



Michael Senoff's

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Expert Interviews On Mind Body & Spirit

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INTERVIEW SERIES

**Did The Power Of Positive
Thinking Really Help Cure This
Senator's Paralysis?**

An Interview With Omer Rains



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Expert Interviews On Mind Body & Spirit

Dear Student,

I'm Michael Senoff, founder and CEO of HardToFindSeminars.com.

For the last five years, I've interviewed the world's best business and marketing minds.

And along the way, I've created a successful home-based publishing business all from my two-car garage.

When my first child was born, he was very sick, and it was then that I knew I had to have a business that I could operate from home.

Now, my challenge is to build the world's largest free resource for online, downloadable audio business and health related interviews.

I knew that I needed a site that contained strategies, solutions, and inside information to help you operate more efficiently.

I've learned a lot in the last five years, and today I'm going to show you the skills that you need to survive.

It is my mission, to assist those that are very busy with their careers.

And to really make my site different from every other audio content site on the web, I have decided to give you access to this information in a downloadable format.

Now, let's get going.

Michael Senoff

Michael Senoff

Founder & CEO: www.hardtofindseminars.com

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Published by:

Michael Senoff
JS&M Sales & Marketing Inc.
4978 Gaylord Drive
San Diego, CA 92117
858-234-7851 Office
858-274-2579 Fax
Michael@michaelsenoff.com
<http://www.hardtfindseminars.com>

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Doctors are still baffled...

Did The Power Of Positive Thinking Really Help Cure This Senator's Paralysis? An Interview With Omer Rains

Omer Rains is probably best known for his role as a California Senator back in the 1970s and 80s. But later on, when he was 61, he suffered a brain aneurysm that should have ended his life or, at best, left him in a vegetative state. He spent a month in ICU, was carried home in a gurney, and was told by doctors he'd never walk again.

But Omer had other plans. And in this audio, you'll hear the amazing story of the full recovery he made that may have you rethinking the power of your thoughts, beliefs, and goals.

You'll Also Hear...

- The three things Omer says all successful people have in common – do you have these traits?
- The escalating factors doctors believe led up to Omer's aneurysm (he had no medical predisposition or physical warnings)
- Why doctors specifically told Omer not to try to "fix" his paralysis, why he did it anyway – and how
- A quick story that may have you questioning every "coincidence" that happens in your life
- Why "giving back" is so important to your own personal health and the amazing ways Omer is doing it

Omer says you shouldn't be in awe of the "great people" in life. Everyone falls, so it's not a matter of how many times it happens. It's how many times you get up that affects your success. And in this audio, you'll hear all about the mindset that makes for greatness, and Omer's amazing journey finding it.

Hi this is Chris Costello and I teamed up with Michael Senoff, to bring can bring you the world best health-related interviews. So if you know anyone struggling with their weight with cancer, diabetes, ADHD, autism, heart disease or other health issues send them over to Michael Senoff's [HardToFindSeminars.com](http://www.HardToFindSeminars.com).

Chris Today we have former Central Coast Senator Omer Rains with us. Omer, thank you so much for joining us.

Rains I'm delighted to join you Christen, very much so.

Chris So you've got quite a story. We're to be talking about the your book, Back To The Summit and you're a former California Senator a politicians on the global stage, a power broking lawyer of A-list celebrities and you've conquered some of the highest mountains in the world. Really an active kind of a guy. But something happened to you when you were sixty one years old. What happened?

Rains As I approached the age of 61 I suffered the greatest challenge I had ever encountered. And I had encountered quite a few throughout my life. But at that time I suffered a ruptured brain aneurysm and after ruptured brain aneurysm and an associated stroke that should have killed me, or at best left in a vegetative state for the rest of my life.

Chris Do did you have any warning about this time? Or the events unfold?

Rains I had no warning whatever, and apparently I had no genetic predisposition. But a cascade of events that occurred within about nine month period starting with the death of my mother, very unexpected, then my only sibling, my brother and my father to my mother had been married fifty six years was failing fast. And then while shouldering all of what had already happened. My wife of approximately 30 years filed for divorced. And the doctors don't know but they think the stress simply overwhelmed me and my body broke. In any that I ended up in a hospital in Sacramento California, I have no idea how I got there. Then I underwent about a 9 hour brain operation involving a lot of doctors and a new procedure and trying to address a brain aneurysm that had not been tried before, at least in Northern California. Thereafter I was in a coma for eight days and when I came out of the coma, I was in critical condition, near death in ICU for well over a month and when ultimately I was allowed to leave the hospital I was carried home on a gurney paralyzed and I was told that I would never walk again.

Chris When they did the surgery it was the first time this had been tried, right, on somebody with an aneurysm?

