

The Limitless Life Experience Podcast

The Convo About How You Can Have it All with Regan Hillyer

Transcript

That's just a really practical way. You know, there's many people who are like - yeah, self love rituals and look at yourself in the mirror and write 50 things that you love about yourself every day and all that's good, but like, let's get real with your real life. And let's actually look at what's going on and start really committing to making the shifts from the inside out.

Welcome to the Limitless Life Experience Podcast with me, your host, Suzy Ashworth. I'm a mum of three multiple six figures, serial entrepreneur, business strategist, Hay House author, speaker, coach and believer in miracles. I help female entrepreneurs like you and go from confusion to clarity when it comes to creating messaging that converts browsers into buyers so that you can build a business that makes a real difference in the world and helps you live a life without limitations. This is the Limitless Life Experience.

Suzy:

Welcome, you gorgeous human being to the Limitless Life Experience Podcast with me your host, Suzy Ashworth. And I have got a very special conversation for you today with one of my gorgeous mentors, Regan Hillyer. Welcome to the show.

Regan:

Hi Suzy. Thank you so much. I'm so excited to be here.

Suzy:

I am really excited and you know what, normally I don't have any questions prepared and I haven't got any questions prepared right now because I like to go with the flow of things, but my mind, because it is you and I'm like, I want this to be a good interview. My mind was like, maybe you should ask this and maybe you should ask that. And I was like, clear my mind, clear my mind, clear my mind.

And I feel that my capacity to, or my desire to clear my mind when my mind brain wants to play that game and wants to get into the control game is one of the key things that I have learned since working with you. And it's a really interesting observation because when I think about all of the things that you juggle and how many fingers are in so many different pies, I'm like, how does she do that without being a control freak? So how do you do that without being a control freak?

Regan:

I love this question. Well, I think this really, it starts with a choice not to be a control freak, right? It starts with really choosing that you get to have your fingers in multiple different pies, pies that you love, pies that are so delicious by the way. And you get to do this from a place of ease and grace and flow. And of course we're human. And you know, there's a lot of, I guess, controlled vibrations, which is imprinted upon humanity and imprinted within our unconscious, or it's very easy to slip into that. It's not as simple as just going, okay, well, I choose it and now I never control anything. It's really an act of refinement. And by getting into this layer of refinement, after we choose that we're not going to be in this entity of control, it's really catching all the micro moments and the micro thoughts and the micro actions that are attempting to control.

And, you know, as you get to play a bigger and bigger and bigger game in this world - often, you know, when you create these changes and when you uplevel, it's not about changing everything, and it's not about like wiping your life clean and doing everything totally differently. It's actually about the micro refinements. So it's seeing like, Oh, when I spoke to my partner in that way, I was kind of controlling, okay, when I shouted at my dog, because the dog was doing something that isn't deal was kind of controlling. And so it's catching these micro areas, which can then open up into greater ease, grace and flow. r

Suzy:

When did you first have awareness that you wanted to live life in a more flow based way?

Regan:

I first created this awareness when I was really living life in a, not plugged, but as plugged by sway. And I was like super stressed out, and I had so much going on and I was definitely not even as many things as I juggle now, but at the time I was juggling a lot, you know, and I got to the place where I was working really, really, really hard and just working really long hours. And most people would say I was

probably achieving a lot. But I was stressed out and I realised that, you know what, there's gotta be a better way. And there's gotta be a way if I actually want to tap in more and more and get into the place where I'm impacting more in the world, then I've got to change something. I've got to do that differently.

So this is probably about, I think about seven or eight years ago. And I had just done, I just done roughly a million dollars a year in my offline business that I had at the time. And everyone was like, yay, you're doing so well. But I was like, I was literally sleeping four hours a day. I was working my butt off, it was absolutely crazy. And so I think the day, I realised that I'm happy to set to bigger reason than just what I was doing then. And if I needed to expand into more, then I really had to make the shift. What I was doing and how I was doing it just wasn't sustainable in the long term.

Suzy:

This is interesting. So you were making seven figures a year, offline. So how old were you when you were doing that?

Regan:

I was 23, 24...

Suzy:

Did you go into that business knowing that this is going to be a seven figure business. And I I'm the type of person to earn seven figures in my business?

Regan:

No, you know, in the beginning I didn't go into it knowing that it was a different story when I started online about five years ago, and I, you know, started doing over a million dollars in about eight months when I started online, that was very different. I knew that I was like clear on that. I wrote that down. With this in the beginning. I really didn't. I had a big dream. I had a big dream that I was like, okay, I'm going to, and millions of dollars. I'm going to live my best life. It's going to be amazing. That drain thing, like out there, somewhere in the future, it wasn't, it wasn't like I'm calling this and now this is the version of me. I was, I couldn't really see, you know, five feet away from me at the beginning to be super honest.

And I feel like I grew into the vision and it unfolded for me as I went and I was less focused on the big picture and we'll focus on the school of miles started initially. I

was like, wow. I mentioned if I could do a hundred thousand dollars a year, like that would be so cool. And then I hit that and then I'm like, Ooh, like what if I could do 250? Oh, that's like a quarter of a million, like, okay, that sounds like really big. Let's do that. Right. And, and I kind of unfolded through these layers and upgraded as I went. And, yeah, I upgraded my consciousness as I went through that, but I didn't, I didn't start with that going. Okay, cool. I'm going to do this, like now call this in. It was an unfolding process. It really was.

