

The School of Images™



www.schoolofimages.com

“The realm of imagination is one we all knew intimately as children. It is the place of pure beingness and simplicity, of one language and purpose. Here the two worlds of dreaming and consciousness move together in mutuality, supporting and sustaining one another.”

“Our work at the School of Images™ is to recover this realm of clarity, light and balance, that we may experience the two worlds as one again.”

Dr. Catherine Shainberg

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ABOUT THE SCHOOL

The School of Images™ (SOI™) was founded by Dr. Catherine Shainberg in 1982 and is located in New York City where it attracts people from around the world. The School* teaches the language of imagination for instantaneous insight and transformation. The SOI teaching works to catalyze creative manifestation at all levels, in all areas of life, whether personal or professional, communal or global. If an individual chooses, the teaching may serve as the foundation for exploration of a sacred path.

MISSION

The SOI mission is to teach the use of imagination for transformational purposes. Our belief is that this primary global language has the capacity to unify communities while empowering the individual. It is our goal to make this opportunity available to all people. Dreaming, visualization and revelation, the keys to the forgotten power of the imagination, are dynamic techniques which bring clarity, healing and renewal.

LINEAGE

The School of Images derives its methods from early Jewish, Sephardic and Mediterranean teachings. The lineage dates back to Isaac the Blind of Provence, France, and Jacob Ben Sheshet of Gerona, Spain, who practiced the Kabbalah of Light in the early 13th century. The last lineage holder was revered kabbalist Madame Colette Aboulker-Muscat who adapted the ancient methods to meet the needs of a contemporary world. SOI founder Dr. Catherine Shainberg studied for 10 years in Jerusalem with this renowned teacher and spent an additional 20 years collaborating with her. She was recognized by Madame Colette as her spiritual and adopted daughter.

KABBALAH OF LIGHT

In the tradition of Kabbalah of Light teachings, the SOI work is experiential. There is no direct study or analysis of text and no permutation of letters (gematria). Unlike other kabbalistic ways this work is pure Kabbalah, which means “receiving.” It is an experience one “receives” through inner gazing, an exploration of the imaginal field using a universally understood language.

*The School has received tax-exempt status from the Internal Revenue Service and is a not-for-profit corporation incorporated under New York State law.

please visit www.schoolofimages.com for more information

Dr. Catherine Shainberg

Director



Catherine Shainberg is a transpersonal psychologist, healer, visionary and teacher with a private practice in New York City. In her 40 years' experience she has taught thousands of students around the world and created revolutionary tools for clearing

physical and emotional disorders.

Growing up in England and France, Catherine trained as an art historian at the School of the Louvre, earned a Masters from the Sorbonne and was a consultant for UNESCO. In 1972 Catherine moved to Israel, where she converted to Judaism and spent 10 years studying the Kabbalah of Light in Jerusalem with Madame Colette Aboulker-Muscat, a renowned kabbalist, mystic and teacher. Catherine also studied with the Rav Zerbiv, head rabbi of Oran, Algeria and the Rav Kook, son of the first Great Rabbi of Israel, the most revered kabbalist of the 20th century.

From 1972 to 1982, Catherine taught at Hebrew University and at the Music and Dance Academy in Jerusalem and founded the Center for Jewish Movement. At the Center she taught Bible text through movement and imagery and developed groundbreaking techniques for healing physical disabilities through imagery. She also led workshops for Israeli army psychologists, treated wounded soldiers and cancer patients, and developed imagery techniques for mental patients. During this time she wrote *The Big Egg*,

a play for Israeli and Arab children, which was performed throughout Israel.

In 1981, Catherine was invited to teach at the American Institute for Mental Imagery in New York City. She earned a Master's degree and PhD in psychology and co-founded—with her late husband, David Shainberg, MD and Professor John Briggs—an exploration of dialogue that became the foundation for physicist David Bohm's famous "Dialogue Groups."

In 1982, Catherine founded the School of Images™, dedicated to teaching the revelatory dream and kavanah (intent) techniques of the ancient Sephardic Kabbalah tradition.

