

# Newsletter – the ISIS School of Holistic Health Ltd



Issue 98: January 2025

## ISIS (ISET) Divine Mother of All offers words of wisdom to support our soul's evolution



**This is ISET (ISIS) the Divine Mother speaking** (*channelled by Fotoula Adrimi*)

**Your world is continuously changing and evolving.** People try to predict the future, yet the future is fluid. And, at the same time, the future is determined by the choices you make in your life right now.

You have many choices to make. Most people make choices unconsciously everyday. However, if you are reading this message you know that I do not speak to those who live their life blindly. I speak to those of you who seek the Light through the fire of your spirit.

Each day you make so many choices, yet the mind thinks only about the big choices, the big events in your life. I speak of the small choices, those little things that determine your daily existence and the way you interact with the world and life. I speak of the choices you make moment to moment. These are the choices into which you can bring consciousness, otherwise these choices are mostly predetermined by the conditioning.

There is so much that defines your daily life that is due to the programming of the planet that creates habits and structures that start to define you. Before you know it, you can become trapped by these structures that you have inherited or learned.



The channellings, practices and ceremonies contained herein are for your personal use.  
Please do not teach this material as your own, as this is unethical.

To contact The ISIS School please email: [info@isis-school.com](mailto:info@isis-school.com)

Copyright: The ISIS School of Holistic Health Ltd © All Rights Reserved. Original artwork: ©Gill Hastie



## Weave a new thread into the web of your life: a thread of Light

This time asks you to weave a new thread into the web of your life: a thread of Light. No matter how tight or strong the conditioning is, a new way of awareness is possible. In your daily life create a new habit, a new pattern that serves the Light. The energy that you then bring in will start to illuminate all that you do, so that you can see all aspects of your life with more clarity.

*Do not let a day pass where you do not engage with the sacred or bring in and support the Light in your life.*

### **The Two Pillars - Divine Power and Divine Love**

Be the Light worker and the Light bringer, consciously and with intention, through Divine power and Divine love. These are the two pillars that support you in your journey of soul evolution. You need both of these at the same time.

Some people only focus on power: the strength of the energy and their practice. They look to impress themselves and others through the force of their voice. Yet power alone is both destructive and self-destructive. Instead of evolving, they end up going backwards and lose the pearls of wisdom they worked so hard to gain.

Those who only speak of love, end up in a state of being that cannot go anywhere. They give their power away to others and remain stuck in the same place.

Divine power and Divine love are complementary, not opposites. Divine power emanates from unconditional Divine love, and created all the beauty of the world you see around you. You are a manifestation of Divine power and Divine love.

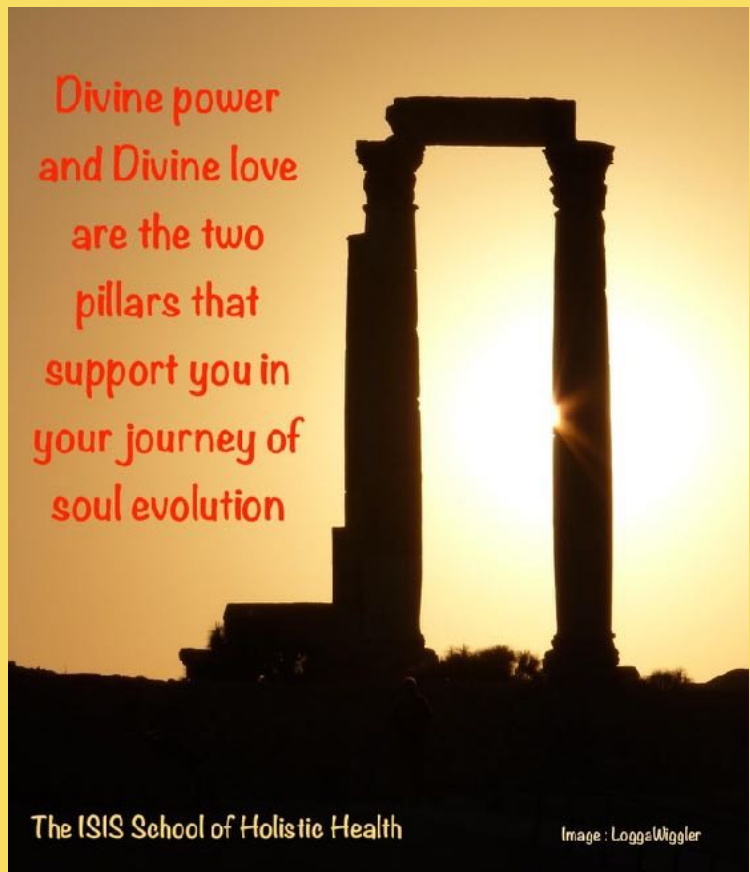


As you weave power and love together in your life, you can create a new reality for yourself. The Light that emerges from your new awareness brings balance in your daily experience of life. Out of this Light a new 'you' starts to evolve gradually.