Suzy:

What do you think? Hello doggies. What do you think enabled or facilitated that unfolding? Was it mentors? Was it being in different environments? What kind of, what was the key to unlocking this bigger vision and a desire for more?

Regan:

Yeah, I think it was definitely a few things. I think personally, I started giving myself permission to dream big that, you know, it's never about the money, but it's always about what this money can do for you and what this money can allow you to tap in and create in your life. And I remember very clearly that, you know, I wrote down on this piece of paper that I wanted to be able to contribute to my parents first and foremost, to give back to them and be able to fly them all around the world and have them stay beautiful places. And, you know, that was one of my big goals. To be honest, it was like, it was actually a good fat goal, but to get that goal to my, to my family. And then, you know, it's funny, I wrote down some things as well on that piece of paper that I don't even want right now.

In fact, I don't even have, but I really don't care about anymore. Like I wrote down that I wanted this like specific type of boat in New Zealand and I was really excited by it. But right now it's not even really an alignment to have that. But the point is, is that I connected with my dreams at that moment, which allowed me to expand into here into that next level. Now, at the same time I was massively myself. I was working on myself, I was going to events. I was working with mentors. I was meeting people that were playing such a big a game. Then I was like, at this time I was absolutely starting out. If someone was like, regan what's your purpose? I wouldn't have even really have been able to tell them, it would have been a very fuzzy answer. I was hanging around people that were like living deeply in alignment with their purpose, you know? And so, yeah, I feel like there was all of these elements, but the big piece to all of it was really the internal work and it was choosing it and it was, it was connecting to it every day. You know, I didn't connect with my big vision once, and then just let it go it was, it was a daily ritual, you know?

Suzy:

Yeah, I do know. And it's interesting because you first came into my orbit maybe four or five years ago, and the acceleration and the level of expansion that I see. And I know that I only see a fraction of what has actually happened has been so huge. It's been quantum. So what I mean, actually I say that you came into my orbit four or five years ago, but that you were, you just said that you started your online business five years ago. So I am curious as to what do you think? And I know that it is the inner work, but what do you think has made the biggest difference for you when it comes to making quantum leaps?

Regan:

Yeah, I mean, there's been many things obviously, and I feel it is a big accumulation of many, many elements. But if we go into it and we look at it, the cool, the core of it really is the inner work. It's not like some secret strategy. It's not like one thing that I did in my business. It's what, like, it's not one Facebook ad that worked really well. Like it's, it's an accumulation of the end of what. So if we deep dive into that and look at what has, what has allowed me to guard the deepest in my own inner work and create the most accelerated quantum results. The one thing I can pinpoint it to really it's actually working consciously with sacred medicine and sitting in circle and working with the tribes and the grandmothers that we work with, and going very, very, very deep intentionally, using this as a tool to rapidly accelerate my own consciousness.

And I really believe that when you work with sacred medicine in an intentional, and safe and powerful way like this, it's not that you tap into things that you wouldn't have tapped into otherwise, it is just an accelerator. It's a quantum accelerator. Like I truly believe that I've seen many results in my business, and results in my relationship, results with my clients results in my own mindset, all of it, things which have happened in the last few years and sneak me laugh, which I believe would have happened, but they would have happened five years out or 10 years out, or maybe even 20 years out. And working with the medicine has allowed me simply to fold the time and space, and actually connect with it at a deeper level and pull it in and embody it into the now. And of course, it's not just, okay, cool, what quick medicine and everything unlocks it's a big piece of it, but then it's your own inner work that you do to follow up and embody that it's your own inner work, which allows you to go in and shift everything at a cellular level. So there are many tools, as many different things, but I would say that is the number one thing that has allowed me to shift.

Suzy:

I remember you sharing with us in the millions and magic mastermind. Can't remember the full name I've been in there for so long. I don't even look at the name anymore after you had your first million dollar month. And it was such an expander for me to hear that somebody that I knew, somebody that taught me and shares with me was able to receive that amount of abundance. I am so curious to know what went down in the ceremony that led to you then having your million dollar month. Do you recall the specifics>

Regan:

I do. There are many things we went down, but the two things that created the biggest impact, were the two things that I'll share now. So I went into that ceremony and I remember that my intention was I'm open. I'm available, please guide me and please just show me what this next level of expansion looks like. That's really what I'm ready for. So yeah, I wasn't, I wasn't aligning to a million dollar a month. I wasn't doing any of these things. So to give you some context, right before I went to Peru on that trip, I nearly shot down a piece of my business. A piece of my business that by itself was generating over noon dollars a year. And I decided that this event that I was running, wasn't really in alignment anymore. It wasn't feeling the best for me to teach it. I was noticing it when I was teaching it, I was feeling a little bit bored and I could do it. I was really good at it. I just wasn't in my greatness. And so my solution was okay, well, I'm going to shut it down and launch something new. I'll just replace that income stream with something else. And it was actually [inaudible] who said to me like, Hey, can you just not make any rash life decisions right before we go into ceremony? Because I think you should just wait. I was like, okay. So I was literally about to tell the team, like we're shutting this down. How is that? Okay, I'll leave it nine days until after the Peru immersions finished. And then we'll see where you're at.

