

### CHAIRMAN'S PERSPECTIVE

#### I Encourage You to Explore

*"Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand."*

-- Isaiah 41:10

In continuing with our 2015 theme of laying of solid foundation, we are focused on the rhythm of the OHI program, which is **inspiration, encouragement/exploration, reflection and integration.**

In our Spring newsletter we talked about inspiration and how it can start as a tiny tug, deep in our heart. We feel we're being "called" to do something, whether it's learning a new skill, initiating new friendships, or sharing our gifts and beliefs with others. While this nudge is exciting, it's also a bit unsettling. That uneasy feeling can easily and quickly discourage one from taking action. Because to act on the excitement that is coupled with apprehension would require us to leave our comfort zone, and invite the judgment of others.

Therefore, the next logical steps are **encouragement and exploration.** Sometimes, all it takes is knowing that God has our back and will "uphold us" to encourage us to take that leap of faith. God works through us, inspiring us to encourage each other. In fact it was Barnabas' support of a transformed critic of Jesus that changed the course of Christianity forever.

The New Testament Book of Acts teaches us when Saul first approached the disciples, wanting to join them, they held back. They were afraid that this man who had so stridently opposed Christ's teachings hadn't truly converted.

That's when Barnabas, whose name literally means, "Son of Encouragement," stepped up for Saul. He had seen him passionately preaching the gospel in Damascus, and urged the disciples to believe that Saul's transformation was genuine. The disciples accepted him into the fold, "Saul" became "Paul," and he went on to be the first to preach the Gospel to non-Jews. Many of the books in the New Testament are attributed to Paul. Yet Paul's inspirational deeds and works would never have happened without the support and encouragement of another.

This summer, I'm encouraging you to explore those deepest desires of your heart, those whispers from God that steer you in the right direction on your spiritual path.

Too often, it seems, we can get so engrossed in the day-to-day demands of our personal and professional lives that we forget to notice God's presence in each moment. Every sunrise and sunset paint a masterpiece across the sky. A baby's laughter melts the coldest heart. Every random act of kindness creates a ripple effect of spiritual connection and compassion.

Whether from being in a rut, or fear, or lack of self-confidence, how many times have we failed to notice divine synchronicities manifesting right in front of us? How many fascinating opportunities have we missed because we stopped looking at the world with the insatiable curiosity and wonder of a child?

Alison Gopnik, a psychology and philosophy professor at University of California, Berkeley and a columnist for The Wall Street Journal, said it beautifully:

"Successful creative adults seem to combine the wide-ranging exploration and openness we see in children with the focus and discipline we see in adults."

It's when we combine that child-like drive to explore with

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Robert Nees, Jr.

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mature focus and discernment that we discover whole new worlds of joy, fulfillment and love. Spiritual disciplines, like meditation, prayer and journaling, are keys to opening up our hearts and minds to magnificent new things.

“Writing is an exploration. You start from nothing and learn as you go.”

— E.L. Doctorow

In this newsletter, we’re encouraging you to explore and expand your consciousness to tune into yourself, your dreams, your fears and your goals. We’re holding up a mirror, and taking a look at how centered and balanced we all feel in our lives, our relationships, and our spirituality.

We’ll share how to create Affirmations that truly support your desire to grow and transform non-beneficial behaviors. We’ll tell you how your anger can actually be a good thing when you learn how to direct it. Small changes can lead to major progress – we’ll tell you why. And we’ll show how being able to discern the truth from assumptions can completely change your life by putting you back in the driver’s seat.

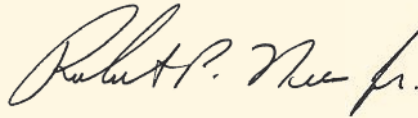
“And this is the confidence that we have toward him, that if we ask anything according to his will he hears us.”

— 1 John 5:14

It takes courage to change and grow, and we’re there with you, every step of the way. With just a little encouragement and support, there’s no limit to what you can accomplish.

May you and yours experience the wonder of discovery. Together, we can make this a magnificent summer of transformation.

Yours in Prayer,



Robert P. Nees, Jr.  
Senior Pastor and Chairman  
Optimum Health Institute  
of San Diego and Austin



## Little Steps for Big Progress



THIS time, you tell yourself, after getting winded coming up one flight of stairs, you’re going to get healthy. That’s certainly a worthy goal. But how will you get from where you are, to where you want to be?

You’ll get more positive results when you release the idea of making immediate sweeping changes in favor of taking tiny steps.

