

## CHAIRMAN'S PERSPECTIVE

### The Blessings of the Harvest

*"The earth has yielded its produce; God, our God, blesses us."*  
Psalms 67:6

Warm greetings to our growing Optimum Health Institute (OHI) community.

We are blessed in the Fall with shorter days, crisper temperatures, and an explosion of colors as the leaves turn from green to spectacular. We eagerly welcome this time of bountiful harvesting, heading "back to school," and expressing gratefulness to our Creator.

Each of these three disciplines – Service (in planting and harvesting), Life-Long Learning and Gratitude – is an important part of a purposeful and fulfilling life. They come together in perfect synchronicity every autumn.

In the Spring, it is our deep faith in divine order that has us planting seeds for transformation in body, mind and spirit. New ideas, specific goals, releasing those things, both physical and non-physical, that no longer serve us to live in alignment with our core values – Spring is the time we mindfully determine what we want to grow more of in our lives. These practices are all at the heart of the OHI Focus and Your Life is a Gift classes.

Throughout the warmer Summer months, we have a responsibility to mindfully nourish those seeds. We give these promising new

concepts our close attention, the metaphorical food, water and light, to take root. Each distraction that calls our attention away from positive things we desire to grow in our lives represents a weed. Releasing and healing these weeds are the focus of the Emotional and Mental Detoxification classes. We remove anything that diverts precious resources of our time and talent away from our goals, and continue to focus on the end results we desire.

*"In seed time learn, in harvest teach, in winter enjoy."*  
— William Blake

It is now, in the Fall, we get to reap the benefit of all that patience, perseverance and effort. Harvest time marks the culmination of two seasons of dedicated focus to achieving specific results. It's an opportunity to review what we've created in our lives, and how we've grown through both auspicious and challenging circumstances.

Taking into account first the physical, if we've been nourishing the body with healthy, organic, raw vegan food, and exercising daily, we'll reap many rewards. We'll have the clarity of mind, the sustaining energy and the strength that comes with detoxifying and cleansing our system. It's difficult to have a quiet mind and a joyful spirit when we've neglected to care for the body, something we learn in the Body Mind Connection class.

If we've taken the time to nurture seeds of mental growth by journaling, reading and contemplating inspirational books and articles, and learning new things, we'll reap a harvest of expanded awareness. Our pursuit of Life-Long Learning stimulates the brain, increases physical energy and also gives us an emotional and spiritual boost. A valuable harvest, indeed.

In the realm of the spirit, Fall is ready-made for expressing gratitude – to God, to each other, and to ourselves, for what we've accomplished. Perhaps this is the year you take an "internal harvest," and note your personal and spiritual growth. While it's easy to maintain a cheerful disposition when all is going smoothly, how well were you able to keep your spiritual connection to God vibrant and loving during any bouts of stormy weather?



Robert Nees, Jr.

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Note your progress, and areas for improvement. Remember, too, that spending quiet, quality time in an Alpha state will always deepen your sacred connection to God.

Remember also to pause during this season of reflection and recall the times you lent an ear to someone else facing challenges, or note your generosity with your time even when your own coffers were less than abundant. Each instance represents real growth, and a more bountiful spiritual harvest.

Generosity and gratitude go hand in hand, particularly during this season of Thanksgiving.

*“Now when you reap the harvest of your land, you shall not reap to the very corners of your field, nor shall you gather the gleanings of your harvest.”*

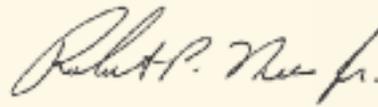
Leviticus 19:9

The Bible reminds us that in the Fall, even as we’re gathering in the bounty of all we’ve planted, we need to remember to be compassionate and generous to those less fortunate. Our generosity is particularly valuable when it’s gleaned from “our own fields,” or the things you personally also care about.