So then I went into the ceremony asking for greater expansion and one, I was trying many things, but one of the first core things that I was shown was do not shut down that income stream, and what you need to do if it's not in alignment for you specifically to teach it is that you need to build leadership within your team. And you need to have other people who you really trust and love come in and deliver this because people still need this. And this is important. And it's helped so many people, and it's going to continue to help so many people. But that doesn't mean you have to be there being the Regan show and doing it all. Like you need to build these systems, these structures and this leadership within your company. And I was like, Oh, so that has now morphed into Be Your Brand Academy, which many people have taken today. Some people have done this online. Some people have attended live. Again, I don't speak at these anymore. My team are brilliant. We have a head of

the Be Your Brand Academy, Robin who rocks it out. We have the team of coaches, everything changed.

And so now that income stream has massively shifted and grown. And that was something I was on the verge of walking away from. So that was one piece which happened. The other piece, which happened was I was showing very, very, very clearly that I needed to start with being with one on one clients again. So again, I'll give you some context. I wasn't working with anyone one on one prior to this event in Peru, if you'd asked me Regan, I want to hire you one on one. I'd say, sorry, I'm not hireable. I don't do that anymore. I don't, I don't love it. It's not my flow. Like it's only my mastermind. Do something else. Listen, there's no access. That's what I would have genuinely - and what I did genuinely tell people.

So I was shown that I was doing a disservice to humanity by doing that. And secondly, I got shown very clearly that I was to create a container that was a million dollar coaching container that people would have come into received specific codes for those who are ready in order to shift and upgrade into this next place, I got shown specifically how to structure it, what to do, what not to do the energetics required, what they got access, to the one on one, everything. And I also got shown that I was absolutely not allowed to market this, promote this, build a funnel around this, talk about it on the internet. I was not allowed to do anything.

So I came out of this ceremony, totally, kind of baffled to be completely honest and fully in resistance. But I remember I couldn't even tell [inaudible] or other people in the permission that I had received to create a container that was a million dollar (a year) container for someone to come in and pay because I was so damn embarrassed about it. I was like, this is crazy. This is absolutely ridiculous. Who was going to pay this? Like, I don't know what's going on. So I didn't even tell anyone. Right. I wrote it down. Of course, I wrote it all down in my journal.

Now I was in so much resistance that I did nothing about that for about a month and a half. And, but it kept popping up in my consciousness, like, Hey, Regan, that you received the thing from the medicine that you've got shown this in ceremony and not doing anything about it. And then my mind would come in and be like, I don't want to do anything about it. I'm fine. Not doing one on one. Right? So I was in this huge internal battle.

I was in Barcelona in Spain at the time. And I remember waking up one day in the Airbnb that we were staying in, and I was like battling with this and spindle this distance, like you're ignoring the guidance that you don't want to do it, but you're ignoring it, but you should do it.

But yeah. And it just kept going. And I thought, you know what? I got told, I'm not meant to do anything anyway. So why don't I just surrender to it and actually say, okay, if someone asks me what I charge, I'll just tell them. And then if they don't like it, they won't enroll and that's fine. Nothing's going to happen. I think that is going to happen if I actually just own this. Right. Cause it's not like I was working with one on one clients anyway, this period of time. So I thought, okay, cool. Within 24 hours, I had three people reach out to me on social media. One, I did not know, two were already people that I'd worked with in the past. And all three of them asked me, Hey, I'm feeling, one-on-one mentoring with you. Do you do this? And so I thought, Oh God, here we go. I've done nothing. And now they're showing up. And so I replied to them and I said, yeah, I do. Here's the investment. And all three of them, Suzy, all three of them enrolled within 48 hours.

I'm not being ridiculous. This is my point. I got shown so clearly as well, there are five people that are going to come initially into these containers. The other two people showed up, I think a month and a half, maybe roughly two months after that.

And so this was also a huge contributor, links to other upgrades and different things also, which I was changing my business which accelerated into this million dollar month. I did not do anything. I did not tell anyone. I did not put anything on the internet. I didn't hint about it in a live stream. I did, I hit my mouth shut. I didn't want anyone to show up, but all I did was I chose to surrender. And then when these people came and they asked me and I told them and they said, yes, and I started feeling into the vibration of what we would create together. I was like, Oh, okay, I get it. And actually I would love to do this. And this feels really good. And actually I get it. But I sat there for a month and a half in total resistance, not telling everyone and basically arguing with spirit that this was like totally crazy. So that was a big contributor.

Suzy:

I've never heard you share that before. So thank you so much. There's so much in there that is super juicy. First of all, I want to ask you about your relationship with spirit and source. Has it always been very alive? Have you always felt very connected?

Regan:

No. You know, as a child, I grew up kind of with no religion whatsoever. You asked my parents if they were religious, they'd just say no. And yeah, there was no, like, there was a lot of gratitude in my family. I think that's the one spiritual element that I could grasp onto, but there was, there was no ritual or religion or anything like that.

