

The Healing Power of the Image

By

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- **A mental picture of something not real or present yet.**
- **To picture mentally; imagine.**
- **To describe, especially so vividly as to evoke a mental picture of.**

The Image is the precursor of reality. An image draws energy from our own unconscious and from the collective (Universe, Environment) to lay down the building blocks of our potential towards the image. The necessary task of recovery is to empty our ego's cup of the old attitudes and behaviors that feed addictive choices and make room for the new image of a sober and spiritually engaged life to emerge.

The image must follow certain parameters for it to draw energy from the personal and the collective psyche. It must be within the range of our potential and reality. I can't image myself as a concert pianist, but I may image playing piano at home to entertain my grandchildren who think everything I do is wonderful!

For an image to be blue print of sober and engaged life, it must attend to all five sectors of mandala or circle of our enterprise. These include

1. Love
2. Work
3. Play
4. Creativity
5. Spirituality

Create an Image of Sober You

1. Empty your cup
2. Image one major change in your love or relationship sector when you are sober
3. Image one major change in your work pattern when you are sober
4. Image one new play activity when you are sober
5. Image one new creative enterprise when you are sober
6. Image a new mode of Spiritual engagement when you are sober
7. Write down this preliminary image and update it once a month for next two years
8. Honor the new image by doing one thing in next 24hrs to implement one intervention to get the ball rolling



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Dr Bedi is a Diplomat Jungian psychoanalyst and a board certified psychiatrist. He is a member of the Royal College of psychiatrists of Great Britain, a diplomat in Psychological Medicine at the Royal College of Physicians and Surgeons of England, a Distinguished Fellow of the American Psychiatric Association. He is a Clinical Professor in Psychiatry at the Medical College of Wisconsin in Milwaukee and a Training Analyst and a faculty member at the Analyst Training Program at the Carl G. Jung Institute of Chicago. He is Honorary Psychiatrist at the Aurora Psychiatric Hospital and the Aurora Health Care Network. He has been a psychiatric consultant to several agencies in Metro Milwaukee. Presently he is the consultant for the Sexual Assault treatment center at the Aurora Sinai Samaritan Hospital, Dewey Center at the Aurora Psychiatric Hospital for treatment of Addictions and the Pastoral Counseling Service of Greater Milwaukee.

Trained in India, Great Britain and the US, he is interested in the emerging frontiers of Spirituality and Healing and the synapses of the Mind, Body, Soul and Spirit. He is author of the book, Path to the Soul, Weiser Books, 2000, Awaken the Slumbering Goddess: The Latent Code of the Hindu Goddess Archetypes, Booksurge Publishers, 2007 and the coauthor of Retire Your Family Karma, Nicholas-Hays, Inc. 2003, These and his other upcoming presentations can be previewed at his website www.pathtothesoul.com

Ashok Bedi has been in practice in Milwaukee for over twenty-five years and specializes in Adult Psychotherapy and Jungian Psychoanalysis. He regularly presents lectures and seminars in India, Great Britain, Ireland and USA on the topic of the Spiritual and analytic dimensions of treatment, healing and personal growth. Over the last several years, he has been the International Association of Analytical Psychologists liaison person for developing Jungian training programs in India and travels annually to India to teach, train the consult with the Jungian Developing groups at several centers in India including Ahmedabad & Bangalore. He leads the annual "In the Footsteps of Carl Jung in India" study group to several centers in India under the auspices of the New York Jung Foundation.

