

CHAIRMAN'S PERSPECTIVE

Integrating the Elements for Transformation Into Your Life

"We are each made for goodness, love and compassion. Our lives are transformed as much as the world is when we live with these truths."
-- Desmond Tutu

The process required for transformation has specific steps, each guiding you closer and closer to fulfilling your potential as a spiritual being in the human condition. However, just as a process has steps, steps have building blocks or elements that either prepare us for change or allow us to change. In this article I will use change and transformation interchangeably.

When our founders established the Optimum Health Institute (OHI) nearly 40 years ago, they had a vision for those in need of healing achieving optimum health in body, mind and spirit through a program developed in complete alignment with the steps necessary for transformation. The basic elements were built around the two greatest commandments; of loving God and loving your neighbor as yourself. However, unless you love yourself it's difficult to love others in a healthy way. So recognizing and accepting the goodness of self and others, the healthy loving of one's self and having compassion for yourself are prerequisites to loving others in a healthy way. But how do we master these basic elements when life has hurt us? Well we have to be inspired and, sadly, this usually occurs only when it hurts too much not to change our destructive behaviors, habits and patterns.

During our editorial planning and discussion for the 2015 OHI newsletter, we realized that the transformational process of OHI could not be addressed in one newsletter. Consequently, we started our discussion of one's journey towards transforming and achieving optimum health with the concept of "the waterfall of healing" starting with inspiration cascading into a pool of encouragement and exploration and then meandering into a smooth reflecting pool. Each issue delved deeper into each step of the healing journey to make us more self-aware but without the final step of integration, healing is illusive.

In our first issue for 2015, you were **inspired** to shift from how things are to a healthier, more balanced version of yourself. Then, during the second issue, you were **encouraged to explore** yourself -- values, goals and beliefs -- knowing that self-awareness helps you uncover strengths and purpose you might not have known you had. Our third issue covered the next step in transformation -- **reflection** -- where you were invited to be an objective observer of your life without judgement of self.

Just as OHI's healing program follows these steps to transformation, our quarterly newsletters for 2015 have followed a similar rhythm to reinforce and support your progress. You can access past newsletter issues on our website at www.optimumhealth.org.

Our Winter issue focuses on the final step and is a call to action for **integration**, meaning the process of combining all of the positive things you've learned on your journey to becoming whole and achieving optimum health.

"Do not conform any longer to the patterns of this world but be transformed by renewing your mind."
-- Romans 12:2

With these words, Saint Paul knew all too well from his own transformation that everything begins with a thought which leads to words and then to action. At the time of Paul, people knew what they could experience with their five senses and what was historical. For the most part, knowledge was acquired through experience and was passed down through an oral tradition, as most people could not read or write.



Robert Nees, Jr.

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The concept of inner peace was foreign to the common person as peace meant freedom from strife and discord from a very legalistic societal standpoint versus looking inward. Paul's teaching of "renewing the mind" and setting aside the patterns of the world was really about changing the stories we tell ourselves about the world, other people and our worth.

For this reason, **integration** starts with *changing our thoughts*. In conditioning our mind to build new habits there is a verbal model for change and a visual model. The ancients would think it, say it, hear it and do it. Today, with high levels of literacy we are also able to follow a visual model of think it, write it, see it, do it. Both are important to building the basic elements of goodness, love and compassion into your transformation process.