In order to weave the Light into the tapestry of your life, you need:

- ★ **Focus.** Stay present in your spiritual work;
- ★ **Energy.** Connect with the higher vibrational spheres and bring the energy into your practice. Enliven your practice;
- ★ **Repetition.** A spiritual practice that is only done occasionally even with the best of intentions, will fade away as with everything in the duality of the Earth. The conditioning will soon engulf you without you realising you have lost the ground you had gained. It is important to engage with the Light consciously in your daily life;
- ★ **Commitment.** The conditioning will try to stop you unless you make a strong commitment to your Light work and follow through with your commitment. Otherwise you will find yourself stopping and starting, going back and forth; and,
- ★ **Divine Power and Divine Love.** Support yourself through the two pillars of power and love that build your inner temple. Live your path by noticing those small, insignificant, yet incredibly important moments when you act, think, and create through the combination of these two aspects of Divine power and Divine love that are really the one aspect.

The Enlightened Ones, together with the infinite spirit that you are, have opened the doors for you to live a sacred life and they invite your earthly self to walk through them. This life, that gives you the opportunity to walk a path of Light in the world, is so unique. It has been many thousands of years since this



opportunity existed on Earth in such a grand scale. And yet within this timeframe of spiritual evolution, the duality exists too.

The conditioning lays traps for people in the spiritual community to become lost. This happens when people are not able to honour the two pillars of power and love. Ungrounded, they lose their way.

The Light has found you and opened a road for you. Yet it is always the choice of the earthly soul to continue walking, taking a step each day, and honouring the gift of this lifetime.



## **Egyptian Mystery School Teachings The Path of ISIS Introductory Course - *The Spiritual Path of ISET, Part 1* New In Person and Online dates for 2025**

The **Spiritual Path of ISET, Part 1** is the introductory 3-day course for the Path of ISIS teachings. These teachings are a path to Awakening and Ascension that support us to embody our Divine self. Their aim is to open us to the Light of the World, so that we can become that Light, the Living Light, the Light of our essential nature. The course involves an Initiation process that opens the way for participants to channel the high energy vibrations of the Living Light.

### **The Course will be taught In-Person and Online in 2025**

**In Person: Glasgow, Scotland - 10.00-17.00, Friday 28th - Sunday 30th March**

**Online: 12noon - 18.30 (uk), Friday 11th - Sunday 13th April**

**Investment for each 3-day Course: £399.00; Deposit: £200.00 (by bank transfer)**

For more information about the the Teachings of the Living Light, see the [website](#)  
For bookings and bank details email the School - [info@isis-school.com](mailto:info@isis-school.com)

## *A Second Message from ISET, the Divine Mother*

# *“I offer you a message of Peace”*

*(Channelled by Fotoula Adrimi)*

**I offer you a message of peace** - peace for the soul that is being pulled in so many directions; the soul that is losing its path and purpose, and is feeding instead the intentions of a conditioned world which purposefully remains blind to the Light. No matter how many times a soul is touched by the Light and the higher vibrational energies, the conditioning of the Earth finds ways to lure the soul away from its centredness.



Become the tree of life, the axis mundi, and embrace a bigger reality that enables you to perceive the Light and the higher dimensional frequencies that are flowing into the Earth to help humanity awaken.

I invite you to actively question where you put your energy and what you feed, for what you feed grows. The majority of humanity is attached to the lower vibration of fear and survival and so it remains stuck as these vibrations do not allow for positive change. So many of you wish to help the world and the Earth but you are looking externally for answers - feeding a paradigm of reaction.

The spiritual paradigm does not take place in the outside reality. Unless humanity evolves from within, any reality that you manifest will be based on the conditioning of the egoic self. The outside world will evolve when you have

evolved from within. Then the Earth will mirror your inner state of awakened peace and harmony.

