



# OPTIMAL PSYCHOLOGY RETREAT

Join Dr. Linda James Myers & Friends

Inaugural Retreat

A Journey of Sacred Self-Discovery, Collective Healing, &  
Sustainable Well-being



## Travel Dates:

7 days

May 18th (Sunday) –  
May 24th (Saturday), 2025

## Retreat Location:

Little Bay, Jamaica  
Coral Cove Wellness Retreat

## REGISTRATION & CONTACT:

[WWW.GLOBAL-ACADEMICS.ORG](http://WWW.GLOBAL-ACADEMICS.ORG)  
[TOURS@GLOBAL-ACADEMICS.ORG](mailto:TOURS@GLOBAL-ACADEMICS.ORG)  
(510) 808-5373

## Intentionally Created for...

Psychologists, Educators, Social Workers, Coaches, and Healers  
This retreat offers an affinity space for people of African ancestry and lived experience interested in deepening their own spiritual development and acumen by utilizing Optimal Psychology. Upon completion, participants will receive certification in Optimal Psychology Foundations Level I.

# Understanding, Living, & Teaching Optimal Psychology

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 across dimensions of cultural worldviews or belief systems based on the principles and values held. Differences include for example, the nature of reality (ontology) as a holistic and integrative spiritual/material unity versus fractured and fragmenting materiality with secondary spiritual aspects; the nature of knowledge (epistemology) multi-dimensional self-knowledge vs. external known by counting and measuring alone; the nature of values (axiology) highest in positive interpersonal relationships versus in objects and their acquisition; and logic (reasoning) being diunital--the union of opposites versus dichotomous--either/or thinking.

On this retreat participants will continue a sacred journey of multidimensional self-development learning & experiencing the lived deep thought wisdom tradition of optimal psychology in these critical times for themselves and the greater good of humanity. This opportunity will provide Level I Certification in Optimal Psychology, which offers a much needed africological method for uplifting humanity toward higher consciousness, building community, and breaking from mental bondage and conceptual incarceration. Participants will move toward a greater realization of psychological processes from suboptimal to optimal conceptualizations and practices illuminating the soul and a holistic sense of spirit.

## Retreat Topics & Activities

- Morning Sunrise Rituals
- Music and Dance as Lived Cultural Tradition Across Time
- Movement to Freedom from Incarceration to Liberation
- Ancient Alkebulan/African Based Breathwork and Meditation
- Emotional Cleansing, Release, and Rejuvenation
- 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
- Solutions and Triumph in a Toxic & Hostile Environment
- Increasing Radical Resilience and Responsibility
- Challenges as Opportunities for Growth
- Fusing the Sacred and Secular
- Creating Zola (love) to Ignite Ngola (healing energy)

### Retreat Cost Per Person:

\$4100 US double occupancy. Costs include accommodations, Ital and vegetarian (with dietary accommodations) meals, all retreat activities, retreat reading material. Add \$750 pp for single occupancy. Costs do not include airfare or transportation between the retreat location and airport.

### Payment Plan:

\$500 non-refundable deposit to secure your space. All deposits are due February 5, 2025. Participants can pay overtime. Total amount due (minus deposit paid) April 15, 2025.

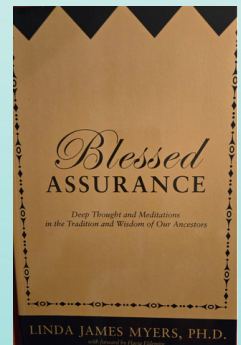
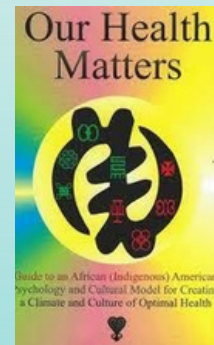
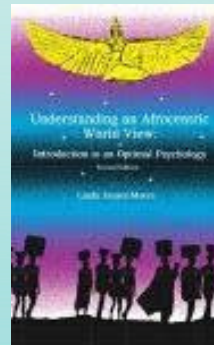


# Join Us to Revitalize, Replenish & Flourish



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.

Dr. 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.



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.

# Join Us to Revitalize, Replenish & Flourish

Dr. Maat E. L. 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 breathwork 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/Kemeti system of yoga.

## Global Academics



Global Academics was founded by Dr. Siri Brown who has been teaching and leading tours for over 20 years. She is a professor of African American and Ethnic Studies at Merritt College and U.C. Berkeley. She is a celebrated teacher who has impacted the lives of hundreds of students by helping them learn about the greatness of African/African American people and the critical way that race, gender and other constructs impedes our sense of self and community.

Dr. Brown holds a B.A. in Psychology and Ethnic Studies from the University of Washington, an M.A. in Black Studies from the Ohio State University, and a Ph.D. in U.S. History with an emphasis in Early American, African American and Women's history also from the Ohio State University. Dr. Brown is a two time Fulbright recipient for international projects in Brazil and South Africa. Her research centers on the racialized legal and social resistance to violence against women. Her areas of expertise and passion are on African communities in the diaspora and the means in which African people have used culture and resistance as a means of maintaining self-determination.