

ISF 2024 – Class Descriptions

Simone Rueggeseegger (CH) - Mediumship Development – Beginner to Intermediate

Take your first and second steps into communication with Spirit. Are you looking for ways in which you can deepen your experience in working with Spirit? Simone will offer some tools and insights into how you can strengthen your connection. She will also offer ways in which you can refine the language between yourself as the Medium and the Spirit Communicators.

Hazel Martin (UK) – Mediumship Development – Intermediate to Advanced

With regard to the week tuition, this is what the students might expect;

- a variety of practical exercises to create and maintain a strong spirit link
- a focus on what constitutes 'good evidence' and practical exercises to ensure that we get it within our links
- understanding what evidential mediumship is and reviewing your own practice
- learn how to get a variety of different types of evidence and understanding why it's important to work on 'hard evidence'
- techniques for receiving names
- learn how to 'tell the story' of your spirit link
- understand the three-way process of spirit communication and how we create our own language with our spirit team and communicators
- lots of practice in a safe, supportive and above all, fun environment!

Lou Ann Beecher (USA) and Rosemary Calderalo (USA) – Trance – Beginner to Intermediate

Exploring Trance: for beginner and intermediate students

A history of mediumship shows us that trance work can help us develop closer connections with Spirit because the process builds awareness and trust. Mediumship is developed through conscious agreement to work in partnership and in a cooperative process between the medium, the spirit world and one's spirit team. In this class, participants will focus on developing deeper awareness of altered states and will explore the different terms and stages of trance.

Through the week, presentations and developmental exercises will offer ways to deepen understanding of energy, spirit connections, and trance states. The process by which we can learn to let go of obstacle in our minds and allow Spirit people to speak for themselves or to offer healing, will be explored. Whether you are just starting your spiritual exploration or are seeking additional training, this class offers an opportunity for growth and learning.

Anita Garrod (UK) – Trance – Intermediate to Advanced

Anita Garrod (UK) – Trance – Intermediate to Advanced Through the week, students who already have an understanding of trance and the ways in which we work with Spirit in altered states will have an opportunity to deepen connections and Page 2 of 5 receive feedback on their work. It is anticipated that the Spirit world will take an active role in giving support; a variety of exercises will help students reflect on and continue their development.

Robin Hodson (UK) – Working in the Astral

The Astral level is a non-physical level or realm of being, separate from the physical one but accessible from it by means of one's astral body. This fascinating plane of existence has been explored by many religions and seers throughout the world. Thought to be the junction between the physical and Spiritual worlds.

In this class, we will investigate the astral level, using theoretical and practical processes. The practical work will support your mediumship, give you techniques to make a stronger connection with spirit, investigate the Astral (Akashic) records, astral projection and allow you the opportunity to experience this fascinating state of being. No experience is required but an open mind and a willingness to work is essential.

Richard Schoeller (USA) – Trance to Physical – 16 participants

During this week we will explore working with trance in relationship to physical mediumship. As a student in this class anticipate working together to help facilitate the process of growth and connection with Spirit. While we hope for phenomena to occur it cannot be guaranteed. Come to this class with an openness to discovering what Spirit has in store.

Ann-Marie Alvarsdotter (SE) - Shamanic Journeying

Welcome to learning about the Shamanic way of seeing the world. You will be able to meet your power animal and learn to do some healing work for yourself and others. As part of the class, prepare yourself to be outside and meet up with nature in different Shamanic ways.

Ulla Alvarsdotter (SE) Healing through Colour

Welcome to this class where healing comes from the colours! During this week we will use the magical colors as a tool for personal and spiritual development. We will work with our intuition, intention, feel the frequencies of different colours and of course open up to our spiritual artist guides to work with us. Cell Memory Painting is also a part of the week where we will go into the world of quantum physics. We work freely and without demands, so no artistic ability required.

Hampi van de Velde (CH) – Intuitive Trance Healing

Subtitle: A bridge for the spiritual world

Trance healing, known as an English spiritual healing method, offers far more than just physical healing, although this always takes center stage. The techniques are easily customizable and can be used beneficially in almost all areas of work and life. When used correctly, they offer an ideal platform for expressing one's own creativity and creative power. I call it Intuitive Trance Healing.

Intuitive Trance Healing can be a bridge between our outer, structured world and the creative, intuitive and spiritual world. It brings practitioners closer to themselves and their own creative energy. It also strengthens interpersonal relationships and promotes tolerance and respect for all life. Even when we dedicate ourselves to serving God and helping others, we start with healing ourselves first.

In this course we will explore Intuitive Trance Healing, find out what it feels like and understand the effect it can have on clients and especially on ourselves.

Robin and Sue Hodson (UK) – Aspects of Healing

This class will be an illustrated and practical group covering the different genres of healing. It will include Energy Healing, Spiritual Healing and Trance Healing. During the class we will not only look at the theory, practice and regulations, the participants will be actively working with practical healing exercises.

Hampi van de Velde (CH) - Inspired Writing & Trance Writing

Subtitle: Open a new chapter in the book of your life.

Do you have the desire to write a book? Or do you have the feeling that the spiritual world wants to convey a message through you that will touch people? Or do you enjoy playing with words and sentences? Then you are not alone and this is the right course for you.

Inspired and automatic writing (trance writing) have always been methods of transforming wisdom, knowledge and messages from the spiritual world into the material world in words and writing.

Like trance speaking, writing has a long tradition in the history of mediumship, prophecy and the transmission of knowledge. Countless works have been written in this way. Starting with the prophet Mohamed, to whom the archangel Gabriel is said to have dictated the Koran, or the works of the church saint Hildegard von Bingen, from whom the "Hildegard medicine" emerged.

Inspired and automatic writing is something you can learn. If you already have experience as a medium, then it is even very easy. Why not write a text, a poem or a book in cooperation with friends from the spiritual world? Discover the fascination of words. Learn step by step in this course how this works and how you can make it work for you with a little courage and dedication.

Coral Ryder (UK) – Mediumship through the Creative Mind

In this group we will be exploring our mediumship through the media of art. Our main focus will be on "Spirit Portraiture and the Soul-to-Soul art of Auragraphs."

We will look at the key components involved in creating spirit and psychic art. From the features of the face, and drawing techniques, to spirit communication, and colour interpretation. We will then combine these skills together in practical exercises and one-to-one sittings.

This group is for mixed levels. No art training is required to attend this class, just an open mind and eagerness to explore outside the box. Let us release self-doubt and embrace our inner creativity and mediumship together through the remarkable world of spirit art.