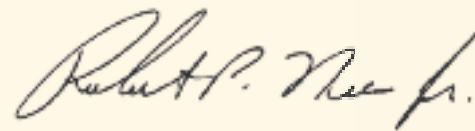
The first step is to think about, verbalize and write positive affirmations about yourself and the outcomes you want to achieve. Do this in your daily journal and then make a daily plan. Saint Benedict called this a Rule of Life. The second step is to think of, say out loud and read your affirmations every day. The third step is to identify one small action and complete it each day for 21 days. Don't worry about which action to do first or how big the task, for any action that creates change is fine. As you go through the first day, continue to read and verbally affirm yourself and stay focused on the task. At the end of the day write about what you did, how you felt and what you learned. Begin the next day by reading what you wrote on the previous day and continue the process through


day 21. At the end of 21 days, you will have created a new habit and behavior, integrated into your life and transformed a small part of you. Just think if you did this throughout the year. Whew, that's 17 new behaviors and habits in one year! I am both inspired and exhausted just thinking about it. So be mindful and stay encouraged and reflective while remembering the integrated whole of self is greater than the sum of the parts. Each small change results in a life larger and fuller than the change.

In closing, our desire for the basic transforming elements of goodness, love and compassion are never more apparent than during the holiday season. I invite you to experience the holiday season with us at OHI and be involved in a noble cause of helping ourselves and the world transform.

May the promise, joy and holy grace of the holiday season be yours today, and every day.

Warmest regards,



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



Drawing Closer To God

A man felt victimized by a life that was turning out radically differently from what he had envisioned. Frustrated and directionless, he began writing a list of angry questions to God.

Suddenly he heard a voice ask if he really wanted answers to those questions, or if he was just venting. The man spun around, but no one was there. He decided to start writing answers to his questions himself, from the perspective of God actually replying.

Neale Donald Walsch's phenomenally successful book, *Conversations with God*, remained on the New York Times best-seller list for 135 weeks, and proved people crave a personal relationship to God.

The heart yearns to feel that deep spiritual connection, without the interference of external influences. Spiritual disciplines help achieve that level of conscious integration with God.

Pray. Prayer is talking to God, and the first step to making a divine link.



Meditate. Listen for God's answer. You learn that the deeper inside your heart you go, the closer you get to God. You are truly the temple wherein God dwells.

Be thankful. When you express gratitude, your brain makes chemicals that positively impact your mood, pleasure centers, immune system, stress hormones, heart rhythm, blood pressure and even blood sugar.

Community. Read the Bible, and other spiritual material. Listen to classical music. Breathe in the beauty and majesty of nature. Appreciate fine art. Uplifting your spirit enhanced your personal connection to the divine.

Get inspired. Nurture your spiritual community to reinforce your own and each other's personal integration with God.

Serve. By helping others, you are expressing God in action. You are drawing closer to Him with each act of compassionate service.

Integration: The Path to Becoming Whole



There are many practices that can cultivate our skillfulness in becoming whole and many pathways that support our practices. One pathway that I truly believe in is the OHI Program because it gives each person the basic knowledge and tools to integrate the body, mind and spirit; and by doing such, we achieve optimum health, which results in transformation into whole beings.

Another pathway where I've seen folks have great success is with the OHI Missionary Program, which presents a deeper, more intensive journey because it provides the opportunity for OHI Program Graduates to work and serve together while living in community. OHI Missionaries are challenged with maintaining the balance between providing service to others while maintaining focus on his or her own healing. When these two goals come into conflict and resistance rears its head, this is when we need to pay attention because this is where the work is. The resistance is here to teach us something that we've not yet acknowledged or learned to accept, appreciate or integrate. Integrating does not mean that we blindly accept, rather it means that we take the time to examine our situation, apply discernment and hold ourselves accountable – as we unfold, grow and blossom into fuller beings.

As we are restored to wholeness, we become integrated on all levels – physical, mental, emotional and spiritual. We are also more accepting of others and ourselves. We are better able to **be with** pleasant and unpleasant situations, which results in us

being more responsive and less reactive. We hold life in high positive regard, which means we take less for granted and are more appreciative. We better accept where we are in life and we might even go so far as to welcome life's "opportunities for growth" – which are often paired with struggle and resistance but also come with a deep inner-knowing that *this too shall pass* and once it does, we will have stronger faith, will and character. Restoring to wholeness prompts us to put aside our self-centeredness and live a more conscious life that is in harmony with ourselves, one another, Nature and our Creator. When we feel more **at one with** all in Creation, we feel calmer, clearer, more balanced and trusting. Our hearts are more open, and we feel more deeply connected – more complete. And by golly, who wouldn't want that?