And our intentional connection to God. And then I went to an Anglican school, not because my parents believed in the Anglican church, but because they just thought it was the best school in New Zealand. So they actually lied and said I was baptized to sneak me into that school. And then I found out, right. I found out when I was like seven, eight or nine years old that I wasn't that tied. And that got really upset about that. Cause I was like, well, I'm the one that doesn't fit in and have all these hundreds of people you need to baptize me and my parents, like, you know what? You can wait till you're 18. And then you can decide whether you want to be baptized since the Anglican church or not. We're going to let this one be on you.

And so I hated them for it. I hated them. Some of my friends found out, I really felt like the had like that buying, like I was the odd one out. And so I developed an interesting connection to God. Right. I felt that God had left me and I felt that I wasn't a part of what God was. I was different to God. And even the word God used to trigger me, I used to be like, I don't believe in God. And I was obviously through the school and given a certain perception of what God was and wasn't.

So it wasn't until I was about given tonight's pain where I believe I started tapping into really God and the universe and a higher connection and guidance, but I wouldn't have given it any of those labels I would have just made, you know, what? I had a gut feeling. I just knew that this was wrong. I just heard this voice and I listened to it and it was tight. And so I listened again and it started kind of by default developing the connection, which again, if you had asked me at the time, I would have been like, Oh no, I'm not spirit. So I'm not religious. I don't believe that I don't have any sort of connection in that world.

So it wasn't like there was one thing that unlocked it, but it has been an unfolding myth. And there's also been a lot of deeper things to look at deeper layers of distortion, deeper layers of resistance to really look at, you know, this connection that has always been there. And, you know, even as a child, I was super tapped in and I could, I could see spirits, I could say ghosts, I worked with ETs and angels. I could see all of this. And my parents thought there was really something wrong with me. And my mom said to me a few years ago, you know, I was so happy when you stopped seeing all those things for the child. And when you stopped talking to all those, those people that weren't there, you know, we really thought we had to put you in some sort of mental harm. And she said that to me a few years ago, I was like, mom, you realize you like cut my spiritual connection when I was about six or seven years old. And now they're like, get it back. Like you realize that, you know? And so we laugh about it now, but at this time, you know, they were just doing their best. And I was tapping into things that were quite unknown to them and they marked that as fear of the unknown. So yeah, there was a lot of conditioning to undo,

but yeah, it wasn't, it wasn't like I always had this really beautiful connection. It's definitely a process.

Suzy:

Have your parents, I mean, I'm assuming the answer is yes. But have they heard you now, like with your light language, for example,

Regan:

They have, so my mom was pretty NT most of my life and everything that I was doing, she really wanted me to be in the system and from a nine to five job, because that's what she knew as security. And so there were lots of challenges around that. Um, there were a lot of things that they didn't understand so to speak, but you know, at the end of the day I think results speak for themselves. And when I started applying them for this class around the world to different locations, they really started getting that. I was okay and it's not, it's not gonna, like, it's not going to break down. It's going to be alright. You know, and you know, it was only about, I think about three or four years ago that my mom takes me and said, Hey, Regan, like, I think you should do a diploma in marketing at this university.

And she sent me a link and I said, why would I do a diploma in marketing? Not even a real degree, like a diploma. I'm like, what why? And mom's like, well, you know, I think it would help give you some more credibility and you know, something, something to fall back on. I'm like, mom, if I'm falling anywhere, I'm falling forward, I'm not falling back. And so, you know, we've had this interesting exchange over the years.

Now my Mother actually works within my company now. Right, so she's an incredible employee. She's one of my senior copywriters and she's absolutely absolutely incredible and totally gets it. She now journals in the morning, she works with her visions. She's incredible. Like her growth has been like 10 fold it's, it's insane. It's insane from someone who was so worried and so concerned because all of this was so foreign. So then she's gone so deep in so many ways. And so, to answer your question, yes. I believe definitely my mom would've had my light language cause she listens to recordings and transcribed stuff and creates content for us, and even has probably written blogs around what light language is. I don't think we've had a direct conversation about it now that you know, that you asked, so I'm not sure what she feels about it, but they're definitely aware. Yes.

Suzy:

Wow. The fact that she is a senior copywriter, cause I know you worked on the magazine because we liaise with each other, but that's incredible.

Can you talk to me about your self worth? And I really want to talk about this, especially in relation to love, because when I first found you, um, you were in a partnership which was very front and center of your business that subsequently you have expressed that you were definitely not in your highest in that relationship. And now you are with Juanpa and you know, so many people across the world, look to your relationship and go, wow, how the hell? And I'm curious about it in relation to that, and also where else you are allowing yourself to receive in full abundance.

Regan:

Yeah. This is such a good point around self love because you know, even, let's say five years ago when I was yeah, five, six months ago, I was in this relationship that was in many ways, extremely toxic and also extremely manipulative and abusive and just crazy, like really, really intense cycles. And also, you know, the paradigm swing just like many of these relationships have also intense love and intense, passionate things as well. Yet the shadow pendulum of craziness is happening on the other side.

Now what's interesting is like, if you'd asked me at that time, Regan, do you love yourself? I would have said yes, a hundred percent. Like I've worked on my self love. Like yes, go Regan. I love myself. I really genuinely would have said that. And it wasn't until I exited out of that relationship. And I came into the new vibration or this new container, which isn't that new anymore, but at the time, right.

