

Western Mysteries Spring Break 2025

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# Exploring spiritual Arran





# Highlights

- Machrie Moor Stone Circles
- Machrie Water and woodland
- Stranoch Wood Rock Art
- Daniel Nicol Dunlop's childhood places
- A visit to the Scottish School of Herbal Medicine
- Hiking in majestic landscapes
- Daytrip to Holy Isle and hermitage of St Molaise
- Schooling in sense-perception and sharing circles
- Intensely nourishing landscape and nature impressions
- A small group and community experience
- An introduction and experiential course into the Western Mysteries

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# Machrie Moor

Stone Circles, Standing Stones and Cairns. The ritual landscape of Arran.

Arguably the most atmospheric of all stone circles are set in this complex of different megaliths. We will visit the sites, share observations and try to experience what a standing stone phenomenologically and in respect to ourselves is: a teacher of uprightness! A circle of stones: a teacher of community! We will also walk the enchanted woodland and moors around and along the stunning Machrie Water with its pools.

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# Daniel Dunlop

A pioneer of Anthroposophy in Britain and representative of the Western Mystery Stream

Explore the places of Dunlop's childhood and learn about his life and mission of this incarnation. His friendship with Rudolf Steiner and the future potential that still lies within that encounter of those two representatives of the mysteries. Learn how we are linked into this.





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# Stranoch Wood

## The Secret of Cup-and-Ring Rock Art

Little known and understood is the fascinating neolithic rock art of cup-and-rings. One of the most astonishing and intriguing panels is on Arran. We use phenomenology and Goethean observation to relate to them and to maybe get an idea of what they are about and what they can tell us today. Close by are more megaliths to look at and a magical waterfall.



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# Holy Isle

## Iona, Celtic Christianity, Holy Wells

St Molaise, a student of St Columba of Iona is the Celtic Saint of Arran and its neighbouring beautiful Island of Holy Island, where he had a hermitage and a holy well that we will visit. The topic of this day will be to explore the atmosphere of these Celtic Christian sites and their difference to megalithic ones, and how they are related to the Western Mysteries.

# Details

Dates: 4 days: Sunday 4th to Wednesday 7th May 2025.

This offering costs £320 for the guided day trips (or £100 for a single day, if booked separately).

Day trips from 10 am till 5 pm.  
Bring your packed lunches.  
Weather dependent, we will have lunches at a cafe or pub.

Register until Easter 2025.

Organise your accommodation and mobility on the island. Car sharing is possible and preferred. Please get in contact.

There will be meeting points at different places every day: Day 1: Machrie Moor. Day 2: Kildonan. Day 3: Near Brodick. Day 4: Lamlash Bay. Details once registered.

If possible, plan this trip so that you have sufficient time before beginning to arrive, and afterwards to explore more and to dig deeper into the experience.

Ferry fee to Holy Isle (£24) not included. Walk and talk fee at the Scottish School of Herbal Medicine on 5th May included. A good vegan dinner afterwards is offered for £15.

The excursions require some mobility to make the most of it and resilience regarding all kinds of weather, as all sites are outdoors, and some require walks to get to them, sometimes through boggy terrain.

Check out offerings in 2026 and further details:  
[www.knowyourself.land](http://www.knowyourself.land) Contact:  
[renatus@knowyourself.land](mailto:renatus@knowyourself.land)



## The tour guide:

Dr. Renatus Derbidge, born in 1979 in Frankfurt/Main, Germany, is a Goethean biologist. He moved to the Isle of Mull near Iona in Scotland in 2018 to study the Western Mysteries at the places where they can still be experienced today. He has published his research extensively. He is the founder of the Iona Summer Schools that have happened since 2016 every year. He offers travel experiences and seminars about the topic. He currently works as a land manager and researcher at Fairhill Rise, a Ruskin Mill provision for young adults with additional needs near Edinburgh. He will guide the day trips, the shared observations and the sharing circles. In seminar units he will embed the experiences in a wider anthroposophical and historical context.