

Spiritual Frontiers Fellowship
presents

***Lightening Your Load ~ Clearing the Physical,
Mental, Emotional, and Spiritual Bodies***

Each human being is a microcosm of the larger world—we are both material and mystical—and our efforts to find and maintain our own inner equilibrium reverberate and affect the world at large. When we are in relative balance, we have enormous potential for manifesting creative good.

In our modern world, though, an overpowering emphasis on the material upsets our optimal balance and consequently the balance of the planet; we see this in the myriad environmental, social, and political issues of our time. Many of us have been pulled away from the mystical side of our natures.

Susan Reintjes will teach us some simple techniques for gaining (or regaining) our material–mystical balance. When we enjoy the natural lightness of being that is inherent to each of us, we are able to alter and heal the larger imbalance of the planet.

For every aspect of our lives, we can learn how to “take out the trash”: clearing out piles in our homes, dispelling old emotional patterns, activating stagnant meridians in our physical bodies, and using our breath to access our “spiritual mountaintops.” Most important, we can get in touch with the obstacles keeping us in habitual patterns of procrastination and attachment. Often the key to getting unstuck is to acknowledge the weaker areas of our natures, so we’ll label one weak area and make a plan for strengthening it to move us forward and away from stress and drama. *(Bring paper and a writing instrument for this exercise!)*

Susan is a psychic and teacher who has been in private practice for 28 years. She has a Master of Arts in teaching from UNC–Chapel Hill and an advanced parapsychology and mediumship degree from Delphi University in Georgia. Through her emphasis on intuitive development and dream analysis, she facilitates transformation for her clients in all areas of life, including health, relationships, career, and spiritual purpose. In 2003, Susan published *Third Eye Open: Unmasking Your True Awareness*, a guidebook for developing psychic abilities and interpreting daily spiritual lessons. By learning to decode cryptic messages in encounters, dreams, animals, machinery, and weather conditions, she explains, we can uncover vital spiritual data to discover compassion, health, love, and wisdom.

To learn more about Susan Reintjes and her work, and for contact information, go to www.ThirdEyeOpen.com.



Susan Reintjes

Thursday, October 1, 2009

3313 Wade Avenue, Raleigh, NC

Admission: \$10;

\$8 seniors & students

Doors Open - 6:45 PM

Meeting - 7:15 PM

Early Meditation - 6:30 PM (free)

Visit us online at www.Spiritual-Frontiers.com.

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