And then it went into this place, and it also went into deeper levels of seeing myself and upgrading myself. I realized that there were these like sneaky, sneaky pieces of myself under the surface where I was tolerating that vibration. I was tolerating not being treated, how a woman should be treated. You know, I had these things like really deep under the surface. It's so easy in relationships that aren't of the highest to point the finger and be like, well, he did that, and she did that, and they said this and they're this. And it's so easy to do that without turning the mirror inwards and going, well, why did I manifest that? Like really let's get honest. Why did I attract that? What part of me was vibrating still in this place? And I realized that one of the big patterns, which I had running out, was every other aspect of my life at that time, it was so good. You know, I was earning more money continuously every year than I'd ever made. It was helping more people. I was getting into greater with my purpose. I was living a better lifestyle, it kept upgrading. My health was great. Everything was so good yet. What kind of me, the 'Miss you can have it all girl', really actually wasn't giving herself permission to do that and had a pattern running where it's like, well, it

can't all be this good. I had a deep pattern of suffering and struggling at the time. And it was like, okay, let me feed that pattern unconsciously, by creating and enabling a loop of suffering so that I have something to worry about. So that I have something where it's like, Oh, you know, it's all great, but like this piece needs to work. Right. And it's such a human thing.

And this is why, you know, my core tagline is literally you can have it. Oh, absolutely. Can't have it all. It's because so many people don't give themselves permission to do that, which does come down to self love and self worth. And it does come down to really looking at what are we choosing and do we have these deep, deep, deep, addictive patterns when it comes to the suffering and it comes to the struggle. We see it in money and business. Entrepreneurs have their best month ever. And then the month after they crashed out. Why? Because it was so good that this system's like, Holy shit, there was no struggle left. I'd better go create that. And they create it in that area of life or another area of life, which I did, you know? And so, yeah, it's interesting to see that. What was the second part of your question?

Suzy:

It was a big question. The question is, is so many people suffer with best self worth and that is reflected in what they're receiving, where they're struggling, where they are not allowing. What can you do to consciously upgrade what you think about yourself when you said earlier on, if you asked me, do you love yourself? You would have said yes.

Regan:

Yeah, absolutely. So I think the biggest thing is that you can do this easily by looking at the external things and easily trapping, tracing, and mocking, where are the things that are reflections that you're not in the highest possible frequency of self love and remembering that self love is a continuous journey. It's not like now I've ticked the box. And I'm like, yay. I fully love myself, there's upgrades. There's always new levels, deeper levels. If you've been in love with yourself, or with someone, or with anyone, or with nature, you'll know, there's like deeper levels of how deeply you can access that love. So Chris later and look for an end point on it. But I look for a finish line. Don't look for like, yay. Now I've done all my work on self love, now to focus on something else. Like it is a continuous thing and there are always deeper levels, and when we tap into the deeper levels we do then receive what we're deserving and worthy of, what we believe we're deserving and worthy of at the core of our essence not being. So your life will reflect that.

So if we've reverse engineer it and we look at okay, well, alright, like this is going on here in my relationship. And that doesn't feel so good. And I know that's not of highest, okay, let me use that as the mirror reflection and from this place you go ok, cool. How would the vision of me that truly loved myself be showing up around this? Well, maybe I wouldn't have a conscious conversation and let someone know that I'm not tolerating that anymore. Maybe it's an expiration thing like myself in the past relationship. And I would actually leave this relationship once and for all. I tried to exit that relationship for a good 12 months and every time I did he'd come find me and then I get talked back into it and I go, okay. Oh yeah, you're going to change. And like, I'd pull back into the pattern. I physically had to leave Bali, Indonesia, fly myself to LA and not disclose my location for two months in order to actually exit out. Like it took work, it wasn't just like, okay, like let's just consciously close this. Like it really took a lot of courage and a lot of work. And so it could be big things like that, or could be really little things. You could be looking at your relationship with money or wow. Like how is it that even if I'm any more money I'm still having even more money while out at the end of the month. And I still have like, nothing like to my savings account, like, wow, okay. Well the vision of me that did not tolerate that, what would be different? Where would I be changing? What would I be recalibrating? And you use external pieces as reflections, to reverse engineer, to shift your level of tolerance and to consciously go into deeper and deeper levels of self love. And that's just a really practical way which I've found is working me. You know, there's many people who are like, yeah, self love rituals and look at yourself in the mirror and write 50 things that you love about yourself every day, and all that's good. But let's get real with your real life. And let's actually look at what's going on and start really committing to making these shifts from the inside out.

Suzy:

Hmm. I love that so much. I am curious because you've said it a couple of times since we've been chatting, what are the top two areas of refinement for you right now?

Regan:

Interesting. I feel like I'm pretty connected to all the areas every day, refining them, but I think, I think for the top tier, there's been a big shift recently for myself when it comes to my lifestyle, and just being really intentional around what I want to create in this world. And I haven't really shared this fully on social media yet, but you know, the Suzy I've shared with my clients and, and family and our friends, I feel like this is a beautiful time to share this as well.

And so we have been, we've been looking for land in Costa Rica for probably about two years now and, you know, dipping in and out and looking and seeing work there and going to different places and feeling the land energy and long story short, we found the pace and we found the vortex and we've actually moved onto the land now, which is really beautiful.