While overseeing the Missionary Program, I've witnessed oppositional roommates become best friends; shy folks find their voice and some not-so-shy folks become content with peace and quiet; people who were more self-centered become more selfless; and people who were more outwardly focused become more inwardly focused.

If I could only use two words to describe the end result of the OHI Program and OHI Missionary Program, I would say "becoming whole". If I could only use one word, I would say, "healing". And again I ask, "Who wouldn't want that?"

Tina Pallitto
Director of Community Development
Free Sacred Trinity Church

Discover Your Authentic Self

What ignited your childhood dreams, made you feel happy, and was definitely what you wanted to be when you grew up? Are you doing anything close to that?

In our quest for financial stability, or to make someone else happy, we can find ourselves in a job that we can do, and it pays the bills. But are we excited about it? If your answer is, "Not really," it's time to check back in with your authentic self -- your inner core. It's your dreams, talents, values, joys and wisdom, and you tapped into it with ease when you were young.

That's not realistic at this point in my life, you might say. Think again. Psychological studies show people who suppress their authentic self aren't truly happy, even if they're earning great money and recognition. The stress will sooner or later take a big toll on your body, mind and spirit.

To get back in touch, be fiercely honest and introspective. Prayer, meditation and journaling will help you look deep into your soul.



You wanted to be a rock star? Take voice and guitar lessons. An astronaut? Look into getting a pilot's license. A superhero? Volunteer in your community.

You'll know you're back in touch with your authentic self when you're doing something meaningful, and every cell of your body is engaged and thrilled to be doing exactly that, exactly then. Your heart is filled to overflowing with joy and peace, and you know, without a doubt, this is why you were put on Earth.

Catch the Spirit of the Holidays at OHI



Merry Christmas, Happy Hanukkah, Joyous Kwanzaa, Blessed Ramadan, Good Winter Solstice, and warm greetings to mark the spiritual celebration you honor this time of year.

The holidays traditionally mean gathering with old friends, savoring favorite dishes, making plans for the New Year and feeling a deep sense of spiritual rejuvenation. For more and more people, they experience all of that, and more, by coming back to Optimum Health Institute during this magical season.

Celebrating the holidays at OHI is becoming such a popular tradition that nearly 75% of the visitors during December and Janu-

ary are returning guests, observing the season of promise, joy and renewal by giving themselves the gift of optimum health.

From the hundreds of thousands of tiny white lights woven through the landscape, to the spectacular 12-foot-tall poinsettia tree in San Diego, and countless poinsettias tucked into flowerbeds in Austin, the magic of the season is everywhere at OHI.

Make OHI your new holiday tradition. Come celebrate with us, and let our supportive and loving community show you why detoxifying your body, quieting your mind and rejuvenating your spirit is the perfect way to celebrate the end of 2015, and welcome in 2016.

OHI for life® Skin Care System



The OHI for Life® organic products for the face, body and hair are developed exclusively for our guests at the Optimum Health Institute. Our belief in promoting health and healing from the inside out continues to be the inspiration for the creation of the naturally pure OHI for life® products.

The OHI for life® Skincare System along with the newest members of the OHI family of organic formula products, **Gentle Cleansing Shampoo and Moisturizing Conditioner**, are sulfate-free formulas made with certified organic ingredients that are grown without pesticides, herbicides or insecticides. The OHI for life® products carry the OHI Seal of Approval and are prepared without the use of harmful chemicals, mineral oils, perfumes, sodium lauryl or sodium lauryl sulfate and are not tested on animals.