### **Embody your Mastery**

People talk about a paradise lost. This soul memory you have of a distant shangri-la where the Masters dwell exists within you and not in some other magical land. You are the Master, and we invite you to embody your mastery. This mastery is not about mastering others or the outside reality. If you think that, you are thinking through the ego and this is why many spiritual practitioners go wrong. In contrast this inner mastery is the mastering of the egoic mind that has kept you running in unending circles, individually and collectively, creating thought forms that plague humanity and the descendants.



It is this ancestral heavy psychic swamp that you are now called to clear and create again the peaceful lake of the enlightened state.

Your soul is that state. Born out of the celestial waters of the Lake of Enlightenment, each soul is an individual drop of the whole. Find and reclaim your heritage as enlightened beings who have incarnated at this time to re-create the Golden Times of awakened living. Your inner reality will then be reflected in the world around you, and you will find the peace that you are, everywhere.

In the years to come the conditioning will try to create what it knows best to do - states of chaos that may affect life as you know it. You may see much destruction, upheaval, and change, as well as much goodness, progress, and new ways. For one leads to the other through the cycles of life and the cycles of change of these times.

As a spiritual practitioner we ask you to stay in the centre of the eye of the storm and be the observer without engaging in the dramas of the external world. Moreover, we ask you to be a pillar of Light, the inner temple, the sanctuary that continues its spiritual work no matter the outside circumstances.

The ancient Egyptians said that their temples were, 'The Temples of Millions of Years.' The walls may have crumbled and the stones may have fallen, yet the Path of the Living Light is still being transmitted beyond time. You are that Light and Temple of the Awakened Soul which I now invite you to embody.



# ISET Initiates Community Page

*(The information on this page is for ISET Initiates who have taken initiation into the Path of ISIS / Path of the Living Light through attending the Spiritual Path of ISET, Part 1: 3-day Course)*

## Online ISET Initiates Circle - Next Circle: Tues, 14th January

In this Circle we will work with the Monad that we carry and receive an activation at the Paws of the Sphinx. Fotoula will also share a teaching on the Monads and the Neteru as Monads.

**Circle Date:** 19.00-20.30 (uk) Tuesday, 14th January

**Investment:** £15.00 (or join the monthly plan - see [website](#))

---

## Upcoming Path of ISIS Courses in 2025

The dates for the Path of ISIS Courses for 2025 are now on the website on the **ISET Initiates Community Page**.

*(There is an invitation of half price for any Initiate who wishes to repeat a Course)*

**Path of ISIS, Gate 3 Course** - 3 days, 10.00-17.00, 7th-9th March

*The next course after AUSIR 1*

**Spiritual Path of ISET, Part 1 Course, In Person** - 3 days, 10.00-17.00, 28-30th Mar

*The introductory course for the Path of ISIS Teachings*

**Spiritual Path of ISET, Part 1 Course, Online** - 3 days, 12noon-18.30(uk), 11-13th April

*The introductory course for the Path of ISIS Teachings*

**Path of ISIS, Gate 2 Course** - 3 days, 10.00-17.00, 2nd-4th May

*The next course after the Healing Path of ISET, Part 2*

**Path of ISIS, AUSIR 1 Course** -

3 days, 10.00-17.00, 13th-15th June

*The next course after Gate 2*



# Sharing the Pearls of Wisdom

Fotoula has had the pleasure of speaking about shamanism, the ISIS School of Holistic Health Ltd, the ancient Egyptian Mystery School, and her new book - *Sacred Mysticism of Egypt*, in an interview and podcast:

## **The Interview:**

### **Illuminating the Path Within by Katarina Todorovic of Mystic Mag**

The interview answers important questions on the different spiritual paths offered by the ISIS School and how they come together, and what it means to be a spiritual teacher. Fotoula explains the link between spiritual and personal development and how to follow a path of soul evolution through different teachings. Read the full interview [here](#)

## **The Podcast: "Meant for More" by Lisa Clifford**

In the Soul's Path episode, Fotoula describes the huge dilemma that many spiritual people face: to follow our heart and give up our established career, lifestyle, and pension prospects, for a leap into the unknown. Fotoula also talks about shamanism and the deep calling of the soul, as well as her books that have illuminated many peoples' perspectives. In her first book, *The Golden Book of Wisdom: ancient spirituality and shamanism for modern times*, Fotoula speaks about shamanism and the journey of the soul through life. Her second book, *Sacred Mysticism of Egypt*, published by O-Books, is now available for pre-order.