And so, we're now in a place where we have roughly 150 acres of pretty untouched magic and it's like a blank canvas. It's so beautiful, you know, and so for the first time that I've really been going into this dream world space of like, okay, cool. How do I get to create my lifestyle in harmony with this piece of land? And what does this get to look like for ourselves, for our family? What does this get to look at in terms of our connection to nature? And what does this get to look at in terms of how we choose to live and based self sustainable and completely off the grid? How do we get to have people come here and into these vortexes and be nurtured in this space and, and how's this going to be different from what else is out there in the world?

And certain, I think a big part of my focus and energy and my intention everyday right now is really looking at this, you know, and looking at the sense of fun, big project, and also then getting into the intimate details of even like, you know, renovating the cabins, which are here and like creating them as little beautiful, sacred spaces with people to come into. So, I think that's my top one right now, my second layer, would be really the impact paced around sharing my message and my truth at a deeper, more vulnerable, more intimate, more aligned level. Not that it was out of alignment before, but again, always an upgrade and there's always a next, and there's always the next layer, the next piece to go into there. And so for me, I've been working at, you know, what's really on my heart, around what's going on on the planet right now, when it comes to the mainstream media, when it comes to certain agendas, which are playing out.

And for me, it's been this interesting line off trying to walk this and not get my social media accounts deleted, which as you know, I experienced about three or four months ago, lesson learnt. That's what I learned through now, how do I get to still get my message out there and educate people and spread awareness and upgrade all of this, but from a really intentional place where I'm walking this line, I'm walking this line with an everyday mainstream person can come across my content and go, Whoa, I didn't know that I get it. Let me hit share. And also someone who's like deeply connected and spiritual and knows exactly what's going on can be like, hah, good way of putting that. I resonate with this. Let's get this out there. So I'm like walking this interesting line and I think usually in business and with messaging, um, one thing I love to do is I love to find people who are out there who are doing the same thing in a bigger way.

And I love to look at okay, how are they doing it? How they walk the line, like someone might in the coaching industry go okay, cool... how did Tony Robbins like, you know, create these big events and what's his vibe behind this and how has he done this? And I'm struggling to find someone who's actually walks the line, how I want to walk the line right now. And there's amazing people who are way on the other side of the line and they're super mainstream playing a massive game. There's people that are more, I guess, in the even conspiracy fairy realm who are brilliant, which is doing their thing, but I'm like, I'm not in either of those. It's like, I'm kind of creating a new line right now, which has been interesting and really fun, but a lot of my meditation and prayer and intention is also going to want that too.

Suzy:

You literally answered the question before I asked the question.

Regan:

Yeah.

Suzy:

I was going to ask you, because listening to you speak and thought everyone who is listening, like this is like really a masterclass. And this is why I paid to be in your space and in your energy, because it is so expensive. And I think that when somebody is committed to their continual growth that continue upgrading that continual expansion, there is nothing more powerful than saying when I first met you, you were talking about manifestation in such a - I mean, it was really powerful for me, but where we both are in our journeys right now, it's like, it was manifestation 101, that's so far removed from who you are today.

And that inspires me so much in terms of my own growth and where I'm going. And I was going to say like, where do you get your inspiration from? And you just said it, you were like, there's nobody to really look to like now in this space. And so is it all downloads?

Regan:

Right now it's mostly downwards, to be honest, it's working deeply with my guidance. Um, you know, we have another Peru immersion coming up in November and it's questionable as to whether that will go ahead with the borders are happening or not. And I'm literally hoping and praying every day that that will, because I feel my soul really wanting to be dead because I know there's a big piece, which gets to be

unlocked through that space, you know, it's actually three weeks that we go, cause we do the tree of light emission first, right. And then the whole, you know, nine days of the standard Peru event and so the first 9-10 days where we're very much in the work with everyone and it's, it's everyone who's famous for. And then they come back and they're in that space. So I'm really feeling myself just wondering that now, because I know it's going to accelerate me and help me a lot. And if for whatever reason we can't get to Peru in November, then I'm going to create that space here. And I'm going to take a good two weeks completely offline, and be in a bubble and be disconnected from technology and do the dieta, and do as much as I can myself even not working the full experience.

So yeah, that, that is really a big piece of where everything is coming from. It's inspiration, it's downloads, it's working with my guidance. It's with me a lot with Juan Perez while, you know, we, we consciously create through a divine union, and every single day we're connecting, and we're moving energy and we're helping each other as mirrors with our downloads. So that is also an extremely partisan space, which helps both of us to upgrade and shift a lot. Also good for discernment. You know, really good. If one of us has this crazy idea, we're going to do this and this. And it's like, ah, I don't know if that's really an alignment right now. Let's feel that. So it's a nice sounding board as well, to have someone who's also just deeply connected to their guidance into the day.

Suzy:

I love that so much. And I loved seeing that example being modeled when I came to Costa Rica for the quantum healing, and obviously world leadership, too, but it was the first time I'd seen you together. And it was so interesting and I'm sure that everybody who comes to you from individual world rather than meeting you or seeing you online together, has the same questions when it comes to, I wonder what the dynamic is going to be like in person, because I knew you as your own entity and with that comes a real strength and poise and power. And none of that was diminished, but it was really interesting seeing that next to Juanpa who is the embodiment of divine masculinity.

