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OPTIMAL PSYCHOLOGY RETREAT

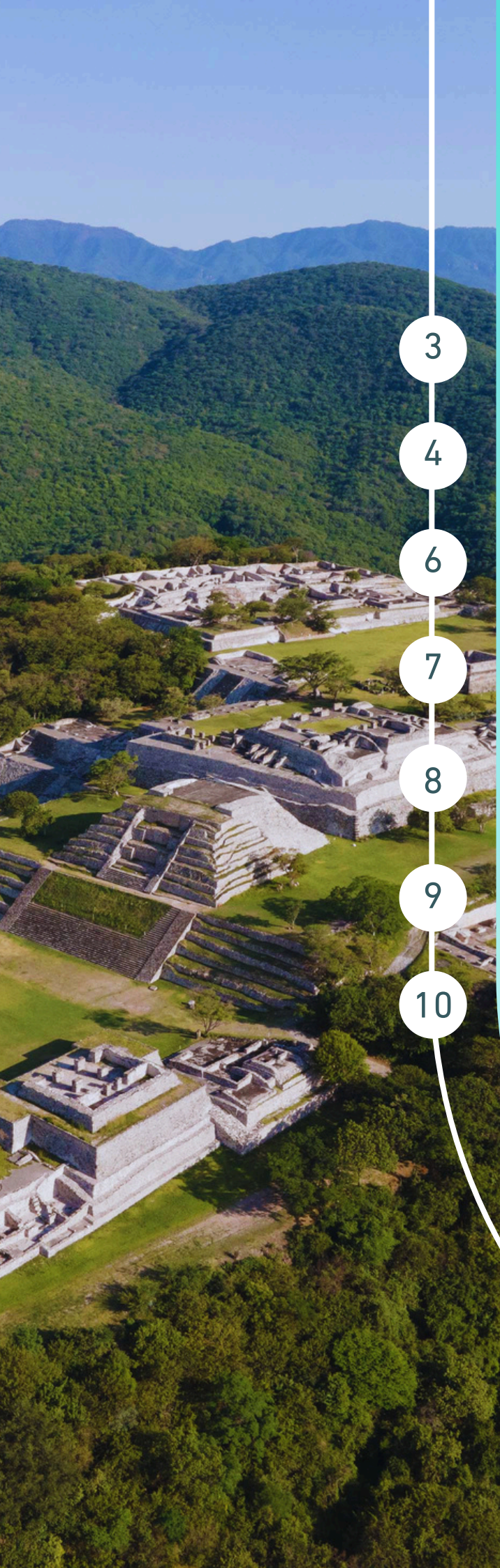
A RETREAT WITH DR. LINDA JAMES MYERS & FRIENDS

RETREAT DATES:

Wednesday, April 14th - Sunday, April 18th, 2027

LOCATION:

Nikan-Ká
Jiutepec, México



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RETREAT DETAILS

Join Dr. Linda James Myers & Friends for a Retreat - A Journey of Sacred Self-Discovery, Collective Healing, and Sustainable Wellbeing

Intentionally created for...Psychologists, Educators, Social Workers, Coaches, and Healers.

Given the nature of our current suboptimal social context, this retreat offers a much-needed affinity space for people who acknowledge African ancestry, lived experience, and are interested in elevating their consciousness, deepening their own spiritual development, and acumen utilizing the evidence-based processes of Optimal Psychology.

Upon completion, participants will be eligible to receive certification in Optimal Psychology Foundations Level I or higher, depending on previous training and experience. Participants will move toward a greater realization of expanding consciousness as they shift from suboptimal to optimal conceptualizations and practices, illuminating the soul and a holistic sense of spirit.

RETREAT COST PER PERSON

$2,800

- Includes double-occupancy accommodations, vegetarian (with dietary accommodations) meals, all retreat activities, retreat reading material.
- Does not include airfare or transportation between the retreat location and airport.
- Single occupancy is not available at the retreat.

