



# Lila Delman Real Estate

Newport Narragansett Jamestown Watch Hill  
34 Narragansett Avenue, Jamestown 401.423.3440



**Jamestown-Open Sun 1-3-16 East Shore Rd**  
Lovely waterfront four bed, four bath beach cottage with separate guest quarters. 248 feet of rare beachfront, dock and mooring. **\$1,799,900**



**Jamestown-Open Sat 12-2 - 1 Davit Avenue**  
Spacious contemporary with a naturally lit open floorplan, home offers great expansion possibilities. Recent updates. **\$379,500**



**Jamestown-New Listing-Stunning panoramic**  
waterviews. Spacious shingled cottage to be built with high-end finishes & versatile open floorplan, hardwoods/stone floors, 9' ceilings. **\$1,450,000**



**Jamestown-Charming 1476 sq.ft. Victorian**  
offers 3 bedrooms and one full bath upstairs. A lovely upgraded year-round porch, large living room, dining room and eat-in kitchen. **\$420,000**

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Dr. Santi Meunier

## Island therapist helps clients realize potential

By Eileen M. Daly

If the idea of living fearlessly appeals to you, but you're not quite sure how to go about it, then Dr. Santi Meunier is the person to see.

Though it has taken Meunier many years to uncover and develop the spiritual beliefs that form the basis of her program, "Practical Spirituality for Fearless Living," as long as you are willing to do the work, Meunier can show you the way.

Meunier is a Jamestown psychotherapist and author of four self-help books, including "Dying for a Drink: The Hidden Epidemic of Alcoholism." In 1992, she founded the Galactica Institute for Personal and Professional Development.

Though she now makes her living as a therapist and inspirational speaker, Meunier got her professional start in the filmmaking industry.

It was during a trip to Egypt as part of a work assignment that she had what she describes as "a huge epiphany" while touring the Great Pyramids.

This spiritual experience, she said, caused her to change the direction of her life and pursue a career in the helping profession.

Meunier went back to school and received a bachelor's degree in psychology from Vermont College, and later, a master's degree in counseling psychology from Norwich University. Eventually, she went on to earn her doctorate degree in chemical dependency from Madison University.

Though Meunier has a traditional academic background, her practice is anything but traditional.

She incorporates disciplines such as yoga (she is a Phoenix Rising yoga therapist) and hypnosis (she is a certified hypnotherapist), along with more traditional methods such as journaling and talk therapy to assist her clients in overcoming self-defeating behaviors.

Meunier acknowledges that she often "operates outside the box," and points to her long association with groups such as the Kripalu organization in Vermont as an example.

But, she said, she is not in the business of dragging along people who are not interested in doing the necessary work.

"It is hard enough to do the work when you want to, but if you are looking for a babysitter or a Mama, I'm not it!" she said. "Without at least a grain of willingness, the work is exhausting."

For clients who show that grain of willingness, however, Meunier is willing to do whatever it takes to help.

She refers to people as "spiritual beings having a human experience," and said she does not have an attachment to any particular definition of God.

Rather, she said, she uses whatever tools help her clients to move through fear and reach their potential. She mentioned the Japanese philosophy of Loreto as an example of her fluid approach.

"They say 'water bears no scars,' and like a stream of water flows, I go with the flow," she said.

When push comes to shove, though, Meunier describes her own personal beliefs as "probably

## FEELING SPRING COMING ON? INTERESTED IN SELLING OR BUYING?



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