Catherine has spoken on BBC radio, lectured throughout the United States, appeared on television and performed at The Kitchen in New York City. She is a past chairperson of Women's Creativity at the Living Arts Foundation in Cape Cod. Her articles have been published in *Guggenheim Public* (as part of the Symposium on Love in Venice) and *The Spirit of Ma'at*. She is the author of *Kabbalah and the Power of Dreaming: Awakening the Visionary Life* (published by Inner Traditions) and *Genesis and Movement*, a study of movement in Genesis and its application to human health and wellbeing. Catherine lives with her son Sam in New York City. She conducts imagery and dreaming workshops internationally.

COURSE OFFERINGS

All courses given by the School of Images may be taken individually, or as part of a primary or specialty program of study. The School offers weekly on-site classes as well as on-site and off-site workshops. Our primary programs are Personal Development and Practitioner Training. The School also offers specialty trainings.

Students may complete program requirements by taking weekly classes in New York or by taking workshops given by SOI faculty on or off-site.

PERSONAL DEVELOPMENT

This is a path of study that cultivates inner life and nourishes individual development. Students may concentrate on one course or pursue a combination of studies. Graduates of this program are not authorized to teach the SOI work.

PRACTITIONER TRAINING

This is a focused program of study for those who wish to teach the SOI techniques. In addition to the full core curriculum offered in Personal Development, Practitioner trainees are required to take advanced classes and independent studies designed to deepen practice, understanding and commitment. An SOI Practitioner Certificate is granted upon completion.

SPECIALTY TRAINING

DREAMBIRTH™ is a specialty training in women's care providing imagery techniques to facilitate fertility, pregnancy, labor and to effectively handle postpartum and maternity issues. Please visit www.schoolofimages.com for updates on new specialty trainings.

WORKSHOPS AND INTENSIVES

Workshops are three-day, Intensives five- or six-day, in-depth studies in one subject or specialty. All workshops and intensives incorporate either Imagery and Dream Opening or Morphology. Each focuses on a particular area of exploration required for transformation.

THE FUNDAMENTAL TECHNIQUES OF IMAGERY WORK

Guided Imagery is a series of short exercises given by the Practitioner to the dreamer. These inductions lead the dreamer into waking images that are often as intense and clear visually as the most powerful night dreams. As waking images unfold, they are both diagnostic and transformational. They help to delineate and construct the inner landscape; access richness, power, and beauty; and bring forth the lessons learned to in-form daily life. Each trimester of study is devoted to exploring specific themes, such as: the Body, Relationships & Genealogy; Time and Space; Myth, Stories and Fairy Tales; Roles We Play; and the Tarot.

Waking Dreams are images, neither hypnotic nor trancelike, which occur in a waking state—the dreamer is fully conscious and alert. This state of visual thinking is entered by means of a quick and simple relaxation, enabling exploration of the images that lie hidden behind rational thought, and free movement in the world of dreaming.

Reversing™ is an examination of conscience done backwards. Reversing is the last thing done before falling asleep, and brings about what the kabbalists call “tshuva,” often translated as repentance, but which really means “turning” or “returning,” thus creating a new perspective.

The Life Plan™ is an exploration that helps identify thwarted instincts, reactions, emotions and secondary instincts. When we are able to tease out and distinguish habitual patterns of behavior, we are better equipped to respond, instead of reacting, in any situation.

There is no hierarchy at the School—the Core Classes of Imagery, Dream Opening, and Morphology integrate advanced and beginner levels. No prior experience is necessary for these classes. Students who develop sufficient proficiency and clarity, and wish to focus on clinical work with individuals or groups—and/or prayer for individuals, groups and global issues—may enter the advanced classes of Supervision, Healing and/or Prayer.

CORE CLASSES

IMAGERY WORK

Open to beginners and advanced students. Required for Practitioner trainees.

Imagery is the foundation of all work at the School of Images. This visionary path of the imagination is the oldest in western mysticism, used by ancient prophets and modern dreamers alike to face challenge and enable change.

Through training, we learn to tap into the source of the imaginal mind at will. The insight we gain through this access enables us to respond immediately and effectively to any healing crisis, life change, work difficulty, learning situation or relationship issue. The kabbalists call this in-sight “yerida,” a descent into the Merkabah, the chariot or palace of the inside.