It is heartening to see our guests model this kind of generosity through their donations to the OHI Scholarship Fund. Our guests know first-hand how life-changing several weeks at OHI can be, and desire to extend this transformational opportunity to others who would not have been able to have the experience without compassionate assistance. Your contributions are metaphoric “gleanings,” the part of the harvest left in the field to benefit others in need. OHI San Diego Executive Director, Larry Taylor, shares more about the power of the OHI Scholarship program in this newsletter.

May you be blessed this fall with the endless bounty and perfect grace of divine balance and optimum health.

Warmly,



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



## The Equal Night of Balance



Fall Equinox this year falls on September 22 at 10:29 p.m. EDT. “Equinox” is from the Latin words for “equal night.” It signifies the time of the year when the sun and moon create a 12-hour balance of darkness and light. It also symbolizes the world itself moving into balance.

This period of symmetry and harmony is the perfect opportunity to balance body, mind and spirit in your own life.

Are you giving your body care and attention? A healthy mind and spirit require a balanced body. Renew your commitment to the basics – predominantly live, raw organic vegan food, sufficient pure water, and daily stretching, brisk walking and other exercise.

Take a moment to reflect on the things that nourished and depleted you mentally this year. How can you bring more positive things into your life? And now is the time to release the challenging ones. An affirmation like, “I release all worry to the Light,” if you don’t believe it 100% yet, it will set a healing shift in motion.

Albert Einstein said, “You cannot solve a problem with the same mind that created it.” Neuroscience shows that affirmations create brand new neural pathways in our brains, literally transforming our mind with a positive new directive. It’s a proven way to assure that your future will not just be a repeat of your past.

For your spirit, the Fall Equinox has ancient associations with the last harvest of the year, and joyful celebrations to mark the gathered bounty. The spirit of community and gratitude is a powerful catalyst to seek out and cherish joyful fellowship.

Reconnect with old friends you’ve neglected, or write a note of gratitude to a former teacher, mentor or boss. Track down that inspirational movie or book you’ve been meaning to get, and spend time journaling and in quiet reflection. All will nourish your spirit.

Embrace this time of transition and balance, and reap a lot of benefits in body, mind and spirit throughout the coming seasons.

## Surrendering to the Divine Stillness of Fall

In the fall, trees surrender to the inevitable cycle of the seasons and release their leaves.

This cycle likewise gives us an opportunity to surrender those things that no longer serve us. We can enter into a time of reflection, introspection and setting new goals. Worry, fear, stress, anger, envy, self-deprecation – this is the season to release thoughts and behaviors that interfere with our balance and joy.

Freed of the distractions of summer, we're able to be mindful of the holiness of each moment. In his book, *The Biology of Belief*, cellular biologist Dr. Bruce Lipton says we're only present in our conscious mind about 5% of the time. He provides scientific evidence for the ground-breaking concept that we are not "victims of our biology," but can literally change our DNA when we change our belief system.

Fall can be the perfect time to metaphorically "go back to school," and open ourselves up to learning how to enter more deeply into a conscious Alpha state. From that place of serene grace, surrender and receptiveness, we're more likely to be able to make positive, transformational changes to our beliefs, and enter into a personal and heart-centered connection to the Divine.

"Surrender" here doesn't mean "giving up" – it means letting go of an ego-centered need to feel in control, and releasing beliefs that limit us. It's choosing to get out of the way of our own divinity, and let Spirit take charge of our lives.



Virginia Samdahl, the first occidental Reiki master, frequently 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."

When we can see "surrender" as a necessary part of the cycle that moves us into a creative and receptive mode, we embrace our own divinity. We release any thought of "losing," and instead see expansive new opportunities unfolding in front of us. In the stillness of the fall, we're actively creating the fertile space for new ideas and new beginnings.

## The Gift of an Inner Harvest

While roadside farmer's markets are bursting with fruits – and vegetables! – of a bountiful harvest, it's the perfect time to reflect on your "inner harvest" – a compilation of all your achievements and key experiences this year. To help mark your growth, fold a piece of paper into quadrants and give each a heading: Body, Mind, Emotions and Spirit.

Start back in January. Which resolutions you made have stuck? How did you intend to enrich any of those four areas of your life, and you persevered? Jot them down.

