

Regina LIVE!

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"My name is Regina and I am a Spiritual Being on a great human adventure. I was born with the gift of seeing beyond the human condition to help people connect to their soul. Guiding you on the journey of learning to Lead With Your Heart is my passion."

Join me...

from the privacy and comfort of your home or office for a 6 week jam-packed group telephone conference. This is a powerful, respectful, and safe space for you to ask questions, share your experiences, and participate in the dynamic live discussion.

In our wisdom gatherings I will share how to:

- Nurture and care for wounded ego-child
- Love yourself first to love others well
- Release fear and anger to forgive and move on
- Positively deal with challenges and people who push your buttons
- Master a mind with a mind of its own
- Create life with positive purpose

Cost

\$150 includes six ninety-minute sessions, one private one-on-one session with Regina, and MP3 recordings for later listening.

When

**Saturday mornings 9 a.m. PST
February 4, 11, 18, 25 and March 3, 10**

Yes,
you can transform your
life into the one you
really want!

"Coming from a wise and centered place, Regina puts things into perspective. She cuts to the chase. One conversation with her and you know that whether on sacred ground or in some high-tech corporate environment she is the real deal. She embodies living a spiritual life in the real world. She just 'gets it.' Regina walks her talk." - Vicki, California

*"Working with Regina is a revelatory experience. Her warmth, wisdom, intuition, and strength take you to a deep place of healing. She is right there with you all the way, easing you through the process. The growth I undergo, so much healing in such a short time, is hard to believe. She is an angel, truly helping everyone she meets."
- Christopher, California*

*"Regina reminds me how powerful I am when I assume responsibility for my thoughts, words and actions. Although it sometimes feels like a slow process, the payoff from listening to and acting upon her powerful, wise guidance is magnificent! I am intentionally creating the life I want to live!"
- Sunny, New Mexico*



Regina Cates
Spiritual Teacher & Author