

## Q&A with Gerald N. Epstein, MD

### **What is the connection between mental imagery and practicing Kabbalah?**

What many people may not know is that there are two kinds of Kabbalah - one from Moses (the prophet) and the other from his brother Aaron (the spokesperson/orator). These two forms have taken two different routes. Aaron's ecstatic Kabbalah, based on Hebrew words and letters is more prevalent currently. Moses' Visionary or Theosophic Kabbalah conveys knowledge through mental imagery. The prophets were all engaged in visionary experience. Mental Imagery (also referred to as guided imagery or visualizations) and Visionary Kabbalah are based on accessing the creative and healing possibilities inherent in all of us and applying them to treatment and therapeutic processes. Everything we need to heal is given to us at birth; however, in spite of knowing all the answers, most of us never access them.

**In the book, you mention the term “Inner Terrorists.” What do you mean by this?** “Inner terrorists” are those creatures in us who want to push us back into the past or forward into the future, rather than remain in the present – the only place where our happiness, contentment and inner peace reside. They pressure us to bow to outside authorities, and make faulty decisions and judgments as they bind and subjugate us. Power is about freedom, about taking charge of the inner terrorists and detaching ourselves from these forces. Mental imagery is our *counter terrorist force*. It is the natural language of the mind, speaking only in the now. It gives us true information, and reveals all we need to know about ourselves and our lives.

### **You give much of your expertise and insight freely through your website and teachings – clearly this is about giving freely and not for commercial gain. Can you comment on this?**

My path is spiritual so my quest is not after material gain, what I call the “greed factor” -- wanting more, better and different. Mine is not a material point of view and I am not interested in gaining wealth for wealth's sake. My main focus is to bring healing into the world.

### **What role does our past play in our future and what can we do to change our course?**

The idea of the practice is to take ourselves out of the grip of time, meaning out of the past and the future. People who are dangling these supposed rewards in front of us set up standards for us to reach in the future. In actuality, this practice enslaves us; we lose our freedom. So we want to detach ourselves from the concerns about the future because it is not our realm, we are not in charge of it and it is not knowable. We can only operate with what is in front of us. We don't want to hold on to the past: it no longer exists, it is unchangeable. And with the future not under our control, it likewise does not exist. Here and now is what we have and where we will find all of the answers.

### **What is spiritual freedom in your opinion?**

Spiritual freedom is becoming our own authority to act with free will and choice. We are born free but then we are conditioned by the environment – our parents, schooling, government and society - to forget this. Having forgotten our original state, we become divided in ourselves and in our relations with others. Fear, doubt and illness ensue. To become whole and unified we *re-member* ourselves, putting ourselves back together again in a new way, free from the external authorities and the internal “inner terrorists.” Simultaneously, we re-align ourselves to the divine creative force and become truly human: harmless, considerate and contributing to the whole.