Then, in the Spring — which projects or concepts "took root" for you? Donating gently used clothes to Goodwill could give you an emotional boost. You nourished your body if you started or increased your daily exercise. Are you doing a yoga class, or taking your dog for longer walks? How about increasing the percentage of raw foods you eat daily?

That new form of meditation that makes you feel like a million bucks is a spiritual gain. And reading an inspirational article or

book fits nicely in both the "mental" and "spiritual" categories.

Sometimes, the most rewarding and powerful fruits of our labor come from unplanned happenings.



Think about any time this year when you lent an ear, a helping hand or a shoulder to cry on.

When you've faced your own challenging opportunity with grace, faith, patience and optimism, you were blessing yourself and everyone around you with a richness of spirit that spills over into all four categories on your page. Even the most dire circumstance contains a gift of some sort – even if that gift is being able to recognize and

avoid a similar situation in the future.

This 'moving meditation' of an exercise will point out to you, in black and white, all that you've achieved and experienced so far in 2014. Your bountiful list is proof of all the blessings in your life, and a perfect way to express gratitude. In fact, why not make this "inner harvest" an annual fall tradition.

## OHI Scholarship Fund Transforms Guests' Lives



To truly experience the power of the Optimum Health Institute (OHI) Scholarship program, says OHI San Diego Executive Director Larry Taylor, just come to a Friday Morning Testimonial.

That's the time guests share their heart-felt gratitude, and their emotional stories of transforming body, mind and/or spirit through the classes, the food and the loving fellowship they discovered at OHI.

What makes Friday mornings even

more special is the generosity and compassion of other guests who have made many of those scholarships possible.

"Guests who receive a scholarship are facing a life-threatening health opportunity, and also experiencing financial hardship," Larry explained. "The look on their faces when they're given the gift of another week or two of the OHI program – you can't even imagine the joy."

A few recent heart-felt comments at testimonials include:

- "Seeing the change in each other is what's amazing. Each day we look healthier and friendlier!"
- "Everything unfolding here for me is such a miracle."
- "This place is love in all its forms, and love heals. I feel extraordinarily lucky."
- "I feel lovingly launched into the life I want to lead. God led me here."
- "What's most striking is how short a time it takes to feel better, under the right circumstances."

To be eligible for an OHI Scholarship, a guest needs to pay for their first week of the program. Severity of their health opportunity, along with their inability to afford weeks two and three of the program, are factors considered when scholarships are being awarded.

"Because of the generosity of our guests," Larry said, "We're able to offer two or three OHI scholarships a week." A percentage of sales from the Optimum Health Store, along with sales of proprietary products like the OHI For Life® organic skin care, also help fund the scholarship program. It's the ongoing support, though, from the caring guests themselves, that sustains and is growing the scholarship fund.

A goal of the program is to be able to offer five or six scholarships each week, Larry said. "People are inspired to give when they learn that 100% of their donation goes directly to fund scholarships. There are no administrative fees deducted from the gift."

OHI also provides a letter to the donor thanking them for their generosity, and stating that their entire gift is 100% tax deductible. More and more guests are contributing in someone's name, or donating from a living trust. Others choose to remember the OHI Scholarship Program in their wills. However they choose to help fund the program, Larry said, they're making transformational changes in others' lives. It's so much more than a gift – it's a lifeline for someone desperately seeking the tools to achieve optimum health in body, mind and spirit.

"The deep gratitude of the people who have received the scholarships is heartwarming," said Larry. Some recipients can also make their own donation to the program, and provide an opportunity to award a scholarship to another guest.

To contribute or find out more about the OHI Scholarship Fund, call us at **(800) 993-4325**. You can join the caring OHI community members who are helping to transform lives and build a golden bridge to a brighter future of optimum health.