Payment Plan

1. Participants are required to register and pay a $500 non-refundable deposit per person by January 5, 2027.
2. **Register and Make All Payments Here**
3. The balance and total due is required by March 15, 2027.

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REGISTRATION & CONTACT

tours@global-academics.org
www.global-academics.org
510-649-5664

RETREAT ACCOMMODATIONS

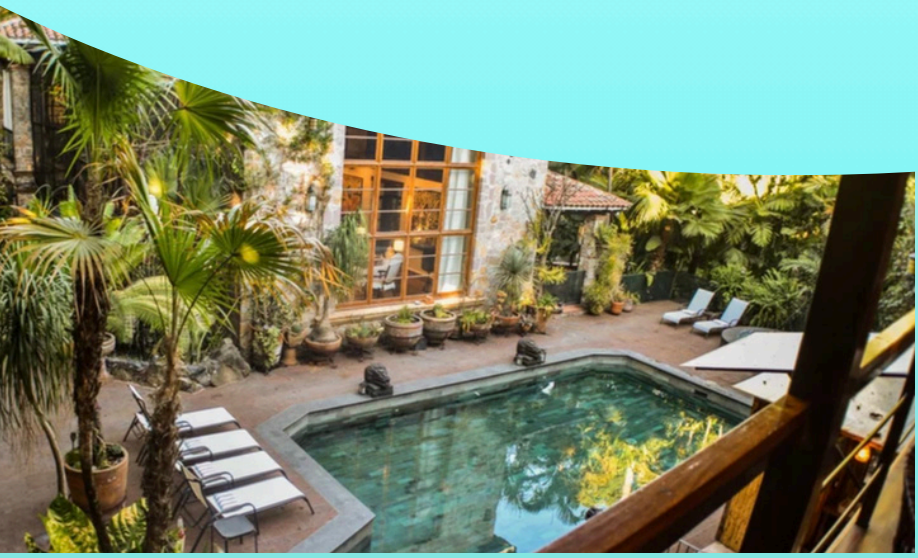
Retreat Site – Nikan Ká

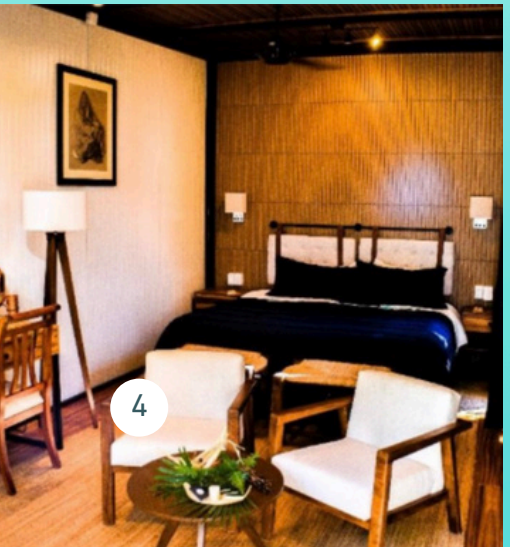
The Optimal Psychology Retreat will be housed at the Nikan-Ká retreat space. Nikan Ká, located in Jiutepec, Morelos, is a private retreat sanctuary surrounded by lush tropical vegetation, mature trees, gardens, ponds, flowing water, and abundant wildlife. The natural environment creates an immersive and peaceful setting where guests can slow down, reconnect with nature, and step away from the stresses of everyday life. The sound of flowing water, birds, and other wildlife contributes to a calming atmosphere designed to support rest, reflection, and overall well-being.