You can watch the full podcast on youtube - click image below



Or listen to it: <https://www.buzzsprout.com/2231283/episodes/16332702>

The Podcast is also available on Apple Music, Amazon music, and Spotify



# Priestess of the Moon™ Training

*A new Circle opens in February 2025*



Artwork: Kindly Light©

**This two-year Training supports women to embody their sacred power.** Since 2012 many sisters have stepped onto this path, answered their soul's calling, changed their life, and are bringing their soul gifts to the world.

The Course weaves around the Wheel of the Year through the Circle of the Sun Festivals and the deeper Circle of the Celtic Fire Festivals. It is based on the Goddess wisdom of the Celtic lands that flows through the seasons with the Birth of Light (Bridget), and the descent into the darkness (Cailleach Bheur).

We also align with the Moon energies as the Moon births, grows, comes into fullness and then wanes and dies, to be reborn once again. Like the Moon we experience these changes in our body and blood, and in our Womb Temple of Creative Power.

The Priestess of the Moon™ Training begins with an Initiation in a Stone Circle of the Sun and Moon, an ancestral place of power, where we make the commitment to walk the Path of the Priestess and support each other as women co-creating a Circle of Sisterhood. We bring our gifts into the world and share them with All.

The Course will teach you how to hold Ceremony for yourself, the circles of people who will come to you, and the people who wish to go through Rites of Passage. During the two years we share the Priestess of the Moon Ceremonies:

- the Sun Festivals - the equinoxes and solstices, and the Fire Festivals - Imbolc, Beltana, Lammas, Samhain;
- the different phases of the Moon - the dark moon, new moon, waxing moon, full moon, waning moon;
- Ancestral healing ceremonies;
- Womb Rites - womb healing and activation;
- Naming ceremony - for babies and adults;
- Funeral service;
- Sacred Marriage to the higher self;
- Hand Fasting Ritual;
- Working with the Fae and spirits of the land;
- And many other ceremonies and teachings.

This is a practitioner course that the ISIS School of Holistic Health has been teaching since 2012. The 'Priestess of the Moon' Training is trademarked in the UK as part of the ISIS School of Holistic Health. It cannot be taught by others at the moment as we have not taught a teacher training programme.

This Training gives you the opportunity to share the Ceremonial work as a practicing Priestess and hold the Ceremonies for others and for your community.

As part of the Training you receive a manual with all the Ceremonies.



## How to Join the Priestess of the Moon™ Training

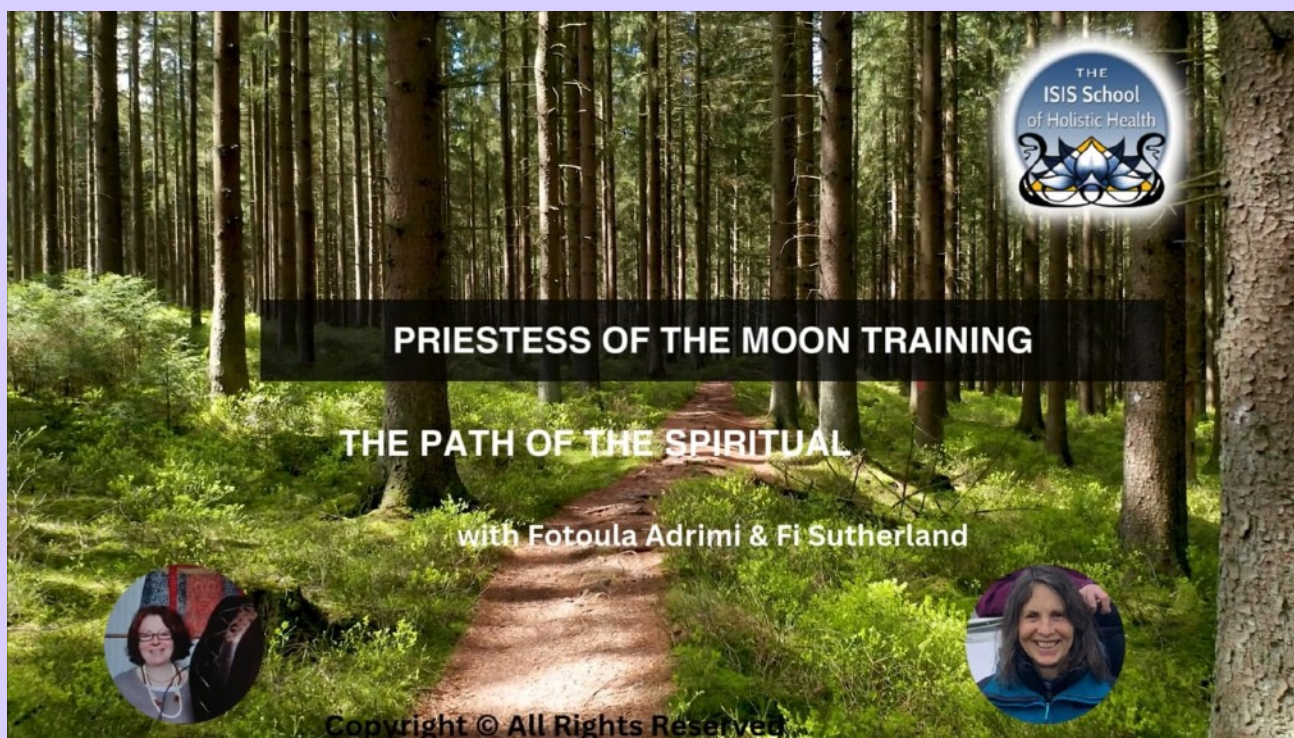
This will be a Circle of women who are committed to working together for two years. This is a huge commitment. It means that you have to attend the two residential retreats and the seven weekend trainings which are all in-person. In exceptional circumstances you may be able to join the training online. If you miss one weekend, you need to arrange a day with Fotoula, to go over the teachings. You are only allowed to miss one weekend during the two-year Training.

