthly (generally about three questions per month). Generally, the instructors will assign the topic and formulate the questions. Question format will generally be as follows: What is the relevance of xxxx in Embodied Imagination? What has been your experience in applying xxxx? and What more do you need to know on xxxx?
- Two *Brief and In-Depth* Sessions.

Financial Investment for the Program: The 18 Month Program Fee is \$6,000 USD. A non-refundable down payment of \$1,200 is due 6-weeks prior to the start of the program and remaining balance (\$4800) due one week prior. No refunds can be given for the program once enrolled. Program Fee includes live classes & recordings, Brief and In-Depth sessions with instructors and the *Embodied Imagination – Getting the Courage to Change*, Workbook.

Program Overview and Schedule: Each cohort is limited to 12-15 members. The course begins TBD on a rolling basis when we have a large enough cohort size and ends 18 months later. Session duration will vary slightly but will generally run between 9-10:30 a.m. Pacific Standard Time & 6-7:30 p.m. (18:00 – 19:30) Central European Time on Saturdays and Sundays. All group sessions will occur on either Saturdays or Sundays and sessions will range from 1.5 hours - 2 hours depending on the content of the agenda. Below is the schedule of dates pending minor changes as determined by the instructors:

<u>First Six Months</u>	<u>Second Six Months</u>	<u>Third Six Months</u>
Session 1	Session 11	Session 22
Session 2	Session 12	Session 23
Session 3	Session 13	Session 24
Session 4	Session 14	Session 25
Session 5	Session 15	Session 26
Session 6	Session 16	Session 27
Session 7	Session 17	Session 28
Session 8	Session 18	Session 29
Session 9	Session 19	Session 30
Session 10	Session 20	Session 31
	Session 21	Session 32

Action Required: If you are interested in exploring this opportunity further, we will schedule a 30-45 minute session to answer your questions and ensure mutual matching of expectations. **Please contact:** Dr. E. Elizabeth tripletiethriving@gmail.com or Narandja Milanovich Eagleson narandja@aol.com

Program Instructors: Trained and certified to train others in EI Method by the International Society of Embodied Imagination



Narandja Milanovich Eagleson is currently focused on writing and the practices of voice dialogues, embodied imagination method, heart rhythm meditation, heart energy and shamanic healing. In addition, to 40 years of experience in the field of engineering, management, leadership development, psychology and alternative healing modalities, her formal education includes: Bachelors and Master's degree in Mechanical Engineering from Rice University as well as two Masters and a PhD in Depth Psychology from Pacifica Graduate Institute. She lives with her amazing husband Gary on 20 acres of California oak woodlands and wildlife



Dr. E. Elizabeth lives in the Pacific Northwest of the United States and holds a PhD in the field of Depth Psychology with an emphasis on somatics. Her interests lie in esoterica, Jungian psychology, myth and folk lore, occult and religious studies, and embodied practices that produce results. Embodied Imagination is a valuable tool as a stand-alone method and as a map of engagement with the world of images. When we allow ourselves to actively engage the Other, through working EI, we expand our own container of experience and possibility in the waking world.