



4 Classes ... Sacred Gatherings on

GETTING ALONG WITH NATURE, SPIRITUAL ECOLOGY, CONSCIOUSNESS & DIVINE MOTHER'S ANCESTRAL WISDOM

**Four Saturdays, 1:30 – 3:30 pm
(18/3, 25/3, 1/4, 8/4)**

Venue: SOUL, 388 Albert Road, Salt River, Cape Town (first 3 Saturdays)

Cost: 4 classes: R900, prepay by March 15 (last Saturday in Nature) - **RSVP** Regine, heartearthhealing@gmail.com

Chakra Balancing, Crystal & Gemstone Therapy: (2hrs) R650 when signed up for 4 classes. 1-3 sessions recommended.

Launching a series of 4 weekly classes, to educate & coach people on the fundamentals of getting along with Nature. Teachings of The Mother's Conscious & Ancestral Wisdom for Earth Preservation are Holistic (whole-istic) as every part affects the whole. Consecutive classes are intended to empower your healing process, to recover consciousness & give you a fresh & new life-sustaining approach to live on this precious planet. We are witness to Nature's unfolding according to natural laws & in places still fairly untouched people are attracted by nature's life-force, vitality, harmony, beauty & ability to heal. This craving & longing to BE in nature is a powerful indication that we need to heal and recover our own individual functioning according to the original design of our being as a Spirit. We will be discovering how we can return to living in accordance to these Holistic Ways so that we may BE in greater empathetic & sympathetic resonance with nature.

Teachings, Holistic Wisdom are to help people have clarity about their role & responsibility in relationship with nature, each other & to the Great Mother of all. Our approach to this process is with an open HEART to facilitate our healing individually and collectively support our natural environment. This sacred ancient wisdom & work will help you to recover consciousness about being friendly to nature on an energetic and spiritual level. These classes are intended to assist people to begin a deepening process in the Divine Mother's consciousness & alignment to her Holistic Ancestral Wisdom in preparation for spiritual ecology. The series of classes may be offered about every 2 or 3 months for both beginners and people who feel called to participate in doing this work in a developing & committed practice.

Speaker, **Regine Veraguas**, Holistic Educator & Healing Practitioner. This unique & sacred work Regine is doing in Cape Town, SA is based on the integrated healing, original wisdom & spiritual arts bestowed to her over the past 11 plus years of apprenticeship in an intensive, on-going, process with her Spiritual Mentor. She holds an energetic healing practice & educates people on Original wisdom, the "Holistic Wise Ways" of the Divine Mother & prepares people in spiritual ecology for Mother's Earth Conscious & Ancestral Wisdom Preservation thru the **Koginka Sewaluna Foundation Afrika NPC**. She has been trained in the USA & Colombia with her Spiritual Mentor, Mama Koginka, an ordained Kogi Mama, legendary Andean Maestro, direct messenger of the Divine Mother & true Master in Spiritual Arts.



Websites for more info: www.heartearthhealing.com www.koginkasewalunafoundation.org