What distinguishes this work from other visualization practices is efficacy and immediacy. With one exercise, instantaneous physical and emotional change can be achieved. Since images are directly linked to the body, heart, and mind, imaging enables renewal and realignment on every level. We can learn to master our emotions and return to our senses, so that true healing may begin.

Studying the inner life also helps us move with greater fluidity between all realms of activity and thought. We find our natural rhythms restored. We come into balance with our environment. Continued imagery practice helps improve memory, learning capacity and comprehension. It also strengthens skills of pattern recognition, problem solving and conflict resolution. As a result we learn to transcend not only our everyday malaise, habits, fears and frustrations, but the larger trials of life. Tapping into the imagination, we gain a clear vision of Self, which carries us through all of life's obstacles. With continued practice we begin to experience the divine image within our core and discover the radiance and wisdom of our inner being.

please visit www.schoolofimages.com for more information



DREAM OPENING

Open to beginners and advanced students. Required for Practitioner trainees.

Dream Opening is an integral part of the SOI training. The goal is to bring consciousness into the dream time. The language of dreams reveals precisely what is happening in the individual's life at the moment and what is yet to emerge.

In this class one student presents a recent dream. A process of questioning then follows to clarify and verify the narrative. The original dreamer is asked to express what feelings and associations are evoked by the various dream elements—this begins to open the dream space to other participants. The original dreamer then steps back and listens as each secondary dreamer opens, or synthesizes, the flow of images and patterns into a new configuration. Finally the dream is returned to the original dreamer for his or her response.

We do not interpret a dream because we do not stay outside of it imparting opinions. Each dreamer is both participant and observer, diving into the dream's inner secret to illumine a new layer of meaning.

Students learn to distinguish: four levels of dream opening—story, pattern, question and secret; and five levels of dreaming—nightmare, recurrent and busy dream, clear dream, great dream and illuminated dream. Exercises for independent practice, such as dream recall, telepathy and lucid dreaming, are assigned each week. Through this work dreaming becomes clearer and brighter until it becomes all light. Areas of focus include: patterns embedded in the stories and images of the dream; puns and the general landscape of the dream; interaction with the dream when awake and asleep; exercises to develop intuition, the light body and dream travel; meeting with others (including the dead) in the dream time; and meeting with guides and counselors from the dream world.

MORPHOLOGY

Open to beginners and advanced students. Required for Practitioner trainees.

Morphology is the study of human shape—body types, facial structures, the hand—as determined by genetics and life events. Through morphology, we can recognize and identify body language and “instinctual” response in ourselves and others. Our objective is to see truthfully and without bias—to respect affinities and differences and recognize their usefulness in the world. When we arrive at this place of clear perception, we move out of habitual conflict or despair into a realm of peace and potential. The compulsive patterns of resistance and opposition which surface in family arguments, work problems, and personal discouragement are replaced by an awareness of infinite possibility. We begin to choose life.

We study the grids and numbers of the ancient Hebrew and Greek schools as well as the modern French schools. These include but are not limited to:

- the 3 body types based on embryonic development
- the 3 zones of mental, emotional, and physical life
- the Hippocratic grid of 4 temperaments—
also informed by the vision of Ezekiel
(how elements combine to determine temperament)
- a detailed study of the hand
- the 7 openings
- the 12 types of the Greek gods and Hebrew tribes
(how shape determines character and behavior)

Students use photographs to practice reading different morphological types, developing their intuitive skills and deepening their knowledge of the practice. Since morphology guides us to see and embrace the true nature of each individual, we may ultimately find a path to enlightened consciousness through this practice alone.

ADVANCED CLASSES

SUPERVISION & HEALING

Open to advanced students and practitioners, psychotherapists, and body workers. Required for Practitioner trainees.

SuperVision practitioners are given the opportunity to present client cases. Each case is considered according to the client's morphology and history.

Healing is devoted to guided exercises in specific areas of illness and recovery. The clearing of false belief patterns and other obstacles to healing is examined.