Participants will need to complete the whole programme to graduate. Apart from the first and last weekends which take place in Kilmartin, Scotland, all training weekends will be held in the Glasgow Theosophical Society, 17 Queen's Crescent, Glasgow, G4 9BL, Scotland, UK.

**Registration for this course is now open.** Please email us for the Registration forms: [info@isis-school.com](mailto:info@isis-school.com)

For people who have not worked with us before, when we receive your Registration Forms we will arrange a zoom chat so that we can meet each other, speak more about the Training, and answer any questions you may have.

Click anywhere in the picture below to play the song channelled by Fotoula



[Read More about this powerful Training](#)

# The Way of the Drum

## by Fotoula Adrimi

The shamanic drum is a portal, a gateway, through which the shaman or shamanic practitioner flies to the alternative realities that become accessible as we enter a deep state of connection. In this context the shamanic drum is so much more than a musical instrument.



The state of mind induced through shamanic drumming should be one of focused attention. It is not a relaxed state or sleep state, even though it may resemble these when viewed from the outside. It is a state in which the shaman / practitioner is an active participant in the journey through the spiritual realities that unfolds before them. The shaman / practitioner observes the journey, and takes action based on the advice of the compassionate helping spirits; the allies who accompany them.

### **The Drum and the Human Heart Beat**

The drum, acts as a doorway to the alternative realities, and provides the energy/fuel for the journey. It is also a way for the shaman / practitioner to return to our realm, the middle world, where the shaman / practitioner shares the fruits of the journey. Thus, the drum ensures the shaman / practitioner does not get lost in other spheres of existence and suffers soul loss.

At the same time, the shaman / practitioner has a drum within their body - the drumbeat of the heart. The heart connection can sometimes replace the drum, and some shamans / practitioners are able to raise the energy with their voice, and sing sacred songs that invoke the helping spirits. So, although an actual drum supports the shaman / practitioner, it is not essential, as we all have an inner drum.

The sacred songs that a shaman sings may be traditional songs. Some of these invoke their spirit allies and lineage spirits; narrate and invoke the power of sacred places in nature honoured by the ancestors; or, speak about a creation story. Sometimes the shaman / practitioner is given power songs by the spirit helpers which invoke these spirits directly and raise the energy. Some of these songs are only for the shaman / practitioner and others are sung when working in community ceremonies.

### **Incorporating the Spirits**

By flying with the drum, a new landscape opens in front of the psychic eyes of the shaman / practitioner. Their body starts to move by itself as the spirits are incorporated. Their body may also tremble or shake and this is one of the reasons that the shaman / practitioner dances. Once the spirits are incorporated, movement of the body lessens or even stops completely, and the shaman's / practitioner's body appears still or even comatose. The journey that unfolds is guided by the spirits and the shaman / practitioner in spirit, travels where they need to go, in accordance with the intention set beforehand.