1. First, make changes for you. Check to see if you are trying to please someone else, or if this is something you personally want to accomplish for your own well-being. What values, virtues and strengths nourish you?

2. You do deserve encouragement from others. Surround yourself with people who support you in your efforts.
3. Break your goals into manageable steps. Running a marathon next month when you rarely go for a walk isn’t realistic. Starting to walk half an hour a day, and over the course of a year gradually increasing your time, distance and speed, certainly is. Check with your doctor before embarking on this challenging but doable goal.
4. Successfully making any changes will require some mental “rewiring.” Any messages we’ve received through our life, good or bad, we unconsciously “replay” and repeat the habituated behavior. “You’ll always be fat,” “you’ll never be good at math” or “you’re just not cut out to be athletic” are examples of the judgments we might internalize. That’s why starting out with small, realistic and achievable objectives is so smart. Early successes immediately increase our self-confidence and self-esteem, helping us stay with the program.
5. Congratulating yourself on your steady progress reinforces your commitment to positive change, and is essential to staying on track. Soon, you’ll experience for yourself how those small steps will lead to achieving big goals for optimum health in body, mind and spirit.

## You Can Do This!

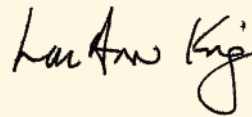
The journey into healing at the Optimum Health Institute (OHI) can be very simple, yet full of challenges that take guests out of their comfort zone. It is a time of discovering how the body works, how thoughts impact our overall wellbeing and what happens when we let the world slow down, let go of expectations, and seek silence. To support and encourage guests, OHI San Diego and OHI Austin create a safe space for the healing to happen.

During first week classes, guests are encouraged to follow OHI's 5 Ps and have a **positive mental attitude**, clarify their **purpose** for doing the cleansing program, be **patient** with self and others and **persist** in their efforts toward reaching their healing goals. They can also **pray** to our Creator for strength, comfort, and healing.

New guests are assigned an OHI "buddy," a staff member or missionary, to help them navigate the program and offer an understanding ear. The first week can be challenging. As Eleanor Roosevelt said, "You must do the thing you think you cannot do."

The process of cleansing and healing can be an adventure, exploring new ideas and new ways of seeing one's life. It can be a celebration of personal power. I offer my presence to guests to listen, to share ideas and encouragement. I always suggest there is a power, a love that is greater than we can imagine. I encourage guests to be open to that connection to Mystery. This is perhaps the greatest encouragement available, an inner energy from Source with limitless resources.

I offer prayers that your life is full of meaning and blessings.



Senior Pastor and Executive Director  
Optimum Health Institute of Austin



## PS – I Love Me



Reiki Master Virginia Samdahl told her students, "The only difference between Christ and us is that He was born knowing He was divine, and we go to the grave denying that we are."

How different would your life be if you believed you were divine? How deeply and powerfully could you love yourself, and your life?

Loving ourselves can be an illusive pursuit until we're able to make peace with our past and present, and find our spiritual center.

Try these tips to fall in love with yourself:

- **Be grateful.** Each morning, express gratitude for this new day, and this new opportunity. This starts your day on a positive, loving note.
- **Forgive.** A huge step towards loving ourselves means acknowledging we've made mistakes. Figure out what lessons you learned, forgive yourself, and let it go.
- **Check in with yourself.** If you want to feel happy, first have a happy thought. Cultivating positive, self-loving thoughts rewires your brain to produce positive, self-loving feelings.
- **Learn something new.** The science of epigenetics shows us when we're doing something new we enjoy, we're rewiring our brains and producing happy chemicals that make loving ourselves easier.
- **Reflect.** Each night, review three positive things that happened to you that day. You're going to see the pattern of how you set good things in motion and start to respect and love yourself more.
- **Go within.** Carve out a special time daily to meditate and pray. As you sit in sacred silence, you awaken to the truth that God is within you. **You are divine. God is love. You are love.**



## The Up Side of Anger

A woman becomes furious at her cancer diagnosis. Suddenly, she is in remission. Neuroimmunologist Dr. Candace Pert shared that story to illustrate the connection between our physical and mental selves, or our “bodymind.”

Our emotions link our bodies to our minds and spirits, she said. All emotions, including anger, convey messages to our conscious selves.

“Anger” is an emotional or behavioral reaction to an unmet expectation. A friend is an hour late for dinner. Someone takes a parking space we were waiting for. We don’t get that promotion. We get angry because each outcome we desired is not going to happen.