PRAYER

Open only to advanced students. Required for Practitioner trainees.

Part I of the class is a prayer circle for the consecrated practice of long distance healing and prayer for individuals and groups. The SOI practice is exceptional in that the prayer is imaged, not verbalized.

Part II is a series of guided exercises designed to unify the individual with the Divine, a practice known to kabbalists as “devekut.” Students develop the light body through concentration on the creative and the heart. Our focus includes the sacred journeys of various ancient traditions.

Requests for prayer may be emailed to info@schoolofimages.com or faxed to (212) 627-5904.

dreambirth™

IMAGERY FOR FERTILITY AND PREGNANCY

This class is open only to doulas and the following professionals specializing in women's issues:

Acupuncturists	Homeopaths
Body workers	Physicians
Childbirth educators	Psychotherapists
Midwives	Registered nurses

In this training program, practitioners receive imagery exercises designed to facilitate fertility, pregnancy and labor, and to effectively handle postpartum and maternity issues. These include:

HEALTHY CONCEPTION

- Clearing the path
- Preparation for conception
- Dates for conception

CONCEPTION DIFFICULTIES

- Infertility & sperm count issues
- In-vitro fertilization (IVF)
- Donor egg
- Surrogate motherhood
- Adoption
- Family attitudes & false belief systems

NORMAL ISSUES DURING PREGNANCY

- Good bonding with fetus
- Visualization of perfect gestation
- Preparation for labor

DIFFICULTIES DURING OR AFTER PREGNANCY

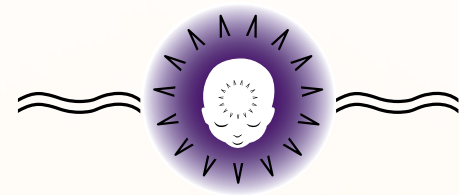
- Prevention of premature labor
- Pain management
- Postpartum depression

NORMAL POSTNATAL ISSUES

- Postnatal bonding
- Lactation
- Family reorientation

Special exercises are done to prepare partners to participate in all phases of this creation process.

If you are a practitioner outside of the New York metropolitan area interested in setting up a local workshop, a trained doula may be able to visit your location to give an introduction or intensive on the main features of the SOI work. Please contact the School for more information.



WORKSHOPS & INTENSIVES

Open to beginners and advanced students.
All workshops may be taken individually or
as part of an Intensive program. Workshops
and intensives are currently given in North
and South America, Europe, Russia, Asia,
Australia and New Zealand.

Please visit our website to see scheduled
workshops and intensives. Contact the
School if you would like to organize a
workshop or intensive in your area:
info@schoolofimages.com.

WORKSHOPS AND INTENSIVES CURRENTLY OFFERED

WAKE UP & DREAM:
KABBALAH AND THE POWER OF DREAMING

FINDING THE CHILD WITHIN:
FAIRY TALES, GOOD AND BAD PARENTS

CLEARING DEEP-SEATED FAMILY PATTERNS:
BODY, RELATIONSHIPS & GENEALOGY

HEALING THE BODIES:
EMOTION-MIND-BODY

CAREER, ROLES AND ROLE PLAYING:
THE GAMES THAT PEOPLE PLAY

DEVELOPING INTUITION:
THE HIDDEN AND THE REVEALED

THE HEART CENTERED WAY

PRAYER

MORPHOLOGICAL KEYS TO RELATIONSHIPS AND
TEMPERAMENTS

HOW TO READ PEOPLE'S FACES AND HANDS

THE TRANSFORMATIONAL WAY:
TRANSFORMING YOUR LIFE THROUGH BIBLE STORIES

TRANSFORMING YOUR LIFE THROUGH GREEK MYTHOLOGY:
BECOME EACH OF THE TWELVE OLYMPIAN GODS

Please see website for details.

