

When I started conversation with Regina I was at a point in life where I felt completely helpless to do anything positive. The way I saw it, I was being directed by chance or fate; I was just hanging on, hoping things would get better.

Slowly, as I began to assimilate the tools Regina revealed to me, such as to think about what I am thinking while I am thinking, I began to see I am in control of all that happens in my life. She taught me how dwelling in a painful past or living for what might happen in the future robs us of the only time that actually exists for us: now. Today, when I am hurt or annoyed, I ask questions of myself to identify why my ego has been pricked. I remain connected to my thoughts and motivations. This helps keep me present with what is happening right in front of me.

Regina helped me learn my attitude, focus, choice of words, and actions are what shape my present and create my future. I no longer feel like a puppet being controlled by outside forces. Regina helped me learn I am the one in charge of creating the life I want.