Suppressing anger can lead to cardiovascular issues and depression. The trick is rewiring our brains to process anger appropriately instead of acting out in potentially harmful ways.



Accept that anger is a signal something is out of balance. Tell your tardy friend how her actions impact you. “When you’re late, I feel angry because it feeds into the belief that you don’t respect our friendship.” This is a way to vent your anger without lashing out.

Anger at work might mean you’re in a job you don’t really like. Could this frustration be an opportunity to find a position you love?

Pay attention to thoughts you’re experiencing around whatever triggered your anger response, take a deep breath, and observe your emotions from a different perspective. Is anger protecting you from feeling vulnerable or threatened? Are you re-playing an old tape from your past?

Rather than suppressing your anger, remember it’s our body’s way of signaling something’s out of balance. Honestly assessing the situation can help transform anger into taking action for a positive, healing outcome.

## Doing ‘The Work’ for Self-Transformation



Usually, it takes a spiritual revelation or a personal crisis for us to stop, reassess a tough situation, and transform our lives. For author and speaker Byron Katie, it was a bit of both.

In 1986, multiple diagnoses of paranoia, depression, agoraphobia, and an eating disorder landed her in a half-way house. At that lowest point of her life, a cockroach crawling over her foot shocked her into spiritual consciousness.

She realized if she believed her thoughts, she suffered – but if she stopped believing her thoughts, the suffering stopped.

From this epiphany Byron Katie developed The Work – a four-question exercise and a ‘turn-around’ to help discern truth from fiction, and to reclaim our self-esteem and self-awareness.

When someone or something “they” say upsets us, ask yourself these four questions:

1. Is it true? (Yes or no. If no, move to 3.)
2. Can you absolutely know that it's true? (Yes or no.)
3. How do you react, what happens when you believe that thought?
4. Who would you be without the thought?

After you’ve responded to each of the four points, you create a statement that is the opposite of what you initially believed, or a “turn-around.” For example, if you said, “My boss is too demanding,” your turn-around statement might be, “I could be more effective at my job.”

It’s an exercise that forces us to confront our subconscious programming from messages we’ve received since childhood. Answering each question honestly and completely releases us from non-productive emotional patterns, and empowers us to recreate our world from a perspective of empowerment.

## Changing a Lifestyle Created a Family

In the summer of 2012, a lovely young woman arrived at OHI San Diego on a mission. She'd been diagnosed with a grapefruit-sized tumor on her ovary, and the picture the medical establishment was painting wasn't what she wanted to hear. She did not want to have surgery to remove the tumor and the ovary, and she didn't want to freeze her eggs.

Jenny Emblom was always interested in holistic healing, and felt if she could bring her physical, mental and spiritual health into balance, she could beat the tumor. She also desired to have a healthy baby at some point in the future without the risks and expense of in vitro fertilization.

Jenny was able to pull together the money for the first week of the program, and by the third day, she was already feeling a transformative shift. She met with Pam Nees, one of the OHI founders and spiritual directors. Pam supported Jenny with prayer, encouragement and frank talk about the very real life-threatening health opportunity the tumor posed. Jenny appreciated Pam's counsel, and rededicated herself to following OHI's healing program to the letter.

Jenny was overwhelmed and grateful when we were able to present her with an OHI scholarship for the other two weeks of the program. When she returned to her oncologist after her stay, Jenny was thrilled to discover the tumor was half its original size. The doctor asked her to return in two months for another assessment.

A few months later Jenny was accepted into OHI's Missionary program, where she excelled in compassionately helping others with challenging health opportunities. I've seen how people who have navigated their own journey through such a situation makes them particularly effective as Missionaries and counselors.

On her next visit to the oncologist, the doctor declared the tumor "resolved and gone." We were just as happy as Jenny was! She soon married a man she'd met years before, and they welcomed their daughter Gabriella Seren Castro into the world October 5, 2014.

Jenny has adhered to the OHI program ever since. She loves to share her OHI experience, and she continues to support people seeking to reverse disease, or simply live a healthier lifestyle.

It was the combination of Jenny's passionate commitment to regain her health, and the kindness of donors to the OHI Scholarship Fund, that not only saved a young woman's life, but also made it possible to create a loving family.