### **A Special Relationship**

What makes a drum a shamanic drum is the spirit; such a drum must be spirited and house an ally of the shaman / practitioner. There are many ways to make a drum spirited or find a spirit to occupy the drum. In 2008 whilst on pilgrimage in Nepal, I was told that an apprentice shaman has to go into the forest with the drum, walking in the wild, until a spirit comes to inhabit the drum. Thus the drum is like the body, for the spirit living inside it. When the apprentice returns to the village, the community comes together and shares a meal. Afterwards they invite the apprentice to demonstrate that they are indeed blessed to carry the spirit and do the shamanic work. The community then decides if the apprentice is genuine or delusional.



During the shamanic journey the drum may act as a safety box for the shaman's / practitioner's soul, especially if the journey is arduous. I experienced this years ago when I first started working with my old Himalayan drum. While I was drumming in a circle of shamanic practitioners, a part of my soul came out of me and jumped into the drum. This was a new experience for me and none of the western shamanic practitioners present could explain it. I found out later, when my path brought me into contact with the Himalayan shamanic teachings, that some drums of that region will perform a temporary soul exchange: part of the spirit of the drum will possess the shaman, and a part of the shaman's soul travels into the drum to be kept safe while journeying.



Therefore, the drum has an intrinsic link with the shaman and there are many traditional stories about how the first shamanic drum was given to the first shaman and how we can all connect to that first drum and carry its power.

### **The Drum in Greek Culture**

In my Greek culture, the drum may be accompanied by the lyre, which brings sweetness to the journey. The drum is then seen as a carrier of a male spirit while the lyre carries the female spirit. In this way the male and female aspects come together. The drum is large and double-sided and tied to the waist of an elder man, who has been trained to play it.

In ancient Greece the drums were mostly single-sided. There are drums assigned to Apollo and others to Dionysus who is also called Bacchus. It is the latter spirit who is closest to today's shamanic work. The word Bacchus is turned into a verb, that means to come into the ecstatic states of higher awareness - the state that enables journeying. In those times the Bacchian gatherings were community ceremonies, and remnants of these ceremonies survived until the 1960s-70s. Maybe some of our shamanic circles of today are a modern expression of the Bacchian gatherings of ancient times.

In the days of my great grandfather the word shaman did not exist in rural Greece although some people were known for possessing old knowledge, working with spirits, conducting magical ceremonies, and healing others, animals, and the land. Some would also transmit the will of the spirits to the community while making important predictions for the future. These people were solely judged by their results: were they able to heal others? Did they give good advice about the weather so that the community knew when they could plant certain crops? Were they able to alleviate bad fortune and the evil eye? There are many such stories of healing that have come down through my family.

In Greece we also had wandering 'shamans,' mostly prior to the independence wars of the nineteenth century. These people were known as practical doctors - people who learned their craft through practice and the transmission of lineage knowledge, rather than studying in a university. They were also known as, 'the people performing magical healing that bound the disease.' They wore a knotted scarf around their neck, and each knot had a magical herb inside it that was used in healing.



## Your drum...

If you are interested in working deeper with the shamanic drum, I suggest that you treat your drum as a sacred spirited being, an ally for your shamanic work. In the old days, we would have perhaps asked a specific lineage spirit to come into our drum. Nowadays I have found that the spirits do not need to be asked, they come by themselves and occupy the drums of the practitioners. This is because most western practitioners do not come from a specific lineage and have not been taught how to bring a spirit to their drum, so the spirit circumvents the process.

However, if you wish to build a strong relationship with the spirit of your drum, I suggest you journey into your drum and meet the spirit it carries. You can ask the spirit how to ceremoniously care for and wake up your drum. It may be fascinating to see what the spirit says to you.

**Foteini Fotoula Adrimi** is an experienced shamanic teacher and practitioner who has helped thousands of people find their calling through shamanism and alternative spirituality. She trained with both indigenous and western shamans, and completed the Core Shamanic Teacher Training with Sandra Ingerman. She is an active member of Global Shamanic Teachers, and carries a lineage from her Greek ancestors.

**Next workshop:** Path of the Eagle 3: A Seven Module Online Shamanic Ancestral Course - healing our lineage. The Course starts 21 Jan 2025 and is open to all. The only prerequisite is shamanic journeying. See the next article in the Newsletter for more information.