100% of net proceeds after direct and indirect expenses benefit OHI's Scholarship Fund

SPECIAL HOLIDAY OFFER

- **SAVE \$8.00** on the **Combo Hair Care System** (Gentle Cleansing Shampoo and Moisturizing Conditioner), Reg. Price \$39.98 – **Holiday Price \$31.99**
- **SAVE \$20.00** on the **Basic Skin Care System** (Cleanser, Toner, Day Crème, Evening Crème), Reg. Price \$100.00 – **Holiday Price \$79.99***
- **SAVE up to \$52.00** when you add the full-size **Intensive Antioxidant Masque** or **Gel Body Wash** to your order, you'll save up to an additional \$24.00*, for a total savings up to \$52.00

Plus receive a **FREE** mini-size Intensive Antioxidant Masque (\$7.50 value)! That's a total **SAVINGS UP to \$59.50...Shipping is included.**

LIMITED TIME OFFER
Good through December 31, 2015
 No Questions Asked Return Policy

Visit the Store or CALL NOW!
(888) 643-7867

*Call for details on our convenient home delivery Auto Ship Program to lock in these savings. Current Auto Ship customers will also receive the FREE mini-size Antioxidant Masque.

OHI Scholarship Story: Food is Medicine

When Melanie Ashbaugh arrived at Optimum Health Institute San Diego, she'd already had surgery for Stage 2 breast cancer. She was quite discouraged about the post-surgical treatment her doctors were planning, which included chemotherapy. I remember she was very reserved, but enthusiastically embraced the idea that our detoxifying meals, gentle exercise, classes and spiritual fellowship could help her recuperate and get ready to face the next chapter of her health opportunity.

It was evident to everyone how hard she was working to stick with the program. With the constant support and new tools she was learning, Melanie began to blossom into a happier, more outgoing person. She was eager to soak in every bit of information so she could continue what she learned when she returned home.

From growing sprouts, to juicing, to soaking seeds, dehydrating foods and food combining, she took notes, practiced, and processed everything. She was obviously passionately motivated, which made her the ideal OHI Scholarship recipient.

When we informed her she had been selected to receive the gift of the last two weeks of the three-week program, Melanie was so overwhelmed and grateful. We had the privilege of watching her transform into a lighter, brighter young lady who was able to reconnect with herself again on all levels; physically, mentally, emotionally and especially spiritually.

After she returned home, Melanie reported back to us that her post-OHI visit MRI was clear. She described her time at OHI as

“...an amazing education along with deep clearing.” She also shared that she is looking into online nutrition classes because of what she learned during her stay with us. “Food IS medicine,” she told us, and she wants to be able to offer nutritional information to her massage and esthetician clients.

I am so grateful OHI could help Melanie with her healing process. By experiencing the entire 21-day healthy lifestyle program, she could personally see the power detoxifying foods have to bring body, mind, emotions and spirit into healthy balance.

The fact that she's planning to share this critical nutritional information with her clients furthers OHI's mission of being “a change agent for human-kind by improving the physical, mental and spiritual well-being of everyone we touch.”

Melanie is a warrior and true hero, and we feel blessed and thrilled with her dedication and commitment to make a positive difference not only in her own life, but the lives of many others. She's exactly why the OHI Scholarship Program is so important.



Larry Taylor, Executive Director
Optimum Health Institute San Diego

The Greatest Gift of Love is the Gift of Healing

You have a unique opportunity this holiday season to start a new tradition – sharing the gift of body-mind-spirit wellness. The **OHI Scholarship Fund** was established to help those who have a life-threatening health opportunity and require financial assistance. Please consider making a transformational difference in someone's life with your tax-deductible gift.

Thanks to your support in 2015, we were able to provide **122 scholarships**, which represents a 6% increase given in the previous year. Our overarching **goal for 2016 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.

Taming Your Shadow Side

A friend's husband booked a cruise for their anniversary, and her son was accepted at Princeton, with a full scholarship. You're happy for her, but feel guilty that you're also jealous. You're not a terrible person – you're human.

