

ISF 2024 – Workshop Descriptions

Simone Ruegsegger (CH)

Workshop: Musical Mediumship

Tune into Tunes. In this workshop students will listen between the lines and of music and connect to Spirit.

Hannu Piekkola (FI)

Workshop: Spiritual Power in your body and Nature

The intention of the workshop is to teach how to maintain our body and soul harmony in disrupted world. Finland hides in itself over 300 hundred elliptic shaped Giant's churches dating to 5000 years ago, and over 500 stone labyrinths (some of the dating from Medieval time). Soon after ice season sacred places were built by the seal hunting communities on the coastal area. These have remained largely untouched in later time since land rise after ice season is over 10 meter in 1000 years and sacred places have moved inland in desolated wet areas with little population or agriculture. Similar tradition has continued in iron age and Finnish folklore Kalevala is esoteric book parallel to Bible. The monuments in Stonehenge period and recent evidence shows that the most sacred stones in the UK were also brought from north like from Orkney Island.

This workshop shows how the energy centers of power places are related to the health and well-being of the human body and teaches meditation in feeling nose breathing energies, which affect whole body as it takes you back to your very birth on the Earth plane. In osteopathy the first egg cells formed first the nostrils in nose. The intention of the workshop is to teach and practice the feeling of the energy flow that can vitalize Your connection with the nature to balance your body. These energies relate essentially to yang and yin in the body that has four-hour daily rhythm.

Finnish-Egyptians-Picts of Scotland cultures braised the wonders of nature initiated every year in winter and summer solstices. The two nostril's spirals were awakened by so call Big Bull God in winter known in Egypt as the great potter Khnum god. Summer solstice sunrise raised the energy to upper body through breathing at a time when the yang energies (right nostril) are strongest. Winter solstice was at least as import to foster the spring with decreasing Yin and increasing Yang, as initiated by the Great potter Khnum (which was in Finland related to Milky Way with Taurus as head).

Human soul growth and forging Sampo mills of the mother earth, breath and wind are all maintained through energy inflow and outflow from nostrils. The spirals open up to our temples and are well-known in Chinese acupuncture. We also integrate rune stones into our workshop since these were originally designed to indicate the life force and its flow in our body. The workshop includes vivid presentation of the energy centers and spirals in Finnish and Egyptian power places (Giant churches, hills surrounding Helsinki and Giza pyramids in Egypt).

Harriet Piekkola (FI)

Workshop: Who Will Guide You from the Light?

Who will guide you from the world of light? Make way for guides, angels and other helpers. Allow them to assist you in taking care of yourself and the earth. Learn how to understand your role in cooperation with them. The workshop attendees will also do a loving walk with guides and angels.

Kristbjorg Einarsdottir (IS)

Workshop: A Nature Mandala

This exciting workshop will be connected to nature outside the Hotel Korpilampi. Workshop attendees will explore nature and collect items they want to use in making their own Mandala. Then they are given the opportunity to read things that reflect a person's current life by reading the picture psychically. This is a fun way of working and they will be able to see a new way to approach their intuition.

Eleanor Walker (UK)

Workshop: Colour's Gifts

This workshop is on the use of colour in our everyday life. Colour helps us to see joy and beauty in all things. The essential benefit of colours are their ability to aid our health, boost our energy, and change our mood. Those who work with colour - therapists, artists, fashion designers and musicians, to mention just a few, know the qualities that each colour possesses which can influence the body and mind.

Mediums and psychics often use colour in their work which contributes another facet to the readings. In this workshop I will introduce you to the gifts that colour provides. We will look at the seven spectrum colours plus a few others and learn how to use them for health, decoration, fashion and fun.

Colour can cheer us. Colour can heal us. Colour can inspire us. Join in and see what colour gifts to you.

Hazel Martin (UK)

Workshop: Soul Readings

An interactive workshop to discover the beauty of Soul Readings. A Soul Reading is when we connect with our own soul and intuitively connect with the soul of another, allowing the words to flow from our soul to theirs. A soul reading can bring deep healing and personal awareness, allowing us to live life more joyfully. Come and join me to give and receive a soul reading in a safe and supportive space.

Hampi van de Velde (CH)

Workshop: How to Demonstrate Spiritual Healing in a Fun and Exciting Way

And other workshops anticipated to be added by Kristian Smeds (FI), Irene Naden (FI)!