## Two-day Introduction to Shamanism & Power Retrieval

**In Person: Glasgow: 10.00-17.00, 15th-16th March 2025**

A unique two-day Shamanism course that will help you access your inner mystic, and discover the non-ordinary reality. You will have the opportunity to connect with your power animals and spirit guides and learn the art of power retrieval. Through the ancient art of shamanic journey we grow our power and access our essence of love. See the [website](#) for more information

This course is designed to help us heal and clear our ancestral line, and open to the power and gifts of light of our lineage. It is a stand-alone course. The only prerequisite is experience in shamanic journeying.



# Shamanic Ancestral Course Path of the Eagle 3

**Live Online Course starting  
Tuesday 21st January 2025**

***This course is a prerequisite for the Advanced Shamanic Practitioner Course in Ancestral Healing which will start on 10th January 2026***

**Seven Modules:** times shown are for the UK, please adjust for your timezone

**Module 1:** 19.00-20.30, Tuesday, 21st January - **Theme:** Establishing a Link with the Shamanic Ancestors; Meet with the ancestor who works with you & clear the seeds that created unhealthy thoughtforms from the ancestors & your body

**Module 2:** 19.00-20.30, Tuesday, 28th January - **Theme:** Strengthening the Lineage; The misuse of power has created imbalance, which can lead to addiction, hopelessness & mental dis-ease. Ceremony to restore the power & heal the male and female ancestors

**Module 3:** 19.00-20.30, Tuesday, 4th February - **Theme:** Shamanic Initiation; Initiation by the 1st Shaman & dedication of our shamanic work to the service of the Earth & all beings

**Module 4:** 19.00-20.30, Tuesday, 11th February - **Theme:** earning from the Ancestors the Healing Ways of the Earth; The ancestors teach about life on Earth & welcome you. Healing of the land, including ancestral land, curse removal from the land & ancestors

**Module 5:** 19.00-20.30, Tuesday, 18th February - **Theme:** Ancestral Trauma Release; Trauma release ceremony -revealing and healing the ancestral trauma

**Module 6:** 19.00-20.30, Tuesday, 25th February - **Theme:** Ancestral Integration Methods; Honouring the spirit team of your ancestors. Receiving spiritual empowerment

**Module 7:** 19.00-20.30, Tuesday, 4th March - **Theme:** The Ancestors from the Stars and How to Connect with them; Connect to the gift of your star lineage to the Earth. Fire ceremony of gift offering to the Earth. Activation of soul gift

If you miss a module, you can catch up through the video recording

**Cost:** £399.00 for all 7 modules. **Deposit:** £199.00 to reserve your place.

**To book:** email The ISIS School on [info@isis-school.com](mailto:info@isis-school.com) Payments can be made through bank transfer (email [info@isis-school.com](mailto:info@isis-school.com) for bank details).


**For Shamanic Practitioners who have graduated or are training** with The ISIS School of Holistic Health, the course is half-price. For anyone who wishes to repeat the Course it is also half-price. **Total cost:** £200.00. **Deposit:** £100.00. (*Payable through bank transfer*)

*All deposits are non refundable and non transferrable.*



# Shamanic Retreat Medicine Walk Ceremony

Thursday 9th – Sunday 12th October 2025

A person with a red backpack is walking away on a forest path. The path is covered in dry leaves and twigs, and the forest is dense with tall, thin trees. The lighting is soft, suggesting a late afternoon or early morning setting.

A Medicine Walk is a Rite of Passage, where we look to open the doors of our life to a new way of being that is more aligned with the wishes of our soul. Mother Earth, who offered us the opportunity to live a human life, is our teacher, and she speaks to us through the web of life.

In October 2025 we will facilitate a Medicine Walk Ceremony in nature. At this special time of the year when the veils between the worlds grows thin, we will come together as a tribe and walk the land as spirit. We will enact the rite of the Medicine Walk, the rite of the ancient walkabout, becoming one with the land and remembering that we too are nature.

## The Web of Life

The Enlightened Spirit Guides say that all life on Earth and beyond is connected through invisible filaments of energy that transfer Light and information to all. This invisible web, that connects everything, speaks to the whole of the natural world. The wild is deeply connected to this web and the cycle of life, yet humanity has forgotten this relationship. The Earth speaks through this web. It is how the trees communicate, and how all life supports itself by staying in contact with this network.

In the walk we will reconnect to the Earth and the web of life and we will find answers to our questions by listening to the Earth's voice.

## Omens

When we walk as spirit, the Earth sees us and she holds a mirror for us that allows us to see ourselves. The little things we come across on our walk have a deeper meaning. We notice the animals who appear, the birds that fly so close, the trees that call to us to sit beside them, and we listen to the messages from the wind and water. We offer the Earth a day of our life to be with her as a spirit in the wild, and we heed the signs and the information that is being transmitted to us.

