

For a year I have worked closely with Regina on many challenges and opportunities. With her loving support and vigilant awareness of ego my life has unfolded with magnificence and peace. With her guidance and wisdom I have released myself from ego's control.



This peace did not come easily. I remember the moment with Regina when I was faced with the life transforming decision that would free me from the mediocrity of a pseudo spiritual life. I was caught up in blaming someone for the unhappiness and turmoil that surrounded my relationship with them. I was explaining to Regina how this person was wrong for doing what they were doing to me. My statement was received with silence, the kind of silence you hear just before crap starts hitting the fan. Then in no uncertain terms, Regina dug in, "If there is one thing I cannot stand it is people claiming they are spiritual but not acting like it." I felt the wind being knocked out of me. Later I realized it was my ego that doubled over from the blow, not *me*.

Regina's uncompromising response put a spotlight on my hypocrisy pointing out my ego was running amok and had been for some time. She told me she would no longer waste her time and mine if I was going to deny it. I thought, 'Surely she can't be referring to me, after all I was a spiritual warrior.' Before I could finish saying the words, 'But let me explain,' I sensed she was going to hang up the phone. Then I woke up! Just talking the 'spiritual' talk wasn't going to cut it anymore. I needed to walk my talk by living from the Truth I know within my soul. My happiness depended on it.

I offer this testimonial with loving sincerity for those who seek a radical shift into a higher consciousness and way of being. Know Regina's way is that of the true Spiritual Warrior, steeped in uncompromising integrity, directness and unwavering love. Also know sometimes it takes being opened up by the sword of truth she wields in order to be free of ego so we connect with and live guided by our higher self. In this way Regina helped me to live with an ever expanding awareness of how my thoughts directly affect my experiences and of the importance of keeping constant vigil over ego.

I am eternally grateful for the wisdom and guidance Regina offers. The extraordinary gifts she has to help us transcend ego and live from Spirit is bringing a new level of conscious awareness to the planet.