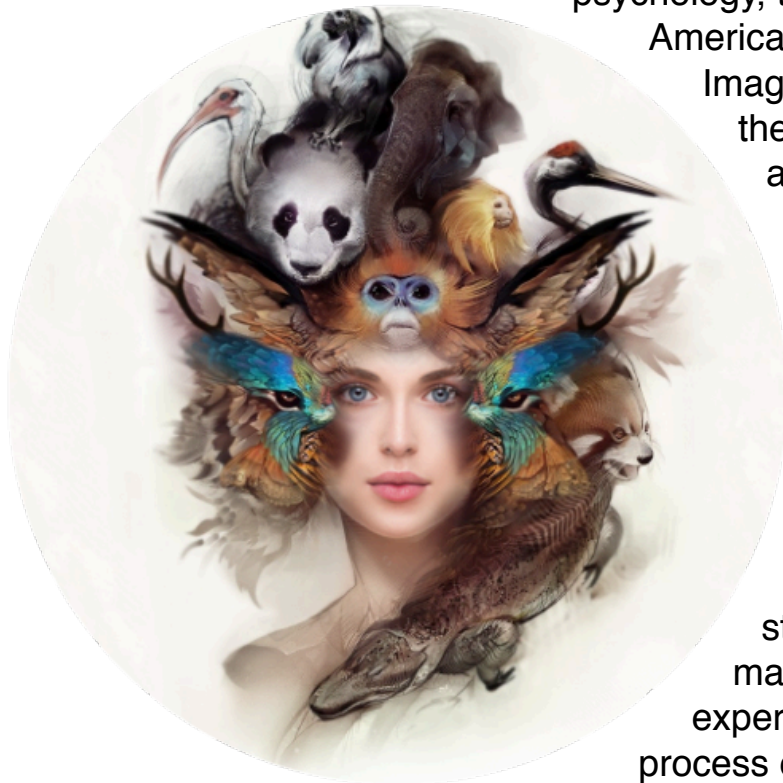# Contemporary Alexander School Modules

Deep Imagery® - Accessing Inner Knowledge

Deep Imagery® was created by psychologist Steve Gallegos 50 years ago as a unique form of guided imagery/lucid dreaming. A blend of Jungian psychology, the chakras system, and Native American power animal work, Deep Imagery® offers tools for accessing the world of imagery as a profound and reliable way of understanding the larger implications of body and life patterns.

In this Module you will learn basic skills for helping a student communicate directly with their own internal world of imagery. It offers practitioners and teachers tools to support a student when emotionally-charged material arises during a hands-on experience, so that the release process can continue in a safe and productive manner.

Deep Imagery is a part of the Embodying Grace Course, or can be taken as an individual unit.

For more information on Deep Imagery please visit http://deepimagery.net