## OHI Scholarship Fund

### Scholarships Build a Golden Bridge for Those in Need

To everyone who has supported the OHI Scholarship Fund, we thank you. Your kind donations have helped to support the amazing miracles and transformation that occur at our missions. We invite readers to consider a gift to the OHI Scholarship Fund to commemorate the 38th anniversary of our healing mission, and to honor the healthy changes the OHI holistic healing program has made in your own life.

You can help us build a golden bridge to optimum health for those who are ill, and in need, by supporting the OHI Scholarship Fund with a contribution by check or credit card. Because we are a non-profit religious organization, your donation is tax deductible. Please call us at **(800) 993-4325** for more information or to make a donation. Thank you for your consideration.

## GOD Bless OHI: Tran Lee's Healing Experience at OHI



Chemo, radiation and a stem cell transplant after a diagnosis of Non-Hodgkin's Lymphoma in 1996 and again in 1998 left me weak and depressed. My doctor said even with treatment, the average life expectancy was five years.

Desperate for more information, I went to a San Francisco library, and found a Chinese translation of *How I Conquered Cancer*

*Naturally* by Eydie Mae Hunsberger. She shared how a raw food diet healed her. I did more reading and found out about the Optimum Health Institute of San Diego.

I was able to afford two weeks, and was thankful to receive a scholarship so I could complete the program. I was surprised how much I liked switching from stir-fried to completely raw food, and immediately felt good and happy.

I enjoyed walking, my energy level increased, I could concentrate and felt more calm and peaceful. The classes were great, espe-

cially the Focus class. I learned to center on important things, and make goals. Each goal I achieved made me more confident.

In Emotional Detoxification I learned to turn negative thinking into positive, and turned my depression and fear into happiness and optimism. When I got back home my diet was about 70% raw, and I stopped eating meat. I taught friends in Chinatown how to grow wheatgrass, and people I didn't know in Canada heard about me and called, wanting me to explain the OHI program to them in Chinese.

I was an OHI missionary for three months in 2001, and was able to give back to the program by encouraging and supporting others.

When doctors found a mass in my nose and said it was serious, I didn't give in to fear. Instead, I came back to OHI as a missionary again for a few months this year, and another MRI showed the mass was gone. Medical check-ups now show everything is good.

OHI is my second home, and I want people to know it's a glorious, God-centered healing place for the body, mind and spirit. Psalm 23 says, "The Lord is my shepherd." God led me to OHI, and OHI is my green pasture that supports me and gives me love and courage. I didn't believe I could ever feel good again, but my whole life has changed. God bless OHI!

## Generosity Heals

Bizarre and violent weather patterns this year damaged many parts of the nation. Without fail, countless people quickly respond by sharing their time, their resources and their compassion.

A famous line from *The Mr. Rogers Parenting Book* reads: "When I was a boy and I would see scary things in the news, my mother would say to me, 'Look for the helpers. You will always find people who are helping.'"

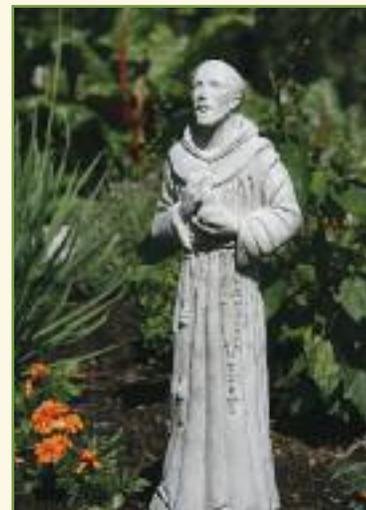
This generosity of spirit cuts across all age barriers. When the only thing a 5-year-old with inoperable brain cancer wanted for his 6<sup>th</sup> birthday was cards, his unselfish wish went viral. Over 100,000 people responded, and the delighted youngster was seen on TV sitting in mail bins stacked with well wishes. Children around the nation responded, creating construction paper cards. The generous outpouring of compassion has made the child's remaining months joyful ones.

Moving stories of people putting others first serves a dual purpose. It confirms the goodness of others; and kindles an urge in all who learn of their deeds to likewise be of service. Generosity of spirit, it's been scientifically proven, is catching. Even if we feel we don't have enough, when we see others reaching out, we're eager to help.

