

**Where Do I Start?**  
with Medium Anthony Kesner  
The London Spiritual Mission  
13 Pembridge Place, London, W2 4XB  
Saturday 21st September 2019

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This course is especially designed to help you get started. Anthony will introduce you to different topics of interest throughout the day, when put together will give you a greater understanding of our world, a better sense of direction and awareness of where your talents may lay. He will cover:-

- ❖ What grounding is and how to do it
- ❖ How to open and close your energy
- ❖ How to meditate
- ❖ The Chakra system explained
- ❖ The importance of the heart chakra
- ❖ Developing your sixth sense
- ❖ Sensing energy
- ❖ The difference between mediumistic and psychic
- ❖ Connecting with your spiritual guides and helper

Price £35 per person - starting at 10am finishing at 4.30pm

Please contact Doreen on: 07932 626927 to confirm your place. If you're at the church you can speak to Doreen our Vice President or any member of the LSM committee. Payment will be required in cash on the day of the workshop.