



Alchemy/ Sacred Feminine Activation*

a Heroine's Journey of
clearing, balancing &
activating the 7 Energy
Centres through Embodied
Devotions and the guidance
of 7 Sacred Feminine
Archetypes. //

7TH MAY - 20TH AUG 2023



The/ Journey*

We begin in our Root Sphere under the guidance of the Wild Woman, she grounds us and helps us to rebuild our foundation, to root us deeply into ourselves and the Earth. From here we flow with the Creatrix Muse through our centre of birth and creativity, the Sacral Sphere reawakens our sensuality and Womb Wisdom. Next, we awaken the Warrior Woman within, lighting our Solar Sphere fires and reclaiming our sovereign selves, from the fires of our I AM we land gently in the arms of The Mother, learning to clear, open and activate our Heart Sphere, releasing trauma and inviting love into our lives. With open Hearts, we are able to graduate into a deeper connection with our inner Medicine Woman accessing and embodying our Truth in the Throat Sphere. The Wise Woman leads us through the sacred portals of intuition and perception in the 3rd Eye Sphere and finally, we embark on the initiation path of the Crown Sphere as we conclude our Heroine's Journey with the awakening and remembrance of our inner High Priestess.

What to expect*

In my experience over many years of working on the body both energetically and physically, I have come to understand that the energy centres are governed by certain resonant frequential states, these energetic states are in turn reflective of certain archetypal beings and influences, in the case of the female body these are feminine archetypes, each holding a perfect vibratory state to align, clear and balance each of the energy centres.

By connecting and calling on these Goddesses or Sacred Feminine embodied beings we can access their energetic signatures and reflect them in our own field, utilising their power and medicine to heal and balance our energy centres and by extension our physical and energy bodies.

These core resonant frequencies are present in every woman, in each of our energy centres, when they are balanced and aligned they vibrate a Goddess code, a Sacred Feminine song that weaves itself from us and throughout the universe, connecting us to one another and to the Divine.

The archetypal vessels of Sacred Feminine energy that we call upon in each of the energy centres resonate the highest tonal clarity for the centre and in seeking to access their vibration we may access, activate and reflect that tone within ourselves and as it does so in you, you activate it in others and together we remember the power in ourselves and one another.

We become a collective of women woven together by the clarity of our tonal vibration, through the activation and reflection of the Sacred Feminine present within every one of our energy centres and held within the sacredness of our very being.

So I encourage that when you embark on this journey do so with a truly open heart and mind, open yourself to the experience of these Sacred Feminine embodied beings working on you, even if it is beyond your realm of experience or imagination, open yourself to the understanding and expansion that not all things in this world can be seen by your two eyes or distilled and categorised through our over masculinised analytical and allopathic structures, open yourself to being worked on, connected to and engaged with on a deeper, subtler level, on a sacred level that may be beyond your current realm of experience or understanding.

The

Process*

As we work through the Embodied Devotions of each Sphere, we identify energetic, emotional, and mental patterns and beliefs that limit your authentic expression of self.

The practice of daily devotion asks you to show up in new ways in your life which match your inner truth and allow you to recall and move deeper into your power.

Through these consistent practices, you reprogram, unravel and release energetic, emotional, mental and physical programming that no longer serves you.

As you commit to your Embodied Devotions creating a consistent awareness of your energetic state, you will feel the spaciousness, joy, and momentum that comes with being in alignment with your true self and from this alignment, your ability to connect with your own guidance system.

This is a deep and intensive journey that will ask you to commit to daily practises as well as deep shadow work - releasing beliefs and wounds that no longer serve you.

You will commit to daily meditation to engage with the Sacred Feminine archetypes as well as practises to balance, clear and activate the energy centre we are working on.

The accompanying practises in your workbooks will aid in understanding and releasing old patterns and identifying core wounds.

Through these practices, you learn to reprogram your subconscious by creating new energetic states that align with the truth of your being. These new states will move you into a life that is in alignment with your sovereign soul purpose.

You will learn to listen to your Sacred Feminine energy and guides so you can be intimately attuned with your inner world and trust how you are being called to move in alignment with your Sovereign Sacred Self.

As a self-employed mother, with a very full life, I have been conscious that the practises and processes of this journey need to be able to fit into my daily schedule, the journey was created and is practised by me, so I know it is possible and sustainable for those of us who have full lives and many commitments other than ourselves.

Why invest in this Journey*

- uncover the state of your energetic body and assess how you can bring it more into alignment & balance. This alignment manifests physically, mentally, spiritually & emotionally.
- identify core wounds, patterns of behaviour & beliefs that perpetuate aspects & influences in your life that no longer serve you.
- connect & gain access to the Sacred Feminine guidance & your own Spirit Guides to assist you in walking a path of transformation & Energetic Alchemy, bringing you into alignment with your true calling & developing unwavering deep trust within yourself & your guidance.

