



# OPTIMAL PSYCHOLOGY RETREAT

A RETREAT WITH DR. LINDA JAMES MYERS &  
FRIENDS

## RETREAT DATES:

Thursday, May 28th -  
Sunday, May 31st, 2026

## LOCATION:

ANZA Retreat  
Oakland, CA



UPDATED DATES & RATES

as of JANUARY 2026



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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

**\$2,250**

- 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 March 15, 2026.
2. Register and [Make All Payments Here](#)
3. The balance and total due is required by April 20, 2026.

## REGISTRATION & CONTACT

[tours@global-academics.org](mailto:tours@global-academics.org)  
[www.global-academics.org](http://www.global-academics.org)  
510-649-5664

# 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

- Morning Rituals
- Music and Dance as Lived Cultural Tradition Across Time
- Regaining 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
- 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)





## RETREAT LEADER

# 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 LEADER

# 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.



# GLOBAL ACADEMICS

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

For Questions Please Contact Dr. Siri Brown at [tours@global-academics.org](mailto: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.