**There is no limit to the good that can happen when we share compassion and generosity.**



Larry Taylor  
Executive Director OHI San Diego

## The Greatest Gift of Love is the Gift of Healing

The **OHI Scholarship Fund** was established to help those who have a life-threatening health opportunity and require financial assistance. The OHI community relies on **acts of kindness and generosity** to support those in need.

Thanks to your support in 2014, we were able to provide **115 scholarships**, which represents a 26% increase given in the previous year. Our overarching **goal for 2015 is to raise \$500,000 in scholarship funds.**

You can give the gift of healing for those who are ill, and in need by supporting the **OHI Scholarship Fund** by making a:

- One-Time Donation
- Sustainable Monthly Contribution

### Three Ways to Give

1. Donate by mail: Use the **newsletter donation envelope**
2. Donate online: **www.optimumhealth.org**
3. Donate by phone: **(800) 993-4325**

Optimum Health Institute is a non-profit, religious organization. Your donation is tax deductible.

## Creating Affirmations That Work

Imagine that you're holding a lemon. Inhale the tangy aroma. Now imagine taking a huge bite. Chances are you puckered up just thinking about the sour taste.

You just experienced a physical example of how the brain can't easily distinguish between what's real, and what's imagined.

That's why thoughtfully worded affirmations can be so effective in helping us change nonproductive behaviors and achieve important goals.

We need to feel a connection to what we desire to bring into our life. Just as we visualized that imaginary lemon, our affirmation must be grounded in authenticity. Saying, "I will create symphonic masterpieces that are better than Beethoven's" isn't an affirmation – it's a lie. You realize it won't happen.

If music is your passion, gently build on what you already do. "I love practicing the piano, and I'm starting to hear beautiful songs in my head that I can write down and play" speaks to a strength you already have – practicing – and elevates you to the next level – composing – in a logical and credible progression.

Acknowledging challenges in your affirmations also sets you up for authentic success. "While I'm nervous about starting to date



again, I'm also excited about sharing quality time with like-minded people, and enjoying new adventures" honestly guides you towards creating positive new connections.

Empowering, positive statements "stick." For example, instead of the tentative, "I'll try," use the more assertive, "I will." Instead of "I want," which implies a lack, substitute "I create," which implies specific action. Instead of "I should," use "I choose to."

Visualize yourself actually doing the action spelled out in the affirmation, feel the emotional excitement and connection to that image. Repetition is also key to keep your affirmation achievable.

## Mague' Calanche's Beautiful Experience at OHI



When menopause hit and everything went crazy, I decided the time was right for a visit to OHI. I booked three weeks.

Back when I was a child, I had terrible eczema. I'd tried to get off steroids, hydrocortisone and histamines various times through the years, but I couldn't go cold turkey. When I got to OHI I just stopped taking my medications, and I was miser-

able. I was also suffering terrible insomnia. Pam (Nees) gently told me there was no need to suffer. She said I could continue to use what was giving me comfort.

OHI was radically different from how I was living my life, and I was able to make dramatic changes. I've been able to eliminate wheat, dairy and wine, cleaning up my diet immensely. I also discovered it was best to schedule colonics early, exercise right after, and soak up information all day long. Then, I would

schedule massages late in the day and be able to enjoy a deep, peaceful sleep.

It was so obvious immediately how the instructors were all delivering information right from the heart. I felt like I received an intense 4-year education in a single week at OHI.

I make rejuvelac, crackers, and try to eat raw as much as possible. If I do eat something not on the OHI plan, I can feel it in my body.

I make sure I get regular exercise, and walk 1.5 hours briskly three or four times a week, and do stairs and weights. I try to juice about three times a week, and on the spiritual level, I correct and forgive myself when I feel I slip out of balance.

The major thing I love about OHI is that all the staff are so whole-heartedly into it, and respect the integrity of the program. If I ask the kitchen staff for tomatoes, they immediately find me an abundance of them! Everyone works so hard for the guests.

To sum up my beautiful OHI experience, I'd have to say the most important thing is the complete body-mind-spirit transformation. You don't leave with just one thing that changes inside you – you leave with many things that have shifted and healed.