And it's so funny because I was talking about this at my own live event in January. And there was another person who had been to quantum healing and I was saying, you know, you have to check out Juanpa. He is the embodiment of divine masculinity, but I don't know the way that I set out how I said it, but the goal was like, I'm going to phone him and I'm going to phone Regan and let them know... so I'm outing myself.

But it's so beautiful. I don't know another example - well, I'm not going to apologise - but it's like the King and queen together. And what is so interesting as a powerful woman and as the powerful woman that you are, is really, and the words- these are not the best words, but it is allowing him to be in his masculinity and seeing you in your femininity as a woman who is making fucking millions. And I think that there is a big story in the entrepreneurial world, maybe just in culture in general, that we can't do that. We can't be as women in our femininity, and be in that state of receiving and allowing in our relationship.

Regan:

Yeah, you're right. There's a big story and it's a huge distortion and it's sad, but at the same time I feel it's good cause it's shifting, you know, I feel more and more people are waking up to this and they're realising that, you know, one of the most powerful spaces you can be in is in your surrendered, intentional, divine, feminine with integrated masculine, of course, you know, and this, I guess this old paradigm or of successful women being super masculine and just like in this like push hustle vibe, and getting out of there and doing this and making it and go, go, go. And like you couldn't do it, but there's just a much more powerful way to be in a much more powerful way to do it. And you know, when you truly tap into your surrendered, integrated feminine in a healthy way, it allows you to create from so much flow and grace. It doesn't mean that you don't have challenges. Cause I mean, I've had moments and it's how you move with them and shift through them and rise through them even higher way. And you know, the other piece of business, I think many people are starting to realise that divine union in a conscious, integrated, intentional way is again like such a powerful tool to go deeper into your own personal growth and your own evolution. You know, you said before Suzy, you know, what's like the biggest piece around the inner work, the thing that's made the most difference. And I said it's the sacred medicine. If you'd asked me what's the second most powerful thing, I would have said my divine union and using that as a conscious intentional total, once again, go deeper into seeing myself and accessing my own consciousness.

And you know, that can mean there are challenging moments and that can mean there are moments where you're like annoyed or triggered that it's made. There are moments where like something's not clicking and flowing, but if you're able to use it as a tool and this associate from the personal story and the character and go into actually, thank you, this is a gift. How do I get to use this to shift and grow and evolve? Then you'll, you'll unlock so much. And yeah, I love what you said when you said that there aren't many people out there that are standing in these King and Queen archetypes, and this divine masculine and feminine space, both from a really integrated place. And I think this is what's been important with our relationship. And

we've also been very conscious of and aware of and intentional around, not falling into the patterns of the old stories.

Like Juanpa is super amazing and successful. And he's a super industry leader at what he does that doesn't mean that one of us has to take away from the other. It doesn't mean that someone wins and someone doesn't, it doesn't mean that I have to dim my light in order for him to shine... You know all these stories which people have, and it's been the same thing in some ways, cause we've been like, where are the other couples like us, we want to hang out? Then we want to know them. We want to be mentored by them, like with kind of looking at the ages. And then we realised that, okay, maybe I'm sure these people are out there, but maybe they're not right in our universe right now, because we just meant to be that limits embody that, and we're meant to breathe that from the inside out. And we're meant to be the permission slip to allow more and more and more people to activate that. And we've seen that we've seen that happening so much over the last few years, you've seen this Suzy as well, people come and they think they're going to Wild Leadership, or they think they're going to Soul Remembrance, or they join one of our courses or something else and they come out of it with a stronger union. They come out of it, even with their partners not there - massive, massive upgrades in their relationship. And it just happens through the coding, which we choose to embody. And that hasn't happened by default. That's been a conscious choice of deeply working on ourselves, deeply working on the relationship and then choosing to utilise that for service and having that available for other people to upgrade through.

And the core of this energetically is when you're in divine union, there's effectively three crystals available within the field, there's your own crystal, there's your partner's crystal, and then there's a third crystal, which is intentionalised and created when you choose to come into the container of your union. Now, most people don't personally realise this. And then even if they do, often it gets out of sync and one of the crystals doesn't get enough energy and intention. So what happens is sometimes, you know, the couple just nurtures the crystal of their relationship, which means they sometimes lose themselves in their relationship. Then all of a sudden they don't know who they are and they lose their identity. They just make them from their purpose or one of them let's say, let's say that the woman's really successful. It's all about just nurturing her crystal. Then it leaves the man feeling really disempowered, right? So what needs to happen really for the union to flourish is that it's gotta be a deep, deep, first and foremost connection with your own crystal. Your partner must also be doing the same thing. And then you come from an integrated and whole place and you nurture the third crystal of your union. And that is that's like, if there was one magic tip, like that would be it... because if people really get this, then everything starts upgrading from a wholeness place, not from a place of one or both of the people being empty and trying to feed into something. It will just never

work if you do that. But if you really intentionally go, hah, one pillar of light, two pillar of light, and now we pull that light into this pillar and it will be stronger and more powerful than ever before.

