

Classes Descriptions: ISF in Glasgow 2026

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.

Development of Mediumship - Back to Basics: Whether a beginner or wishing to refresh your mediumship basics, this course will support your development, boost your confidence, and strengthen your connection with Spirit.

Develop Your Spirituality with Colours: Welcome to this course where we will dive into the energy and frequencies of colors and how that can develop our spirituality. We welcome our artist guides to lead us in the experiment to paint in trans and we will also go into the magic area with sacred geometry. One part of the course will be how we can use intention together with colors and painting, and thus also for self-development where we strengthen and develop our channel to the spirit world. We work freely and without demands, so no artistic ability is expected or required.

Exploring Trance Mediumship: For those wishing to explore and understand more about the process of trance. The 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 stages of trance. The process by which we can learn to let go of obstacles in our minds and allow Spirit people to speak or to offer healing, will be explored.

Healing Through Colors: Welcome to this class where healing comes from the colours! During this week we will use the 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 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 is expected or required.

Inspirational Speaking: Have you wondered how speakers do what they do without referring to a single note? ... then this class is for you! What happens when we invite Spirit to help us bring through philosophy and inspiration to share with others? How do we start and advance that process? In this class you will have the chance to use what you know about intuition and mediumship and practice taking this additional step, understanding that in a Spiritualist context, public speaking is also a mediumistic development experience. This class offers a fun and interactive way to practice working in a different kind of partnership with Spirit.

Mediumship: Continuing Development: Includes ways to begin to develop your next level of Mediumship through the who/what/why steps of identification of communicator, the evidence of the communicator, and the advice/message of the communicator. Understanding the dialogue of mediumship. Start to go beyond surface information to expand and deepen the points of evidence. Learn to work with multiple communicators in a non-sequential format. Expand your abilities by working with another medium or mediums with the same link/communicator. Practice private and group style sittings/readings with feedback and critique. Better understand how your own filters/prejudices/misinformation can cloud communication. Work on problem solving and working with difficult situations in your mediumship.

A Spiritual Pathway through Mediumship: With this course you will be assisted to a deeper understanding of your own spiritual pathway through development of the gifts of mediumship, and how to maintain that spiritual essence and energy in your practice of those gifts

Trance Mediumship: Through the week, students who already understand trance and the ways in which we work with Spirit in altered states will have an opportunity to deepen connections and 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.

Trance to Physical Mediumship: 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.