## OUR OFFERS

### Plan Ahead for the Summer Holidays

Popular holidays this summer are:

- **Memorial Day** - Monday, May 25th
- **Father's Day** - Sunday, June 21st
- **Independence Day** - Saturday, July 4th
- **Labor Day** - Monday, September 7th

We fill up fast on holiday weeks so plan ahead and **book your stay with us soon.**

### Extended Stay Savings

Stay in any best-available, single or double-occupancy room and receive 10% off your entire 3 week stay or 5% off your entire 2 week stay. **Some restrictions apply.**

### Early Bird Special

Ideal for the one who plans and books early with us. Receive \$100 off any best-available, single-occupancy

room for your 1st week when you book your reservation 3 weeks in advance. **Some restrictions apply.**

### For Our Community Members Who Have Completed the Program

Get a FREE room when you book your 4th week within a 12-month period. Oh and better yet, when you book your 4th-week stay, bring a friend or loved one who has never stayed with us before and they pay only for the program tuition. **Some restrictions apply.**

### Find Out More

Call us toll free at **(800) 993-4325** to speak to one of our expert reservation staff for details or see all our offer details on our website at **www.optimumhealth.org**

**Internet access now available in select rooms at both OHI locations.**

## Connect & Share. Let's Get Social!

**Our best way to share OHI news and special offers is through email.** We offer our OHI Community some great savings throughout the year, but in order for you to be eligible to take advantage of the exclusive email offers we must have your valid email address on file.

Want to receive email offers from us? Then please call us to update your email address at **(800) 993-4325** or email us at **optimum@optimumhealth.org**

To support our OHI community we have expanded our communication lines to include various social media platforms. We invite you to take a few minutes and check out our new social presence.

### Optimum Health Institute Blog website

Our OHI blog site is located at **www.optimumhealthusa.com** This is a robust site with great information on incorporating the OHI program into your daily life, articles on healing, nutrition and creating balance in your life.

### Facebook

Make sure to stop by and “Like” us and join one of our groups. To view information shared on any of our group pages you must first join that particular group.

- Facebook Page - Visit and “Like” us on our Facebook page at **www.facebook.com/OptimumHealthInstitute**

On this page we post offers, links to our blog articles and any new updates about OHI.

- Facebook Groups - The OHI groups were set up to encourage conversation and support to guests who become members of the group. We have three OHI group pages. To find our groups just enter “Optimum Health Institute of Austin”, “Optimum Health Institute of San Diego” or “Optimum Health Institute Missionaries” in the Facebook search bar.

### Twitter

Follow us on Twitter at **www.twitter.com/optimumhealthus** By “Following” us on Twitter, you will be updated when any new articles, offers or announcements are posted to our Optimum Health USA blog site.

### YouTube

Our OHI YouTube Channel is **www.youtube.com/optimumhealthinst.** On this channel, you will find our Optimum Health Institute of San Diego and Austin guest testimonial videos!

### LinkedIn

Connect with us on LinkedIn.

OHI has gone social to better connect and support our OHI community! Come on in and connect with us...it will be fun!



**A Mission of  
The Free Sacred Trinity Church**

The Free Sacred Trinity Church and its subordinate religious missions, the Optimum Health Institute of San Diego and the Optimum Health Institute of Austin, are not-for-profit organizations exempt from federal income tax under section 501(c)(3) of the Internal Revenue Code.

#### Support OHI's Mission

We are a non-profit religious organization and your donation is tax deductible. On behalf of all those who benefit from the OHI Scholarship Fund, we offer our gratitude!

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### VISIT WITH US:

Visit our weekly Open House every Sunday starting at 4:00 p.m. in San Diego and Austin. The OHI Program offers visitors, guests and adherents a personal tour of the facility, lecture, prayer circle and an all raw vegan meal. A \$3 donation is appreciated, but not required.

### CONTACT US:

We'd love to hear from you. To receive special offers and updates, email us at [newsletter@optimumhealth.org](mailto:newsletter@optimumhealth.org) or call us at **(800) 993-4325**. For more information about the OHI Program, please visit our website at [www.optimumhealth.org](http://www.optimumhealth.org)

### OPTIMUM HEALTH INSTITUTE

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#### OHI - San Diego

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#### Our Mission

We serve as a change agent for human-kind by improving the physical, mental and spiritual well-being of everyone we touch.

#### Core Values

Holism, Generosity, Relationships, Life-Long Learning, Stewardship and Service.

#### Guiding Principles

Trustworthiness, Respect, Empowerment and Alignment.

## The Five P's to Optimum Health

**Purpose** to achieve a natural balance and reconnection to the Divine.

**Positive** mental attitude that supports the healing process.

**Persistence** in following the holistic disciplines of the OHI program.

**Patience** with your body and yourself, as you allow your body-mind-spirit to heal.

**Prayer** to a higher source who will share the load with you.