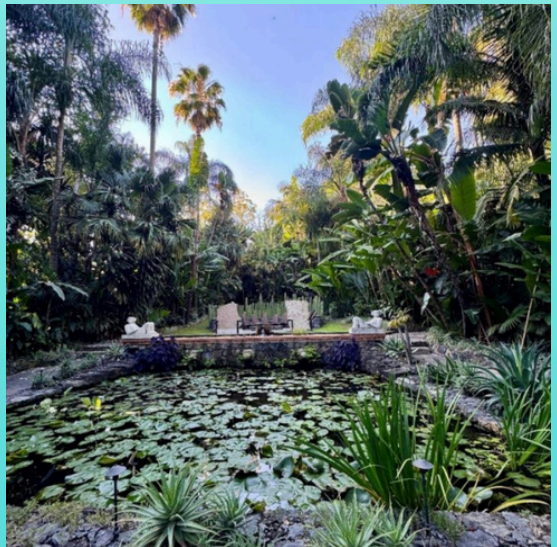
Nikan Ká offers comfortable en-suite rooms making it particularly well suited for intimate retreats and small groups.

The accommodations are organized into three distinctive areas—Fuego (Fire), Tierra (Earth), and Agua (Water)—with rooms featuring individual design elements and a blend of rustic Mexican character and modern comfort.

The architecture and design of Nikan Ká combine the charm of a traditional Mexican hacienda with comfortable rustic-modern elements. Throughout the property, guests can enjoy beautiful gardens, open-air spaces, terraces, and communal areas that encourage relaxation and connection. The secluded compound provides a sense of privacy while still offering flexible indoor and outdoor spaces for retreats, workshops, ceremonies, and group gatherings.







RETREAT LOCATION

Location – Jiutepec near Cuernavaca , México

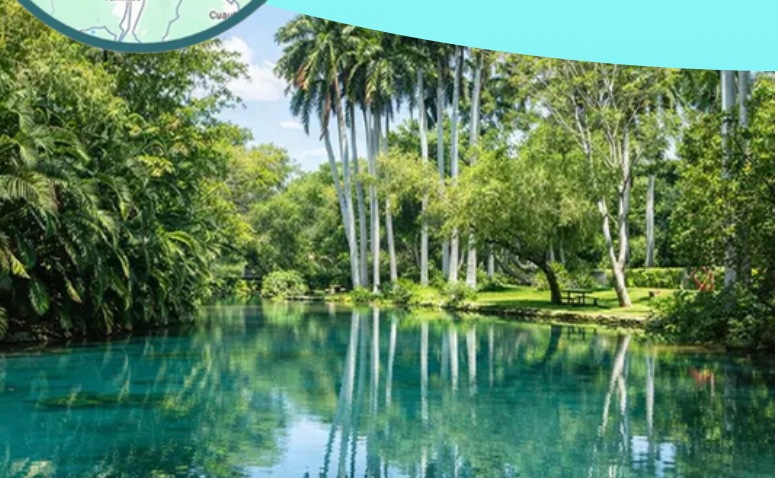
The retreat is located in Jiutepec, Mexico which is about one hour and 15 minutes from Mexico City and neighbors Cuernavaca, Mexico. This is a sacred area, called “the precious stones hill” in Nahuatl, and has been considered so for centuries by the original peoples of land including the Nahuatl and Aztecs.

In alignment with the deep engagement in the meaning of Optimal Psychology with Dr. Linda James Myers, participants will visits to two nearby sacred sites, the Xochicalco Pyramid and Temple complex, and crystal clear spring waters of Aquas Las Estacas. These two sites are a connected ancient network: Las Estacas as one of the sacred, natural cradles of water and ancestor worship in the lowlands, while the Xochicalco Pyramids and Temple functioned as the administrative and cosmic capital that unified these sites under a single spiritual, political, and economic empire.

At Xochicalco, the most famous structure is the Temple of the Feathered Serpent (Quetzalcoatl). This temple features intricate carvings of massive serpents undulating through water currents, deeply linking the city to the regional veneration of water. Quetzalcoatl represented the union of earth/water (the serpent) and sky/wind (the feathers).

When people of Las Estacas worshiped the water as a sacred life force connected to the ancestors, they were practicing the fundamental cosmo-spiritual tenets of the high priests at Xochicalco.

