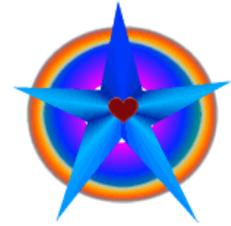




## ***Cultivating Contact with Refined Worlds of Light***

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 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 of refined worlds of Light.



The Nextage Light Mission™

### **The workshop details:**

**Place:** *Nepean Sportsplex  
Heritage Room—Entrance B  
1701 Woodroffe Ave.*

**Time:** *9:30am to 12:45pm  
(1:00-2:00 for additional  
discussion period.)*

**Date:** *Saturday, Nov. 19th 2016*

**Cost:** *\$45—OSPC Member  
\$50—Non-Member*



**Regiena Heringa**

**Regiena Heringa** 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 centering in every day life and to tune into communities of beings of refined and insightful consciousness who vibrate at exquisite levels of Light.

**To learn more about Regiena, visit [www.nextagemission.com](http://www.nextagemission.com)**

Listen to her channelings (Transmission from the Light) on her homepage (Regiena will bring Meditation CDs and books available for purchase)

**To Register:** Send the bottom portion of this form, along with your fee to the **Ottawa Spiritual Pathways Centre** c/o 24 Dorland Cr., Ottawa, ON K2H 6E7, or bring it to a Sunday Service 10:30 at the Westboro Masonic Hall, 430 Churchill Ave. N.

(A non-refundable deposit of \$10.00 is required to hold your spot. Refundable only if the workshop is cancelled)  
For more information, contact: [info@ottawaspiritualpathways.com](mailto:info@ottawaspiritualpathways.com)

Your Name: \_\_\_\_\_

Tel #: \_\_\_\_\_

Your Address: \_\_\_\_\_

Email: \_\_\_\_\_

Please add my name to your email distribution listing: \_\_\_\_\_ YES \_\_\_\_\_ NO

***Regiena Heringa workshop —November 19th 2016***