

Psychic exploration relieves tensions

By VICKI DAUGHTRY
Staff Writer

You can do it in bed. You can do it in the shower. You can even do it in class. Wherever the place, meditation and psychic exploration can benefit your mind, body and even studying, according to local psychic healer and counselor Susan Reintjes.

"Everyone is psychic," Reintjes said, "but the degrees are different." By becoming "in tune" with his mind, a person experiences greater degrees of relaxation. This relaxation can be conducive to better eating, sleeping and studying habits, Reintjes said.

"Through psychic exploration, you can find peacefulness and power," she said. "It helps you create your own reality and become master of your world, as long as your motivations stem from love and sensitivity."

Although students often claim to work better under pressure, Reintjes said, "This is probably a result of their being accustomed to this type of studying, however, this type of studying might not be the best way."

"When you relax, you not only learn better, but you also learn how to study more creatively," she said. "Finding a spot in the woods or listening to a classical music station on the radio might produce an atmosphere which is unique to that student and therefore makes studying much less of a tedious task done at a desk," she added.

Besides helping people reach higher levels of relaxation, psychic exploration can help them discover who they are and even who they've been, Reintjes

said. "By helping you see more clearly your good and bad habits, your strengths and weaknesses, psychic exploration teaches you how you fit into this vast society," she said.

Although psychic exploration is widely practiced, many people are unsure of their feelings towards its validity.

"Those who are skeptical about psychic healing should open their minds to realize that there are different ways of approaching problems," said Barbara Hartley, manager of educational services at the Community Wholistic Health Center in Chapel Hill. "Here at CWHC, we believe that the mind controls the body. Outside pressures such as stress from classes or relationships can create physical as well as emotional problems."

Reintjes said she recommended using the power of the right side of the brain to combat stressful pressures.

"Western culture concentrates on the use of the left side of the brain, where math, analysis and language are done," she said. "The right side is in charge of creativity and psychic ability. Everyone can benefit from a more equalized use of these two sides."

By exploring psychic ability, a person can achieve "clarity of vision," Reintjes said, which can be helpful in choosing a career and in studying. Clarity of vision can increase memory and senses, making the person "finely tuned," she said.

Classes, guided visualization, reading and tapes can guide an interested person through his or her psychic experience.

Practice and meditation, Reintjes said, are essential to developing individual intuitive, or psychic, energy.

Awareness of signs of psychic ability also is necessary to develop the highest potential of psychic ability, she said.

"You must be constantly aware of coincidence and synchronicity. Everything that happens to you has some sort of meaning," Reintjes said.

Psychic exploration and meditation are only successful under certain circumstances, Reintjes cautioned.

"The reasons for using psychic work should not be based on greed or any other negative feeling because they will prohibit the success of the psychic process, which is based on the use of positive energies such as love and sensitivity," she said.

To successfully meditate and explore psychic ability, Reintjes said, a person should clear his mental energies of negative feelings and focus on positive feelings.



Susan B. Reintjes, a psychic counselor and healer, confers with a patient

DTH/Larry Childress

Counselor uses her psychic abilities to help others

By VICKI DAUGHTRY
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Although most people with psychic ability are unaware of their talent, Susan Reintjes has known all her life that she possesses a special ability centered around her sixth sense.

"I worked for years to gain a balance and awareness so that I could handle the energy I receive," said Reintjes, a local psychic healer and counselor. "It's a great responsibility on my part."

Reintjes said, "The first clue to psychic work is sending out a lot of love."

"Most psychics feel what their clients are feeling," she said. For this reason, psychic counselors must be very stable about their own identities.

The psychic energy transferred to the psychic counselor or healer enables the healer to identify the problem more clearly and discover otherwise unknown details.

Reintjes received her Master's Degree in French from UNC. Prior to becoming a psychic healer and counselor, she taught French and dance.

As a student, Reintjes said, she could read professors' minds and determine what would be on a test. But she said she limited her ability so she did not violate others' privacy.

As a professional, Reintjes has used her psychic ability to help solve crimes and find missing persons in the Chapel Hill area.

In helping solve crimes by psychic ability, a practice which is gaining in popularity, a group of mediums, or psychics, gathers and surrounds itself with positive energy, Reintjes said.

"You request any information that is needed to solve that crime," she said. "You act as a channel for this information. Everyone is in a quiet, meditative state. Different information

can come through different psychics."

Reintjes' job, however, is mainly one of psychic counseling and healing. She helps people discover their past lives and interprets what these past lives have contributed to their present lives.

Reintjes can also use her psychic power to heal physical problems, she said. She explained that she communicated with "past persons" and helped some patients live out past traumas that might be causing problems in their present lives.

Reintjes counsels a wide variety of types of people. "I see a wide range of ages and professions. Some people come for health reasons, emotional needs or interest in exploring their potential in psychic development," she said.

Although her job requires knowledge of a wide range of areas, Reintjes has a special interest in the treatment of eating disorders such as anorexia nervosa and bulimia. This special interest is due to her own struggle with anorexia, she said.

Reintjes is working on her own book about her experiences with the disorder. "There are many books about anorexia nervosa, but I feel that I have something special to offer since I can give my points of view both as a professional concerned with helping the disorder and a victim who has lived through the disorder," she said.

Reintjes also lectures about her experiences with anorexia and psychic healing and development. She conducted a workshop in a four-part series entitled "Mind Your Own Mind," sponsored by the Carolina Union's Weekly Features Committee earlier this semester. In the workshop she discussed the many uses of developing a person's sixth sense and provided suggestions for furthering that development.

"Were I not able to use my ability to help others with their problems or to help them develop their own ability, I would feel that my talent was useless," she said.

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