Rains Apparently so. The technique developed very recently in London and lineup many, many miracles is that this particular hospital had on staff for a short time, the only doctor in Northern California who's been trained in this new technique in London. And as it turned out I was the last patient, he saw. I mean there were multiple physicians involved in the operation, but this physician, who actually was an interventionist radiologist of all

things was the lead position and I was the last patient he saw before he left the following morning on a preplanned trip to his home country of India.

Chris You had a lot of really incredible synchronicity come together to kind of keep you alive at that point, it sounds like.

Rains A number of them, yes, and of course that's what the book is all about the steps toward recovery, which are accompanied by flashbacks and flash forwards chronicling one challenge after another that had already been overcome during my life, and how those life experiences might have enabled me to overcome what the doctor said it would not be possible. I just wanted to again lead an active and meaningful life.

Chris And so let's talk a little bit about when you were a Senator here in California you did a whole lot of environmental work. You really made a big difference in the lives of us Californians out here. What was that like to go from somebody that was such a mover and shaker to basically helpless, right?

Rains Well that is true, not basically helpless but helpless, but my legislative career was very rewarding. I don't regret a second I ever spent in public service. I will add I'm awfully happy I'm not there today. But what I do today is equally if not more rewarding because I moved today is very spiritual in and of itself, and it enriches me in all sorts of ways.

Chris Yet another interesting thing that you said Omer, in Back To The Summit you right a very moving letter to your son, you have in the book. And it talks about, you know a lot of people in your career. Jimmy Carter. Name a few more of them for us.

Rains Jimmy Carter, Ronald Reagan, ironically I was very close to each of them. And I think seven different presidents. A lot of international leaders I was very, very good friends with Evil Knievel. Steve McQuess, with Johnny Cash, with Charlton Heston and a lot of other Hollywood celebrities. I represented great corporations, PCI, the world 's largest cable television company, Ticketmaster, the Sacramento Kings NBA and many, many others. So yes I did know a lot of people and the Dalai Lama, Nelson Mandela for whom I served as an advisor for the South Africa Constitutional revision commission. So I've been very blessed. The point I was trying to make in that letter is that, my son's name is Mark, Mark, I really don't know what distinguishes the so-called greater famous people of this world from anyone else because we all put our pants on one leg at a time and you know it may be a matter of inheritance. It may be a matter

of wealth. It may be a matter of luck. But really we're all very much the same. I really wanted to emphasize that he ought not ever stand in awe of another person. That he will fall, he will fail because we all do from time to time and it's not how often you fall but, how often you get up. And yeah the letter meant a lot to me at the time I wrote it and it was written in the aftermath of one of my challenges. A prior challenge that I had overcome and also written on the occasion of his graduation from high school, so I meant to inspire him because the future was bright for him. He today is a tenured professor of hydrology, geology at the University of South Florida in Tampa. In fact, this year he's on a sabbatical in Alaska and Montana and places. Has distinguished himself all my children have. You know I truly believe what I say that anyone of us with enough willpower and determination and God-given ability has the opportunity to rise to the occasion and to enjoy happiness in a meaningful life.

Chris Right Omer and one the things that really stood out in Back To The Summit is your ability to connect with all sorts of different people. I mean, you mentioned Jimmy Carter, Ronald Reagan, you mentioned that you were close to Ronald Reagan, despite I'm sure the differences that you had. And then of course your recovery from the aneurysm and the stroke must have required incredible amounts of flexibility and creative thinking on how to recover. What created that you? How did you become such a connector with people?

Rains I had never once stopped working from age 11 on, not once. So I had a lot of tenacity, determination and willpower. And indeed when I left the hospital the doctors advised me and admonished not even try to get out of bed, not even try to overcome, but it struck me down because they feared that I would fail and that I would suffer even further injuries end up back in hospital and possibly kill myself inadvertently. But they didn't understand, well I think they did understand my life experiences. To this day I'm told repeatedly by the doctors who were associated with my recovery that there is absolutely no medical explanation for the recovery I made none, and indeed none really for me even being alive. You know I've pondered a lot about why I've been so blessed. You know, some people, including one doctor that are not very religious, but the only explanation I have is that the Creator's not finished with you yet. Others have said no, my lord because of your life, because of your obstacles to overcome, your encounters overcome that you simply have developed so much willpower so much tenacity so much drive so much determination that it had in one fashion or another enabled you to do things that perhaps others wouldn't try. You know it started out by trying to move and when I tried to move just to bed the next thing was to try to get out of bed and you know I fell

