

To whom it may concern,

I met Michelle Bastian-Matthews several years ago when she and I were members of a "Success Team" which was a follow up to a Barbara Sher workshop on achieving your dreams.

The purpose of the team was to meet on a regular basis to lead and inspire each other. From the very first meeting, it was clear that Michelle radiates a very special light. She brought a depth of consciousness to our group that in turn prompted each of the rest of us to go a level deeper in our own journeys. Michelle's gentle yet astute questioning and leading of the conversations prompted each of us to go into a level deeper in our self questioning and reflection. She was also uncannily able to spot latent untapped potential in each of us. For example, I had never thought of singing as a means of self expression. In the very first meeting Michelle asked if I had ever thought of doing so. That was the seed that sprouted into singing with a rock band in front of 200 people 18 months later and Michelle was there to see the fruits of her inspiration.

Outside of the Success Team format, Michelle became a great friend, advisor, empath and coach. She introduced me to a spiritual women's group, a 'Women's Salon' where women 'of like mind' would gather to connect 'in circle' and converse about not only their lives but consciousness raising subjects...spiritual rituals, astrology, etc.. Michelle used to set the stage, energetic ambiance and theme for these evenings.

Michelle is able to read and discern energies with remarkable acuity. While being very open, loving and always believing the best of people – she is also quick to spot and clear negative energy. For example, there was a woman with demonic energy in our success team originally...who truly needed something beyond coaching and more therapeutic. I have a certain intuition about such things but did not have the self assertion necessary to handle such a delicate matter. Michelle, on the other hand, had faith in her intuition and, in a very tactful and diplomatic way elicited support to have the woman removed from our team and invited into a place that suited more of her needs. What a lift there was after that! Handling this situation appropriately was truly the difference between the group staying together, achieving results and building lifetime relationships vs. falling apart and having multiplied negative effects all the way around. The situation and her support was definitely a blessing in disguise.

Michelle lives and breathes spiritual growth and a conscious approach to life. She is dedicated to healing her own wounds – seeing her life and relationships as a reflection of herself...tirelessly self examining and raising her vibration. She continually engages

in 'active spiritual hygiene' ...eliminating cords to others, using clearing and grounding techniques. She is constantly learning and assimilating those lessons into raising her consciousness. She is a true leader.

She inspires those around her to do the same...not with a 'holier than thou' attitude but with encouragement and support. She lights the path for people gently. My own experience of our meetings is that I pore out my 'stuff' and Michelle listens with empathy and acceptance and then guides me into seeing things in a more enlightened way. She does this so masterfully that I am not even aware at how she is leading me. Her very presence is inspiring and uplifting and whatever 'it' is she has it in spades!

She is truly an embodiment of love, compassion and angelic energy.

Sincerely,  
Jacinta Tobin