Psychotherapist Carl Jung believed everyone has a “shadow side” deep in our subconscious. Our shadow contains fear, anger, jealousy, guilt, judgment, regret – anything that doesn't radiate from a place of love.

Far from being something we need to suppress, our shadow can help us think, say and do positive and creative things.

What was the thought you had right before you felt that jealousy and guilt? Was it, “Why doesn't my spouse make a big deal about OUR anniversaries?” Or maybe, “ALL the good stuff happens to her and never to me!”

Before you have a feeling, you have a thought. When disempowering thoughts slink up from your shadow side – and they will – replace them with positive and powerful ones. For instance, “I'll suggest we do something special on OUR anniversary” balances both envy and guilt, and sparks feelings of excitement. You just switched into a creative mode where you're envisioning where you'd like to go on your anniversary. You're excited about how your own celebration will enrich your life, and your marriage. And you might never have considered this adventure without that brief encounter with your shadow side.

When you consciously replace thoughts that trigger fear-based feelings with proactive ones, celebrate with some spiritual rituals. Light a candle to represent your new enlightened awareness. Bring beauty into your home with flowers, a pretty stone or crystal, or a piece of art. Take a “gratitude walk” outside, and breathe in the beauty and balance of nature.



Paul Padilla's OHI Transformation



Paul Padilla, OHI San Diego Guest

When I was diagnosed with diabetes and my rare nonalcoholic liver disease rapidly progressed to cirrhosis of the liver, I knew it was time to visit Optimum Health Institute (OHI).

My doctor said a raw food diet wouldn't be harmful, and my biggest challenge was eating all the greens I was served.

I was never a vegetable lover, preferring fried foods and animal products. That first week I also went cold turkey off of sugar.

Although I felt a slight drop in energy the first few days, I didn't have any headaches or flu-like symptoms. I loved learning what foods to combine in a meal, and how to give my liver the best opportunity to heal naturally.

When I got home from OHI I realized with my demanding job I couldn't manage a 100% raw diet. I started eating salads on the road, and preparing juice at home two or three days a week. With my wife's constant encouragement, I was able to stick with the new diet and incorporate more exercise into my day – cardio, a stationary bike, calisthenics.

The next few months I stuck closely to the OHI plan and continued exercising faithfully. I became 60% raw organic, even with all my traveling.

My doctor was astonished and thrilled with my transformation. I was able to completely balance my body, mind and spirit with just that single week at OHI!

OUR OFFERS

Come One, Come All – Celebrate the Holiday’s at OHI

December through January are our busiest months. Folks are already booking ahead for the upcoming holidays. Create a new holiday tradition by celebrating with our joyous community at OHI.

CALL TODAY (800) 993-4325 to take advantage of our special savings.



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.**

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.**

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**

Internet access now available in select rooms.

Connect & Share. Let’s Get Social!

To support our OHI community we have expanded our communication lines to include various social media platforms.

Optimum Health Institute USA Blog website

www.optimumhealthusa.com

Articles on the OHI Program, healing, nutrition and creating balance in your life.

Facebook

www.facebook.com/OptimumHealthInstitute

- Visit and “Like” us on our **Facebook Page**
- Join one of our **Facebook Groups**
 - Optimum Health Institute San Diego
 - Optimum Health Institute Austin
 - Optimum Health Institute Missionaries

Twitter

www.twitter.com/optimumhealthus

Follow us on Twitter and get notified of our special offers and special announcements.

YouTube

www.youtube.com/optimumhealthinst

View our promotional videos and guest testimonials on our OHI YouTube Channel.

LinkedIn

www.linkedin.com/company/optimum-health-institute

Follow us on LinkedIn and stay up-to-date with OHI career opportunities.

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 or call us at **(800) 993-4325**. For more information about the OHI Program, please visit our website at www.optimumhealth.org

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OHI - San Diego

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(619) 464-3346 or (800) 993-4325

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.