Suzy:

I love this so much. The voice I can hear in my head right now is saying- and I feel like probably you have already given this answer, but I know that there are many of my listeners who will be so activated by what it is that you've just said. And they will also be thinking, but my partner is not prepared to do the work. And I love my partner, I don't want to exit out of the relationship, but I also want a divine union. What did those people do?

Regan:

Yeah, absolutely. So in that, in that particular example where they are, you know, totally in love with their partner and it's healthy and it's awesome and they don't want to exit out, you just need to do your own work. Honestly, you need to lead by example. This is a weird example because it's not in union, but it is relationship. So I'll use it. I talked earlier about my mother and how she was like literally freaked out about my whole life about 10 years ago, literally tried to stop me doing everything and wanted me to go back to university, get a job, doing all this stuff. Right? And then I talked about how she's now an integral part of my company, and she's powerful and she's doing the inner work and her mindset is just completely changed. The energy's completely changed. I want you to know that I love her, but she has not done one course. She's not attended anything. She hasn't read any books other than I guess the material that she would be required to read through her job, through her working with us, she hasn't had a session with a coach. She hasn't done an online course. There's been nothing, but that has shifted. And she has shifted. And her own consciousness has shifted so magnificently simply because of me doing my own in a work around our relationship and how I relate to our relationship and how I relate to her and the love and the energy that I hold her in. And then who I choose to be who I choose to be in my own pillar of light in my own crystal. And from this place, her energy and her everything, her mindset, all of it has totally, totally massively upgraded and shifted.

And the thing that I want people to know, if you're in a relationship like that, where you're like, Oh, my partner is really not so into this or not able to do this work right now. As long as someone is willing, there is always a pathway. If someone is sitting there with their arms folded going, screw this, don't even talk to me about it. I don't want to change. This is who I am. Then you may have a challenge on your hands, but if you have someone who goes, you know what, maybe I don't really get all of

this, but I love you. And I'm doing my best. And you go do your thing... that is willingness. And if someone is willing, the field is open and then it comes down to you to truly be this light and be the example, and live into this and just do it from shining your light out, not from a place like we talked about in the beginning of force and control, and now you need to do this. Now you need to sit down with me every day to weapon our union, just from your being-ness, you will naturally shift them, because they are on their own Ascension path, whether they are aware of it or not, they are upgrading in 10 years time, they are going to be a different human. Yeah. Maybe a slightly more evolved trying if they did a little bit more in a work and that's okay, but they're going to do it anyway. Simply by osmosis, by you holding this vibration in the space, I promise you they will shift and I've seen it over and over and over again. I have one client who's actually a platinum. Who's amazing who was kind of going through similar. She's like, he just really doesn't get it. And then, you know, a year and a half later, he turns up at one of our events and he's like, I don't know why I'm here, but I think I need to be here. And I see her flying and I don't really want her to fly without me. So I'm a baby and please accept me. And we just fell so in love with him and those guys upgraded even deeper, and such sweet souls, but a year and a half prior to that, she would have been like me would never come to an event. So magic can happen. Things can change and where anyone is willing there is absolutely a pathway.

Suzy:

Oh, I love that. So, so much is going to be so powerful for so many people. You've used this word a lot. Talk to me about your relationship with magic.

Regan:

I would say that I have a great relationship with magic. I would say I am magic, and magic is in all of us. And I would say that I think the word God- there's many discussions around magic, there's many perceptions of what it is, what it isn't. But I truly believe that at the core of all of it, magic is within us. And God is magic when the universe has magic in our lives. It's magic. Like even if you think around the chances of you being created into this human body at this time, like you'll pure stardust, you're literally pure magic. Like think of the core of it. And so I would just encourage anyone listening to have a look at what their relationship with magic is. Like, if you have a resistance to that word, if you're like, Oh, that's like woowoo, or that's weird, or that's only for witches or that's this, or that's this or whatever it is that's going on for you. I just encourage you to lean into it. And same thing lean into it. If you're feeling a great resonance with it. And if you feel excited by the word magic, it means that there's a little, there's a pin drop bag going, Hey, you know, go deeper, there's something else to activate there. So for me, I feel like the more I've

lent into that word, the more I've explored it, the more I've asked, what really is this? And what is my connection to this? And how do I tap into more and more magic? We get what we expect in life. And when we focus on magic, it kind of starts appearing.

Suzy:

Thank you so so much. I have two final questions. One is where can people find out more about your magic?

Regan:

Yeah. Easy. www.reganhillyer.com or it's @reganhillyer on all social media, Facebook, Instagram, all the good ones, YouTube, everything. So, yeah, reach out. Say hi, but definitely let me know that you came from this show as well.

Suzy:

Amazing. And what does limitless mean to you?

Regan:

Limitless means that ultimately you're playing in the field of endless possibilities. It's really opening into the field of knowing that you are the field of endless possibilities. And the field of endless possibilities is within you. So then anything you're looking to manifest or call in or step into, upgrade into your reality. Then when you realise that you are that limitless field, that field of infinite possibilities and potential, you start realising that there literally are no limits, and anything is possible if you're aligned to it and you do the work to really call it in.

Suzy:

Perfect. Thank you so, so much for your time and your energy. I love you dearly. And thank you so much for listening. And if you loved this episode, please give us a tag on social media. Make sure you leave a review on iTunes and remember that...

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