

# Christine Regan Lake

Christine is a seasoned business professional with three decades of experience in all aspects of management, marketing/advertising including strategic planning, media planning and placement, design, copywriting and developing content for direct mail and social media. She is an imaginative and venturesome person capable of developing new ideas, systems, plans or technology, or of analyzing and improving old ones. She is diagnostic in her approach; always asking probing questions, ascertaining the problem and applying a solution proven to work.

Achievements of note:

- Writer / Author – Wrote the business column entitled The Maniacal Marketer which was distributed in 7 newspapers for 2 years in the NY metro area.
- An accomplished artist who has created over 300 fine art paintings and sketches in graphite, acrylics, oil pastel and mixed media.
- Author of three books – “My Body Cleanse,” “Circle of Healing for Women” and “Sophia’s Lovers” and her fourth book “Brigid’s Dying Wish” is currently in editorial review.
- Goodwill Ambassador to India – Rotary International 1995
- Selected to speak at the Wharton School of Business on the challenges of Entrepreneurship at their Fifth Annual Entrepreneurship Conference November 2001.
- Awards: Orange County Rising Star, Spirit of Literacy Award, President’s Award – Orange County Chamber of Commerce
- Liberation of Kuwait Medal – Received for service in Saudi Arabia during Operation Desert Shield / Storm – 1991, Army Commendation and Achievement Medals for meritorious service while working with the Central Intelligence Agency and the Drug Enforcement Agency during her six year tenure with the United States Army Military Intelligence Reserve Corps.

Prior to embracing her passion for emotional healing work, Christine founded Redlake Marketing, where she developed award-winning marketing campaigns for a diverse national client base. She earned her Bachelor’s Degree in Business Administration from Ramapo College of New Jersey and she is a veteran of the United States Army Military Intelligence Reserve Corps.

In 1995, she was selected to be a Goodwill Ambassador to India for the Rotary International, where she traveled to India for 5 weeks and visited 15 cities while meeting with business leaders, government agencies, industrial organizations and educational institutions in an effort to foster understanding and improved business relations. Christine is a passionate world traveler who’s adventures have taken her from snorkeling the coral reefs of uninhabited islands off the coast of Fiji to hiking into the Yanshan Mountain Ranges and then walking back down into civilization atop the Great Wall of China, to trekking in the Himalayas with a Canadian trekking team to Base Camp on Mount Everest and a national geographic expedition to Antarctica which was the inspiration for her beloved painting “Anika.”

Christine has long embraced her role as a global citizen and contributed both her time and money to causes that she is passionate about. For over fifteen years she actively supported and engaged in the human rights efforts of Equality Now an organization dedicated to ending violence and discrimination against girls and women around the world. Christine’s passion for life-long learning has blessed her with a unique journey that has sculpted her as a woman, mother, artist, writer, entrepreneur and activist. She lives in Cave Creek, Arizona with her two son’s Parker and Cooper.

## Testimonials:

*"In just one session with Christine, I was able to identify deep seated patterns and uproot them to help free me of the limitations of narcissistic trauma bonding and co-dependency. In doing this, I have begun to "pull the weeds" of these imprints from the garden of my past ancestry and for the future of my children. I feel more confident and thus have shifted into being worthy. With this I can open to receiving blessings from life."*

**— T. Lynn – Marketing Consultant**

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*"I worked with Christine Lake around issues of PTSD. She is one of the most empathetic and compassionate healing practitioners I have met; she made sure I felt safe and allowed me to go as deep as I was comfortable. I shed several layers of fear; Christine is highly experienced and has a deep toolkit. I highly recommend her!"*

**Sharon S.**

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*"I've done tens of thousands of dollars of self-help work including Landmark Education, EFT, NLP, BPI and sometimes it just feels like I'll go AWOL. But in one session, Christine found incredible empowering shifts for items I've been unable to transform in over 15 years. She's a virtuoso of synthesizing multiple modalities into a single, turbo-charged, no-nonsense way of bringing forth one's best without having to relive the incidents of one's past."*

**Mark Edward Lewis**  
**Director, Post Production Supervisor**

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*"I want to share with you a hidden jewel that will transform your life. Her name is Christine Regan Lake and I see her as the holistic, female and nurturing version of the great Tony Robbins. When you have a session with Christine and walk in frustrated, sad, deflated, insecure or at the end of your rope, don't expect ANYTHING other than to walk out feeling excited, received, cleansed and motivated! You will truly be transformed in a way that you never have experienced before.*

