



When I initially contacted Regina I was uncertain what to expect. It was a difficult time in my life and I really didn't want some stranger I found on Face Book telling me how to live or pointing out the facts that were already quite obvious. However, within the first 5 minutes of our initial conversation I felt as though I wasn't talking to a stranger, but to someone I had known a very long time.

Although Regina did most of the talking, she immediately began opening my eyes to see the many wonderful, positive aspects of life. Our first conversation was perhaps an hour long and before we said goodbye I already felt the burden I was carrying start to lift.

During the conversations that followed, as Regina began sharing with candid honesty the wisdom she acquired throughout her life experience and self-reflection, I began to understand we were more alike than different. Our similarities created a pathway to trusting and honoring my truth. With patience and understanding Regina challenged me to question each of my thoughts. "Are they true in the moment?" With practice, this simple request enabled me to move out of living in a past filled with pain and suffering and into the passion and beauty of life in the present. To me the foundation of Regina's life-purpose is that of assisting others to find the spaciousness of life through personal responsibility, self-love, compassion and the goodness of their heart by questioning negative thoughts and learning to quiet a runaway mind.

The most rewarding gift Regina gave me was that I am the most important person in my life and all the power necessary to affect change in my life comes from within. She reflects the universal truths that are in the heart of each of us. She connects us with our own desire to know ourselves and live from a deep conscious awareness.

It is Regina's unwavering belief, sharing and guidance that empowered me to make life-altering changes, creating inner balance and harmony. She lives, breathes and feels her life with the same positive enthusiasm with which she guided me on my own unique journey. Her positive enthusiasm is extremely contagious.

She asks for nothing in return other than the willingness to be honest, and to speak and act with positive purpose. She asks we lead by example, to be the change we wish to see in our lives and in the world.

Cindy Nielson, Sandy, Utah