PROGRAMS OF STUDY: COURSE REQUIREMENTS

PERSONAL DEVELOPMENT ON SITE *at The School of Images, New York City*

REQUIREMENT	TRIMESTERS*
IMAGERY	9
Graduates should be able to comprehend the language of imagery and have a basic understanding of how it functions.	
DREAM OPENING	3
Graduates should have a basic understanding of how to open a dream and have accomplished the given series of exercises.	
MORPHOLOGY	9
Graduates must know the whole system of SOI teachings, including the 12 grids and numbers of the modern and ancient Greek schools, as well as the hand. Students must pass a final exam of practical application.	
PRIVATE SESSIONS/WEEKLY†	3

Students may study Imagery, Dream Opening and Morphology. They will receive a Certificate of Completion at the end of each School year. They are not authorized to teach or formally practice the SOI work with others.

Students have the option to move into the Practitioner Training program at any time. Classes they have already taken will be credited towards their Practitioner's Certificate.

PRACTITIONER TRAINING ON SITE *at The School of Images, New York City*

REQUIREMENT	TRIMESTERS*
IMAGERY	12
DREAM OPENING	6
MORPHOLOGY	12
SUPERVISION & HEALING	final 6
PRAYER	final 3
PRIVATE SESSIONS/WEEKLY†	9

It is vital that trainees acquire extensive knowledge of imagery, dream opening and morphology techniques in order to have a fundamental understanding of the work. Private sessions will be conducted on a weekly basis with Dr. Shainberg or a qualified SOI Practitioner.

The third year of study is devoted to work with clients under supervision. Trainees must work with at least five clients. Trainees' fees will be determined by the School.

Students must pass a final exam of practical application in a combination of areas (such as applying morphology in client work, leading imagery and dream opening classes, and writing imagery exercises).

Upon completion of the curriculum trainees receive a Practitioner Certificate that authorizes them to practice. This Certificate gives practitioners the option of applying to become SOI Imagery Trainees.

*The SOI school year is 3 trimesters of 3 months each.

†One private session per week during the trimester.

INTENSIVE PROGRAMS OF STUDY: COURSE REQUIREMENTS

PERSONAL DEVELOPMENT OFF SITE *International locations and on-line*

REQUIREMENT	TRIMESTERS*
IMAGERY Graduates should be able to comprehend the language of imagery and have a basic understanding of how it functions.	6
DREAM OPENING Graduates should have a basic understanding of how to open a dream and have accomplished the given series of exercises.	2
MORPHOLOGY Graduates must know the whole system of SOI teachings, including the 12 grids and numbers of the modern and ancient Greek schools, as well as the hand. Students must pass a final exam of practical application.	9
PRIVATE SESSIONS	27

Students may take any open Workshop or Intensive in Imagery, Dream Opening and Morphology. They will receive a Certificate of Completion for each Workshop or Intensive completed. Recipients of this Certificate are not authorized to teach or formally practice the SOI work with others.

Students have the option to move into the Practitioner Training program at any time. Workshops or Intensives they have already taken will be credited towards their Practitioner's Certificate.

PRACTITIONER TRAINING OFF SITE *International locations and on-line*

REQUIREMENT	TRIMESTERS*
WEEKLY IMAGERY CLASSES (by phone with SOI faculty during the School year)	12
WEEKLY PRIVATE SESSIONS (by phone with SOI faculty during the School year)	9
WEEKLY SUPERVISION & HEALING (by phone with SOI faculty during the third & fourth School year)	final 6
REQUIRED WORKSHOPS AND INTENSIVES (may be taken at any time during training): Imagery: Wake Up and Dream, Finding the Child Within, Clearing Deep Seated Family Patterns, Healing the Bodies, Career, Roles and Role Playing, Developing Intuition, The Heart Centered Way, Prayer Morphology: The First Four Grids, Fifth, Sixth and Seventh Grid, The 12 Greek Gods Dream Opening: Number 1, Number 2	

Students must pass a final exam of practical application in a combination of areas (such as applying morphology in client work, leading imagery and dream opening classes and writing imagery exercises).

Upon completion of the curriculum trainees receive a Practitioner's Certificate that authorizes them to practice. This certificate gives practitioners the option of applying to become SOI Imagery Trainers:

Students are encouraged to take additional workshops and intensives to deepen their practice and experience.

