

## **Cultivating Contact with Refined Worlds of Light**

*by Regiena Heringa*

There is upon our good planet a tremendous movement of spiritual energy which is increasingly evident in our societies and world communities. Although the shadow falls deeply, it is fading as the Light of sacredness amplifies.

Because of our dedication to the Divine Spirit, we are blossoming into an insightful and intelligence people. We are becoming Good-ness and God-ness. Through our expansion of consciousness and heart, we demonstrate our readiness to participate in splendid intergalactic and trans-dimensional communities of significant and holy design.

To cultivate contact with these refined worlds, we must first ensure that we are firmly anchored in the radiance of the Creator by replacing the expression of ego with the qualities of soul. Here we illustrate that we are reliable and dependable spiritual citizens. With contact we must also understand that the language employed is refined and expansive, founded on open minds and hearts and noble intention.

Regiena Heringa, an emissary of Love and Light, will be visiting OSPC on Sunday, November 6th to bring those seeking, the message of how to **Enter Sacredness and Light**. She will also be offering a workshop on Saturday, November 19th, helping those ready to **Cultivate Contact with Refined Worlds of Light**. The aim of Regiena's workshop is to initiate a harmonious and firm field of love and expanded consciousness with the group, after participants have spent a few moments in inner reflection to clarify their intention. This energy field, established through guided meditation, invites beings from Light worlds and serves as a continual platform for contact throughout the workshop. To facilitate contact, participants will familiarize themselves with the projection of their awareness into other places and understand, through sensing, the characteristics of the unbounded mind. Time will also be spent on the nature of the language used and received in contact. Participants will leave the workshop with techniques on how to establish and maintain inner divine grounding and how to further cultivate spiritual contact with these beings and communities of refined worlds of Light.

***If this calls to you, come meet Regiena at our Sunday morning service on Nov. 6th. For more information about OSPC, the workshop, and how to register, visit us at [www.ottawaspiritualpathways.com](http://www.ottawaspiritualpathways.com) or contact us at [info@ottawaspiritualpathways.com](mailto:info@ottawaspiritualpathways.com)***

*Regiena Heringa ([www.nextagemission.com](http://www.nextagemission.com)) has been a teacher, counsellor and messenger of spiritual advancement for many years, working in English and in French, in Canada and abroad. Through workshops, private sessions and transmission of information from higher realms, she helps truth-seeking individuals to feel, explore and live the inner realm of the Divine, to live this spiritual centring in daily life and to tune into communities of beings of refined and insightful consciousness who vibrate at exquisite levels of Light.*