In the cosmovision of the original peoples of this region, natural water sources like the spring at Las Estacas were not just geographic features or dwellings for nature gods; they were the literal pipelines to the ancestral realm.



UNDERSTANDING, LIVING, & TEACHING OPTIMAL PSYCHOLOGY

BACKGROUND

Ever wonder how the ancestors of non-immigrant Africans in the Americas survived centuries of cast chattel enslavement and came out of that unprecedented system of dehumanization as the moral and spiritual leaders of the US movement for civil rights for everyone? Optimal Psychology (OP), is a contemporary examination of that question from which a meta-theory of human development grounded in the ancient Alkebulan (mother of civilization)/African wisdom tradition emerged. Comprehensive enough to include the earliest historical records of our ancestors' ancient teachings it focuses on the higher stages of human functioning and development. The cohesive and coherent insights and understandings provided embrace the primary and proactive nature of spirit being unitary consciousness, inclusive of the knowledge now being confirmed by modern physics and neuroscience.

Optimal Psychology identifies optimal versus suboptimal differences in dimensions of consciousness or cultural worldviews and belief systems. For example, reestablishing the nature of reality (ontology) as a holistic and integrative versus the colonial fractured reality in which mind, body, and spirit are separated. OP also identifies the nature of knowledge (epistemology), as multi-dimensional Self-knowledge versus knowing through externalized counting and measuring alone. Also, the highest value (axiology) is placed on positive interpersonal relationships rather than on objects and their acquisition. Optimal logic and reasoning are diunital, yielding both/and conclusions, versus suboptimal dichotomous, either/or thinking.

RETREAT GOALS

In this retreat participants will continue a sacred journey of multidimensional self-development learning & experiencing the lived Alkebulan (mother of civilization) deep thought wisdom tradition of optimal psychology in these critical times for themselves and the greater good of humanity. Knowledge in optimal psychology is not always about more information, but the development of deeper, fuller experiential growth, wisdom, and understanding. This opportunity will provide Level I Certification or higher in Optimal Psychology, which offers a much-needed africological method for uplifting self and humanity toward higher stages of development, building community, and breaking from mental bondage and conceptual incarceration.

Our intention is to provide participants with the opportunity to engage in the personal and relational development of a beloved community committed to awareness of our true nature and the sacred lived tradition of Maatian values & principles.

RETREAT TOPICS & ACTIVITIES

- Experience Ancient Indigenous Culture and Healing Across Time and Space
- Morning Rituals
- Engage in a Shaman Lead Temezcal ie Sweat Lodge
- Illumination of the Soul
- Ancient Alkebulan/Kmt/Nubian Consciousness Elevation
- Grounding, Cleansing, Restoration, and Rejuvenation of Spirit
- Integrating Mind, Body, & Sense of Spirit
- Shifting and Elevating Consciousness from Suboptimal to Optimal
- Conversations for Uplifting an Optimal World
- Silent Time for Reflection and Self-Awareness
- Mastering the Optimization Process
- Utilizing the HeartFeather Strategy
- Community Sharing and Learning from One Another
- Self-Inoculation Processes for Preventing Psychological Oppression and Weathering
- Reconnecting to Increase Radical Resilience and Responsibility
- Challenges as Opportunities for Growth
- Fusing the Sacred and Secular
- Creating Zola (love) to Ignite Ngola (healing energy)

JOIN US TO REVITALIZE, REPLENISH & FLOURISH

DR. LINDA JAMES MYERS

Dr. Linda James Myers' africological perspective on the causal cultural roots of individual and collective dysfunction deepens our understanding of the higher stages of human development and how to achieve them. Her work provides insights into societal isms of marginalization, methods for inoculation and their eradication, emphasizing spiritual acumen, moral reasoning, multi-dimensional healing and growth.