crumpled on the floor. I had a very positive feeling about it. I had done something they said I could not do, and thereafter one step at a time. When they told me I would never walk again. I didn't say this aloud to them that I had my own goals. I mean, I was determined that I would walk within 30 days, that I would shoot hoops within 60 days. I have my own timetable that I would do some spring skiing within 90 days. That I would play some softball and tennis, with 120 and thereafter, everything. And I did. And you know it's been written up quite a bit in the medical community talked about quite a bit. I don't know. I do believe that miracles occur, but I also believe they're usually accompanied by a heck of a lot of tenacity, determination and willpower. And also you know I do a lot of meditation and I certainly had a lot of time lying in a paralytic state because I was paralyzed for a long period of time, and later in life I had taken refuge into that Buddhism I also did transcendental meditation. I think that helped me it helped quiet my mind. It helped me thank that I've been blessed to have had a marvelous life, and I've got to get back to that point again. And I also had a strong support group know some people really, really hurt me by not being there for me but I had people come from overseas to see me, from all over the United States, people local that would come and visit and I was at that time recovering in Carmichael, California suburb of Sacramento, but I had one friend in particular a man named George Kolodny would drive down repeatedly from Lake Tahoe to be with me. And I have been very, very close and remain close, and we are very close today. And I think all of that factors in the equation, and I tell you exactly why I'm alive, why today I go to libraries, and economic development projects, and women's empowerment centers in Nepal and India and Bhutan. I am able to build orphanages down in Nicaragua and Bolivia and elsewhere, I can't answer the question. All I know is that I've been given this opportunity and I'm going to dedicate my life to it, and I have ever since I recovered it was a defining moment in my life. No doubt about it.

For more interviews on health, mind, body and spirit, go to Michael Senoff's [HardToFindSeminars.com](http://www.HardToFindSeminars.com).

Chris So the stroke and the aneurysm. It sounds like really dramatically shifted your focus.

Rains I served for a long time of president and chairman of the board of READ global read is an acronym for Rural Education and Development, and we build libraries and economic development projects and women's empowerment centers in rural and remote parts of the lesser developed world. Most of our focus right now is in areas of Asia, where the rate of

illiteracy is extremely high, and it wasn't and that many decades ago where in Nepal, for example, was actually against the law to learn to read or write because the monarchy did not want an educated populace so only members of the monarchy had the ability to read or write, and we set out to address that problem. And we did it right during the Maoist insurrection in Nepal. And almost all INGOs, International Nongovernmental, Nonprofit Organizations left the country during those years. We did not. We were never bothered because we assiduously stayed out of politics we made it clear that we were there to help people, help people to learn to read to write, and to prosper and that was our goal. Nothing else. And both the monarchist and the insurrection led by the Maoist left us alone. As a result, we developed over 50 projects in that 1 country alone and North, South, East, West, high in the Himalayas, where I continue to work near Mount Everest in the Annapurna range areas in Delhi Gary and the great mountains of the world and also down in what we call the Teri or their lowlands, about sea level near the border with India. And then we had the great opportunity to receive substantial funding from the Bill and Melinda Gates foundation and that enabled us to enter India and to begin to do work in various parts of India and West Bengal and metaphor in Haryana and Rajasthan and all over the country, and thereafter we entered Buton. So It's a very, very good active and highly recognized organization now and I feel wonderful about the work we do. It enriches me more than it probably enriches the people we help. And the same is true separate and apart from me with orphanages and schools that my family is involved in in Latin America. It just does a lot for the soul.

Chris Former Senator Rains if people want to find out more about your work and then of course also back to the Senate, where can they find out more?

Rains Well I'll give you 2 website addresses one is www.backtothesummit.com. All written as one word .com. The other is my personal website which is www.senorains.com. www.senorains.com, www.backtothesummit.com. and it speaks volumes. In the book. This is very meaningful and it warms my heart, because I have some rather extraordinary testimonial. Finnerty, a claim for the book written by academicians, written by scientists, written by people who are in the publishing industry at the highest possible level. Many doctors, a number of athletes, certainly some actors and actresses out of Hollywood, perhaps most of all, by some people that I worked with in villages in the developing world. There weren't that many to get galley proofs of the book in advance but, they wrote very, very moving testimonials. And they're found right in front of the book and found the website as well www.backtothesummit.com and I think they speak volumes about the book.

Chris And it is, it's an extraordinary story of recovery and dedicating your life to doing something that really matters. And Senator Raines, we want to thank you so much for joining us and we look forward to hearing more about what you doing in your various projects and wish you the best.

Rains Thank you so kindly. You have a blessed day.

That's the end of our interview, and I hope you've enjoyed it. For more great health related interviews go to Michael Senoff's [HardToFindSeminars.com](http://www.HardToFindSeminars.com).