Upon completion of the curriculum trainees receive a Practitioner Certificate that authorizes them to practice. This Certificate gives practitioners the option of applying to become an SOI C Imagery trainer.

*The SOI school year is 3 trimesters of 3 months each.

PRIVATE SESSIONS

Open to beginners and advanced students. Required for Practitioner trainees.

Private sessions provide a vital link between core classes. Each session is informed by the night dream a client brings to the session. Upon opening the dream, a Practitioner conducts the appropriate imagery exercises to respond to the dream's necessity. Longer waking dreams are also explored to address new stages of imaginal development.

The dialogue that is established between the night dream and waking dream helps to enlarge the client's perspective until the imaginal language is restored to its original primacy. One may then clear the habits and difficulties of the past and make inspired new choices.

Instruction in the practice of chanting for the purpose of returning to one's intended goal or destination may be offered; this practice involves the use of sounds and words to etch a desired intention into the body and mind. In difficult situations, one recalls the chant and the images elicited by the chant to return to one's original intention.

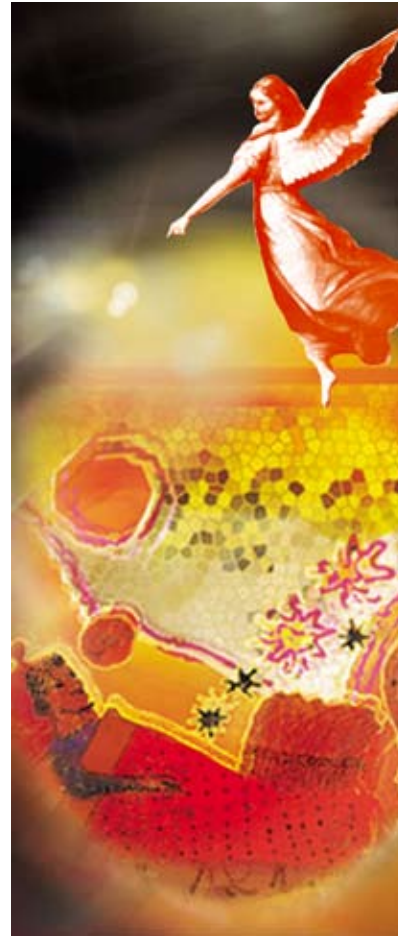
Contact info@schoolofimages.com to find a practitioner in your area.

Imagery, a language of light, is the fastest means of receiving, processing and communicating information. It is therefore a language of the future as well as of the past—in fact, beyond time and space. It is the language of NOW.

ANGEL FUND

Scholarships are available for those who wish to attend classes but are unable to meet the full tuition due to current financial circumstances. Distribution of funds is based on need and the individual's statement of intent.

Please inquire at info@schoolofimages.com to receive the Angel Fund guidelines and application form. Tithing or contributions from graduates, Practitioners, and friends of the School of Images are welcome.



SOI™ DREAMERS' NETWORK

This social network is open to students, Practitioners and graduates of all programs. An annual fee entitles members to receive the quarterly SOI newsletter, a monthly exercise with a message from Catherine, and access to the Members' online Dreamers' Exchange, among other benefits.

NEW AND UPCOMING

Visit our website for more information on these new and upcoming classes, features, and events at the School of Images

IMAGERY FOR THE BODY

When movement originates from the light body it becomes an expression of true inner being. This course in bodywork explores movement triggered by images. Healing imagery exercises for the body—focusing on structural, musculoskeletal and organ healing—as well as development of the energy (or light body) are offered.

INDIVIDUAL DREAM OPENINGS

Available to the general public

One to three openings with qualified SOI practitioners are offered in digital audio format. Each opening provides one point of view on how the dreamer's inner world is currently unfolding; multiple openings bring greater variation in perspective and insight. Any need for repair within the dream will be addressed; should that repair be of a complex or urgent nature, contact with the School to arrange a follow-up imagery session will be advised.

OPEN TELEFORUM

WITH DR. CATHERINE SHAINBERG

In this forum, Dr. Shainberg will work directly with callers on personal concerns, and guided Imagery exercises specific to topical issues. A unique opportunity to experience the work, the Forum is open to current students as well as those interested in finding out more about the School.