Linda is internationally known for developing the theory of Optimal Psychology and creating the Belief Systems Analysis psychotherapeutic/psychoeducational approach. Her Oneness model of human functioning offers a transdisciplinary focus that builds on insights from the wisdom tradition of African deep thought and training with sages such as Tata Bunseki Fu-Kiau, Vusamazulu Credo Mutwa, and Diviners of the Universal Feminine Principle.

Professor Emerita, The Ohio State University College of Arts and Sciences Department of African American and African Studies and College of Medicine Department of Psychiatry and Behavioral Health, Dr. James Myers has lectured nationally and internationally receiving numerous honors and awards. Among them are: Distinguished Psychologist, Association of Black Psychologists; Bethune/Woodson Award for Outstanding Contributions in the Development of Promotion of Black Studies, National Council of Black Studies; Oni Award, International Black Women's Congress; the Building to Eternity Award from the Association for the Study of Classical African Civilization; Social Justice Action Award, Teachers College, Columbia University; Fulbright Scholar; National Congress of Black Women Sojourner Truth Award; Outstanding Pioneer in African American Mental Health, Mental Health Association of America; University of California-Santa Barbara Center for Black Studies Research Homage; The Ohio State University Hans Kilian Award of Merit for Research and Advancement of Metacultural Humanization Nominee; Marcus Garvey Institute for Human Development Board Directors, Pillar II Optimal Psychology Expert; and, Trailblazer in Advancing Mental Health by the Boris Lawrence Henson Foundation. She is a past president of the Association of Black Psychologists and the International Black Women's Congress.

RETREAT CO-FACILITATOR

DR. MAAT E. LEWIS

Dr. Maat E. Lewis is a licensed counseling psychologist and an Associate Professor of Counseling. She is former director of the Counseling Services Center at John Jay College|City University of New York and a past president of the New York Association of Black Psychologists. Dr. Lewis received a Ph.D. in Counseling Psychology and a Masters in Psychology: Organizational from Columbia University. Dr. Maat Lewis has a broad interest in spirituality and mental health. Her research is in the area of understanding the concept of spirit as a resource for stress, addressing religious and spiritual issues in counseling, and reducing the psychological impact of racism-related stress. Dr. Lewis recently co-authored an article titled Advancing African Psychology: An Exploration of African American College Students' Definitions and Use of Spirit in Times of Stress in the Journal of Black Psychology. Dr. Lewis facilitates a small psychospiritual counseling and consulting practice and facilitates guided breath work sessions periodically throughout the year with clients and the community.

Dr. Maat E. Lewis is Board Certified in African-Centered/Black Psychology, Certified in Transpersonal Breathwork and Psychotherapy, and an initiated practitioner of ancient Egyptian/Kemetic system of yoga.

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DR. SIRI BROWN, PH.D., CEO AND FOUNDER

For Questions Please Contact Dr. Siri Brown at tours@global-academics.org or (510) 649-5664

Global Academics is owned and operated by Dr. Siri Brown, a long-time educator in the Bay Area. Dr. Siri Brown is a two-time Fulbright scholar for abroad projects in both Brazil (2012) and South Africa (2019). The mission of Global Academics is to provide the most in-depth cultural immersion tour related services to fulfill your organizations objectives in adding Black World travel to your community work. The most unique aspect of our service is that we have years of experience in the countries and local communities you will visit. This depth of experience has resulted in relationships with internationally known Black artists, academics, intellectuals, and community leaders who you will meet, learn from, and enjoy during your time abroad with Global Academics.

Dr. Brown has over 20 years of teaching experience as a tenured faculty member in African American Studies at Merritt College, and part time in Ethnic Studies at UC Berkeley. She recently served as the Vice Chancellor of Academic Affairs & Student Support Services at Peralta Community College District and was the chair of the Ethnic Studies & Social Sciences department for over 10 years. Dr. Brown holds an M.A. in African American Studies and a Ph.D. in U.S. History with an emphasis in Early American, African American, and U.S. Women's History from The Ohio State University.