



**Bexleyheath Christian Spiritualist Church**  
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# Your Energy

With Karen Hambleton-Owen

**Saturday 13<sup>th</sup> September 2025**

**10.00 - 3.00      £25.00**

**(Limited Numbers - 12 Max)**

## **Brief Overview of the Workshop:**

If you are wondering how to raise your energy at a time when the Earth's Energy is changing and the Energy within the Universe is speeding up – then this will be of great interest to you and a tool to assist you.

We can raise our personal awareness, linking to those higher frequencies, opening our hearts, souls and minds to those who come from the higher realms to assist us.

- We will link with 12 Ascended Masters
- Understanding their roles and the aspects they represent
- How we can link with them
- The colour ray they invoke and travel on
- Linking with their colour ray
- How they can help us on a personal level for higher guidance
- Linking through meditation
- Healing for our own personal journey
- Healing for the World around us

**Please bring: (1)    Your Lunch    (2)    Notepad and pen**

**Tea & Coffee available**

**Limited Places – Booking/Paying in advance essential to secure your place**

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