Please check www.schoolofimages.com for more information.

INDIVIDUAL MORPHOLOGY READINGS

Available to the general public

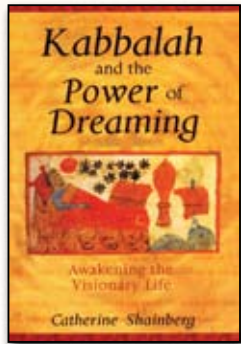
A qualified SOI practitioner gives an in-person reading of how the forms of face, body and hands may have shaped a client's character, personality, choice of profession, ideal vocation, nature of relationships and state of health. Ways to rebalance the client's morphology through light body imagery are also offered.

SACRED JOURNEYS

Organized trips to sacred sites will include imagery exercises correspondent with the journey. A trip to the temples in Egypt, for example, would include exercises specific to each temple—from the base of Aswan to the Pyramid of Khufu in Giza.

SOI™ RESOURCES

BOOKS



KABBALAH AND THE POWER OF DREAMING
Awakening the Visionary Life
(Inner Traditions; 2005)

by Dr. Catherine Shainberg



LIFE IS NOT A NOVEL
(La vie n'est pas un roman)
Books I & II

**MEA CULPA:
TALES OF RESURRECTION**

ALONE WITH THE ONE

by Colette Aboulker-Muscat

VIDEO



**COLETTE ABOULKER-MUSCAT:
WAKING DREAM**

by Patrick Bokanowski

AUDIO



KABBALAH AND THE POWER OF DREAMING:
Awakening the Visionary Life (guided exercises only)*

IMAGERY FOR SURGERY*

DREAMBIRTH: PREGNANCY

**DREAMBIRTH; LABOR BEFORE,
DURING & AFTER**

by Dr. Catherine Shainberg

*Available in 2011: please check our website for dates

please visit www.schoolofimages.com for more information

TESTIMONIALS

Business decisions have become so much easier since I've been studying with Catherine. The decisions come clearly now without hesitation or fear of making a mistake. Situations that in the past would have confused and frustrated me now appear quite clear. I have been freed from repeating some very old patterns with my family and friends...I now appreciate people more, even those people who in the past I would have avoided. Now I can meet them with a genuine sense of well-being, not an overwhelming desire to run away from them...have become more outgoing and no longer dread social gatherings. — JM

Through the imagery, morphology and the dream openings I have a much greater understanding of who I am...what my true needs are...The joy and ease in which I move in the world has dramatically increased. The work has also given me the tools to create flow in the areas I have been stuck...illuminate the path to accomplishing my highest goals... — Bonnie Buckner, Los Angeles, Ca

...See more clearly...Stay calm and open...Improve health...
Much more in touch with what I truly want...Greater sense of satisfaction as well as a calmness as things change around me...
This insight has been a tremendous gift. — SZ

I feel more relaxed and peaceful...My relationship with my family has improved...I have gained more friends...Using the techniques I learned from Catherine, I was able to find a job...I am becoming financially independent. — Lilach Goren

I am more active and happier. When I have a problem or something does not go my way I am able to deal with it and put it aside quicker. My husband just commented on how in the past I might have gotten upset and stayed that way for days. Now I put problems or negative experiences aside and move on. Problems and emotional issues are cleared quickly before they manifest physically in illness. I am beginning to achieve my financial goals.

— Cindy Holland-Rodriguez, CPA
San Antonio, Texas

I was able to give birth naturally to my two sons through Catherine's guided imagery exercises. I found the strength within myself and used it! I am forever grateful for the tools and guidance she has shared with me. — Lauren Diktenberg

“Shifting the dream world to consciousness we move instantaneously from one point to another and embody different forms at will. If we can develop our ability to be waking dreamers, we can change rapidly and gracefully, moving out of conflict into balance and wholeness.”

“The book is within not in words but in images—guiding us and always telling us the Truth.”

Dr. Catherine Shainberg
Kabbalah and the Power of Dreaming

The School of Images™

teaches the language of imagination

for instantaneous insight

and transformation