



*Getting to know the Authors of*

## **Soul Whispers III**

*Soul Wisdom for Living the Life of Your Dreams*



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**SWP: What are you most proud of accomplishing so far in your life?**

I am most proud of who I've become as a person. I am finally really happy with who I am and my life, regardless of my circumstances. There is a place of deep peace and stillness in me and I now have a deep love that pervades most everything I do. I am satisfied by much less and yet my standards for me and my life are much greater than they've ever been. I walk deeply and closely with Spirit and I adhere to its guidance. I'm able to let go of what I thought was important and my direction, often now in a moment and without regret, in order to stay on the right path, protected and moving forward. This inner guidance I receive throughout my day lets me "exhale" and relax on a very deep level, even when I'm busy handling a lot of life's circumstances. This, combined with guiding others to find their path to greatest joy, love, expression, healing, abundance and leadership brings me such joy, nourishment and fulfillment. It makes my whole being smile. And yes, I have moments when I get stressed but I quickly return to this place of deep peace and stillness.

**SWP: What brings you the greatest joy in life?**

There are so many things that bring joy into my life and they all have to do with being "connected". I love being in nature and feeling the unlimited expansiveness of it and its beauty, grace, power and energy. I also love being connected with my friends, family, clients, mentors, colleagues and in community with others... being in joy with them, sharing our lives and when and wherever possible, making a difference. My greatest connection is to Spirit. I believe because of it, beauty, grace, love and joy flows through me and my connections... as well as the guidance and courage to make miracles happen. Being able to recognize and feel this special connection *in the moment and share it with whomever I'm with* is one of the greatest joys I have in my life. And yes...I love to sail, kayak, hike, enjoy the arts, travel to extraordinary places and eat wonderful food. Even when I'm enjoying these things, it's all about the connection I feel in the moment - to the person, place or thing of beauty I am witnessing.

**SWP: What books have most influenced your life?**

Books have always influenced my life. I started studying textbooks when I wanted to be a heart surgeon at 7 years old. Little did I know back then that the kind of heart surgeon I would eventually become would be an energetic and spiritual one. I love to read adventure, love stories and books about spirituality. I especially love reading true stories about the human spirit and stories that took place in Africa, Italy or the Caribbean. I don't really have favorite authors, but rather favorite heroes. Some of my favorite heroes include Karen Blixen, Denys Finch Hatton and Beryl Markam for their experiences in Africa, as well as Amelia Erhart and Nelson Mandela. All of these people deeply honored being true to themselves. Nelson Mandela and the Dali Lama I admire the most for their courage and the difference they have made in the world.

**SWP: What is your favorite quote, by whom, and why?**

I have several actually.

- Henry David Thoreau: "Go confidently in the direction of your dreams! Live the life you've imagined".
- Carl Jung: "He who looks outside dreams; he who looks inside awakens."
- The Dalai Lama: "Be kind whenever possible. It is always possible". "Happiness is not something ready-made. It comes from your own actions." "If you want others to be happy, practice compassion." "If you want to be happy, practice compassion".
- Rumi: "Your task is not to seek love but merely to seek and find all the barriers within yourself that you have built against it."
- Nelson Mandela: "It is better to lead from behind and to put others in front, especially when you celebrate victory when nice things occur. You take the front line when there is danger. Then people appreciate your leadership". "There is no passion to be found in playing small - in settling for a life that is less than the one you are capable of living".

**SWP: What inspires you to write and why?**

Writing is one of the things that brings me great joy. I used to hate it, avoid it and procrastinate forever. I've written many business, marketing and strategic plans in my career and those always came to me pretty easily. But writing personally...my oh my...this really didn't become a joy for me until two things happened. The first: having a BIG miracle happen in my life. *A miracle so big that my need to share it for the benefit of others* outweighed my shyness, desire for privacy and need for acceptance. The second was the deepening of my connection with Spirit. Since then, the words come effortlessly. Writing has become an activity where I am in a deep flow with the Divine and have so much fun doing it!

**SWP: What inspired you to write your chapter for *Soul Whispers III*?**

Being part of the Soul Coaching® community, I knew about the *Soul Whispers* Trilogy and when I saw the title of this book, I just had to become part of it. I have always believed it's possible to "live the life of your dreams". I am incredibly happy to be part of this beautiful book! I wanted to write about "The Role of Soul in Healing" because *accessing and following Divine guidance is the most profound thing I've done to transform my life*.

**SWP: Who or what influenced your writing once you began?**

I shared my draft with a few of my spiritually-oriented friends, one mentor and our editor, and really took to heart their comments. It made it a much stronger and clearer chapter.

**SWP: Have you ever had writer's block? If so, what do you do about it?**

Yes, I get writers block, but not probably how you'd expect. Writing content comes easy to me. But writing about myself - i.e. My Bio and this Author Interview has been challenging. To get over it, I give myself some space - write a draft, then let it rest. Pray and Meditate. Walk in nature. Read it to someone I trust and incorporate their feedback. I also always have a cup of really good green tea by my side as I write. It "keeps me company" and gives me something to do while I ponder. And other times, I'll clear the energy in the room with a sacred spray or do some feng shui if I'm called to do so. When all else fails, I give myself a deadline (ie. I have to finish this today... period!)

**SWP: What are your thoughts on being part of this anthology of writers?**

I am very honored to be part of this anthology of writers. Their stories are amazing and so is their wisdom. They are such beautiful people - I would love to meet them all!

**SWP: Did you learn anything from the process of writing your chapter?**

How much we need to *create our outer life that supports us following our inner wisdom* in order to be truly healthy, happy and who we are. It reminded me how much I really believe in everything I wrote and how it continues to make such a difference in my life. It also showed me that I now have the courage to speak my Truth and the joy it brings me when doing so.

**SWP: Is there a message in your chapter that you want your readers to grasp?**

To remember that more than anything *focusing and being LOVE* will bring you the life you seek. I will be expanding upon this one bit of wisdom, and what it means to "*be LOVE*" *in your heart and your life* in my future writings. I really invite you to read my chapter!

**SWP: Can we expect any new writing from you in the future?**

YES, I definitely plan on continuing to write! *I would love to expand my Chapter to become a book.* There is so much more to my story and lessons I've learned that I believe would be helpful to others. My intention is to now build a wonderful, successful business helping professional women create the lives they truly want. Leading their lives, businesses and communities to their greatest light, love and expression.

**SWP: If you could leave your readers with one bit of wisdom, what would you that be?**

*I invite you to take this book to heart.* With all the potential we now have to live truly amazing awakened lives, I invite you to become grounded and aligned with Spirit. To discern true Divine guidance, take timely action and stay on the right path. And, I invite you to lead your life, business and community to your greatest expression of life, love and abundance.

**SWP: Do you have any upcoming appearances and where can we purchase the book?**

Yes, I will be making several appearances, locally and nationally. My next one is at the Massachusetts Conference for Women in Boston, MA on Thursday, December 6, 2012 - [www.maconferenceforwomen.org](http://www.maconferenceforwomen.org).

I invite you to come to my booth at the show and check my website [www.KRegnante.com](http://www.KRegnante.com) frequently for updates on upcoming appearances, programs and to obtain copies of our beautiful book. Please also contact me if you would like me to speak at one of your events.