Once we begin to access an understanding of our energetic & frequential states & gain greater control over these states by clearing stagnant energy & realigning the energy body, we create an access point to our infinite potential.

Having support from someone who has immersed themselves in this journey creates space for you to centre & ground yourself in your own unique form of alchemy & continue to grow in your power & presence.

This is a Heroine's Journey of self-remembering, of rediscovering your innate power to bring balance & create alchemy in your life, but it takes courage & commitment, if you are ready - The Sacred Feminine is waiting!

The group journey option 1 consists of:

1 group gathering every second week and 1 private session weekly, for each of the 7 Spheres, the group gatherings will be held online - private sessions are available in person or remotely.

You will receive 14 private sessions access to gatherings & the accompanying 7 Alchemy Sacred Feminine Activation workbooks in PDF form and all guided meditations.

This is an intensive 14 weeks and requires your commitment to your personal Alchemy.

The group journey gatherings run every second week, once you join, you receive access to 8 gatherings.

Costs for the Group Journey Option 1 with private sessions:

Monthly plan - R3800 or €220 Per month x4

Payment in full - R15000 or €860

You receive 33 hours in sessions & gatherings / all workbooks / unlimited guidance questions / All Meditation Recordings

The Group Journey Option 1*

The Group Journey Option 2*

The Group Journey Option 2 is offered without private sessions.

You receive 12 hours of gatherings and unlimited guidance questions.

Costs for the Group Journey Option 2 without Private Sessions:

Monthly plan - R1250 or €85 Per month x4 Payment in full - R5000 or €330

You receive 16 hours in gatherings /All workbooks/ unlimited guidance questions / All Meditation Recordings

The 2023 Group Journey will commence on the 7th of May 2023 there are 6 spaces available if you would like to join click [HERE](#)

The Private Journey*

You will receive:

2 private sessions per Sphere, equalling 14 sessions in total, private sessions are available in person or remotely.

All 7 Alchemy Sacred Feminine Activation workbooks in PDF form and all guided meditations.

Access to any Group Gatherings whilst you are on the journey.

The private journey allows you to begin the 14 week process whenever you feel called.

Please note that I only work with a limited number of clients through this journey at any time, if you feel called, please click [HERE](#) to book your assessment call.

Costs for the Private Journey:

Cost per Sphere - R3875 per month x4

Full payment - R15200 or €880

You receive 21 hours in sessions / unlimited guidance questions / All workbooks/ All Meditation Recordings /Access to group gatherings

The contribution commitment is made for the full 7 spheres of the journey.

The private journey is available at any time, although spaces are limited.

If you would feel called to the private journey please click [HERE](#)

What others are saying about this course*

My life has been split into two halves, my life before the Alchemy Sacred Feminine Activation and my life after. It has been a deep and powerful journey, one that continues. I have found the space I want to create my life from, the space of being in love with all that I am. My eternal gratitude to Isa for lovingly and with great strength holding the container for learning, growth and love. Her guidance connection and wisdom will be with me always.

- Louise Addis



Taking part in a ceremony, course or healing session with Isa literally has the potential to change your life. She is a gifted, thorough and profound healing Master, whose integrity and genuine desire to help me bring myself to wholeness is an honour and a privilege to witness and participate in. To say she is highly recommend is somewhat of an understatement.

- Stella Douglas

I met Isa about 3 years ago and was drawn to her innate wisdom at the time I knew that I needed to do something with her, although at the time it was not clear. During lockdown Isa offered free daily meditations " From Isolation to Insulation " this had a profound effect on me as I learnt to meditate and gain some insight into a place that I had known before but had lost.

Isa then offered the Alchemy Sacred Feminine Activation (Goddess Energy Course), an in-depth exploration of our energy centres and ourselves. I had not spent time with myself at this level for many years and had lost connection with who I really was.

I am different today compared to when I started the course and I am happy with who I am remembering and becoming. I feel that I have stepped into the path I need to be on and there is so much to learn but also so much I have to share.

The course was created and shared with great wisdom love and compassion. I am grateful that I started this journey with Isa, I know that I as continue in the process of my embodiment, I will continue to tap into her guidance, wisdom and strength."

- Jenni Stephen



A life-changing experience - If you have the chance to work with her just do it! I had the privilege and chance to work with Isa last year in her Alchemy Sacred Feminine Activation. This is the best thing I have ever done for myself in my life. Over a number of months, we went deep into unravelling parts remembering aspects of the divine feminine and forgotten parts that were longing to see the daylight again. Sitting with things I never had taken time for previously in my life. It has been a truly life-changing experience and I enjoyed every moment of it. Isa is one of those very special and beautiful people who hold strong energy with grace and softness, she is highly experienced and knowledgeable in life and many healing modalities. As her client, you feel held, heard, and at home. If you have the chance to work with her, just do it, and your future self will thank you.

- Sky Jalita De Waal

[More Testimonials](#)