*Christine is not only a healer she is an incredible artist, writer, motivational speaker, world-traveler and entrepreneur. Learning of her life experiences and how she lives her life will inspire you to become a more adventurous and more fulfilled person. "*

**Kim Seiferth – Self Employed Online Retailer**

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"I found Christine Lake's Accelerated Results System to be an extremely worthwhile experience. Christine's work is a comprehensive well-thought and planned process tapping into an individual's history that has at an unconscious level placed limitations that prevents us from reaching our financial and earning potential. Christine's methodology and unique intuitive quality revealed to me an awareness of unresolved obstacles passed on culturally from my upbringing. The process presented a full range of challenges that became realized to me consciously. This new awareness has provided me the opportunity to self explore and bring resolve in moving pass these self imposed limitations. As I reflect and take an inventory of the process with Christine's guidance, I was able to confront a number of self imposed barriers keeping me stuck in a self sabotaging pattern. As someone who has gone through the process and has realized the immediate benefit of Christine's work. I can with confidence recommend this program to anyone with an open mind looking explore at a deeper level patterns developed at an early age that has without our knowing kept us from reaching our full financial potential."

**—Karl Sauer - VHA Region 5 South Liason Relationship Manager - The Russell Group United, LLC**

*"Just a moment ago, I completed my first EFT session with Christine Regan Lake. I am unsure if there is any possible way to express my feelings in words, but I will try. The passion, emotion and inner drive that revealed itself during this session was nothing short of remarkable. Christine identified suppressed feelings from past experiences that even I did not know existed. Once the releasing began, I could physically feel myself letting go. I even grew emotional at one point. I could feel all of the energy that was being used for these negative, suppressed feelings completely shift towards the positive, reinforcing goal. My passion toward my words increased as if I could feel it all happening. Once the session was complete, I felt a sensation of being lighter...feeling more clear, almost as if my body was floating in a very content and calming way. Christine's sincerity and genuine compassion toward you and your experiences shows through. She has an amazing gift and I am glad I am able to be on the receiving end. Thank you Christine!"*

**- Jillian Nagela – Business Development Manager**

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*"Christine asked me some raw questions. We dug deep together and uncovered a painful triangle of shame, betrayal and sadness in my neck that has been causing me a lot of pain. Christine's energy, voice and method of teaching EFT had me crying tears of release within minutes. One session and so much was cleared, shifted and released. Christine is an intuitive healer and her healing talents are a gift to all who work with her. Thank you, Christine."*

**- Jenna Knudson – Peak Performance Coach / Healthcare Entrepreneur**

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*"I just completed a session with Christine to release thoughts, ideas and/or beliefs I had in place that were blocking me from moving forward in my life. I was unclear from the start what it was we were going to work on because I feel really good, but felt by the evidence and behaviors in my life I was scattered and unfocused. I shared with her what I am working on and she gave me feedback from what she heard - 100% spot on. She's a great listener. Christine has a unique process that took me into my body, allowed me to experience the blockage thru sensations and awareness. Wow!!! It instantly took me to a memory I would never have been able to relate to the issue on my own. Amazing process. It is a little hard to describe, but if*

*you are looking to create a shift in your life, your time and money will be well spent working with Christine. I feel free and amazing. I have greater clarity on what steps to take next. Thank you for everything Christine. I hope this is worthy of your work."*

**- Viviane Seville – Wellness Coach / Healer**

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*"Christine is extremely gifted as an EFT practitioner and one would be lucky to have a session with her."*

**- Lisa Zuleg – Self Employed Etsy Shop Owner**

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*"Working with Christine was great! I was a little skeptical in the beginning because I wasn't too sure exactly how it was going to work. Nonetheless Christine was very communicative and walked me through everything. The session was very relaxing and helped me release energy I've been holding onto for a while. I was really surprised at the information uncovered because I was totally unaware of it and probably wouldn't have known if I didn't have a session. Once I was done, I felt more at peace with myself. The energy that I have been subconsciously holding was released and I have a better understanding of what barriers I held onto. Time went by so fast! Over an hour felt like thirty minutes. I would highly recommend working with Christine. She's also very friendly and is here to help you no matter what's happened in your life."*

**~Garrett Vita**