In this season of bringing in the harvest and celebrating our blessings, it's an ideal time to think about new ways we can share our own spirit of generosity, without waiting for a crisis to trigger a desire to help.

Go on-line to find local opportunities to share your time and get involved. See if your local library or school could use your old books. Buy an extra bag of dog food and donate one to an animal shelter. When you let your friends know what you're doing, they'll be motivated to get involved, too.

If the OHI holistic healing program has enriched your life, you might want to consider sharing that gift with someone else through a donation to the OHI Scholarship Fund. Every dollar you share goes directly into a scholarship, and every donation is 100% tax deductible.



## New and Improved Classes Await OHI Guests this Fall

Almond coconut cookies, vision boards and getting back to your roots with organic gardening – these are just a few of the exciting new elements now part of the program at the Optimum Health Institute (OHI) this fall.

While the core concepts and teachings that launched OHI decades ago remain constant, there are some exciting updates, and even new interactive classes, to enrich the guest experience.

“We now include a one-minute Alpha experience in every class,” explained Peg Harvey, OHI Director of Program Development and Training.

The Pray, Eat, Live class for 3<sup>rd</sup> week students has a smorgasbord of raw organic treats. Foods like Spicy BBQ Kale Chips, Cha Cha Chia Pudding and Frozen Fruit Sorbet are all still appropriate for the OHI detox or maintenance diet. Menus are updated twice a year. Guests receive recipes to recreate the dazzling dishes at home, and creative, tasty meal ideas for breakfast, lunch and dinner.

Recent research showed combining greens with fruit does *not* have a negative impact on digestion. Food Combining classes in both San Diego and Austin now share that information, and guests get to sample the delicious and nutrient-rich difference in smoothies.

Guests discuss the Law of Attraction in the Mental Detox class, then illustrate it in the new Vision Board & Rock Painting class.



OHI San Diego Stretch classes are now offered Monday through Saturday.

A new Guest Orientation Video and Presentation helps first-timers feel right at home.

The Fermented and Dehydrated Foods class isn't just a demonstration class anymore – now guests prepare the foods themselves.

Executive Chef, Ken Dorr, and Garden Manager, Dan Strobhar, teamed up to expand the organic gardening class in San Diego. Now guests can help plant crops and create drip systems.

## Following the OHI Program? There's an App for That



Even if you're not all a-twitter about social media yet, there are a lot of new technologies – many of them free – to make it easier to have a healthy lifestyle.

In the spirit of “back to school,”

here's a list of some free apps available on Google Play Store, and opportunities to electronically empower your positive choices. These weren't developed by OHI, but support the OHI program.

1. **The Dirty Dozen** reveals the 12 most pesticide-laden fruits and vegetables so you know to *always* buy the organic versions. It also offers a complete list of the 50 most popular fruits and veggies, in order of harmful chemical exposure.
2. **Fooducate** lets you scan a barcode, and see exactly what's in that product in your grocery store. This free app also tracks

nutritional value and calories, and helps you monitor your exercise routines.

3. **FarmLine** tells you what farmer's markets are in your area – and gives you the map to get there.
4. Although it's called **Indian Vegetarian Restaurants**, this five-star rated app is internationally plugged in to meat-free meals.
5. **Meditation Music** makes any location a good spot to tap into Alpha.
6. **Stretching Exercises** illustrates how to perform simple stretches and shares the benefit of each.
7. **MeetUp** helps you connect with like-minded people in your area. Find a raw food group, hikers, meditators or any other specialized interest.
8. Plug into the OHI community on Facebook for special offers, recipes, practical tips and inspiring testimonials. At [www.facebook.com](http://www.facebook.com), type in “Optimum Health Institute of San Diego,” “Optimum Health Institute of Austin” or “Optimum Health Institute Missionaries” to join for free.

## OUR OFFERS

### 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.**

### 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.**

### 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](http://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](mailto: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](http://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](http://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](http://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](http://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)

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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.