## Rite of Passage

The Medicine Walk is a traditional **Rite of Passage** in many shamanic cultures. This is the rite that enables us to become adults and elders and to open the doors of our life. This is also a rite that asks nature to teach us, so that we can find our story and the deeper meaning behind the story, and bring the teaching back to the tribe.

This Shamanic Ceremony lasts for 2.5 days and includes the arrival and preparation time, a day for the Medicine Walk, and a day of integration and of sharing the stories we encountered in the wild with the tribe.

The Medicine Walk is a Ceremony that takes us deep into our body and bones. We move our focus from our head to our feet, allowing our steps to take us to where we are meant to be. Our body, that is earth, reconnects to the invisible web of energy and follows lines we cannot see with our eyes. Our mind

quietens and becomes the observer as we gather the pearls of wisdom from nature, even if it does not always understand their message. This is a journey of surrendering, trust, acceptance, and awakening of the inner voice.



## The Venue

We meet near Dollar, Clackmannanshire, in one of the most beautiful and green parts of Scotland, easily accessible from Glasgow, Edinburgh, Perth and Dundee. The Venue consists of two cottages with shared accommodation, and a workshop space. The nearest train station is in Alloa and the venue can be reached with a short taxi drive. There is also ample parking at the site.

## Booking Details

**Date:** 18.00, Thursday 9th Oct - 10.00 Sun 12th Oct

**Investment:** £500.00. **Deposit:** £250.00 to secure your place (payable through bank transfer). (Please note all deposits are non-refundable and non-transferable.)

**Venue:** Dollar, Clackmannanshire, Scotland

**Booking is essential** as spaces are limited



*Fotoula and Fi - the facilitators*

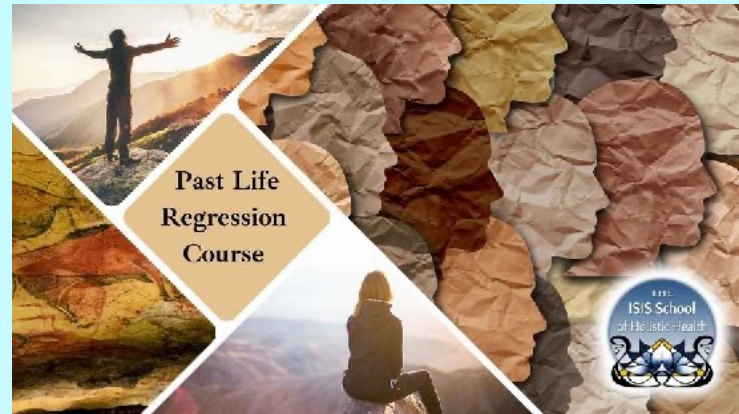
[Medicine Walk - Read More](#)

# Past Life Regression Therapy Course

**Tuesday 13th - Sunday 18th May 2025**

We explore our incarnations beyond time, in what we call the past or the future, to bring closure to what hinders us, heal deeply, evolve, and transform.

In this six-day **Past Life Regression Practitioner Course**, Fotoula teaches the art of past life regression and how it can be used for therapy work. She will also teach participants how to bring back and integrate any essence and energy that is stuck in another life through **past life soul retrieval**.



## What are the Key Themes for Past Life Regression?

- ★ Learn how to carry out **past life regression** to resolve what hinders your clients in the present moment.
- ★ Take part in **past life regression ceremonies** that strengthen your link with your soul's purpose as well your intention for incarnating in this life.
- ★ Work with your **Higher Self and the Infinite Spirit** that you are beyond life.
- ★ Activate the **gifts of your soul** and bring them back into this current life.
- ★ Meet with the **Lords of Karma** for deep release and healing.
- ★ Work to **integrate the parts** of you who are stuck in other lives and have not crossed over.
- ★ Access the **space between lives** and the space after death.
- ★ Access your **body's wisdom** and its inherent knowledge of your past life's traumas that need healing.
- ★ **Past Life Regression Healing work** for the collective, humanity and life on Earth.
- ★ **Past Life Regression soul retrieval therapy**.
- ★ Life after healing: how you can integrate the healing into your life

## Learn about the Past Life Regression Practitioner Certification

This is a rich and deep Past Life Regression Course of six days and it is certified, following casework. The Past Life Regression course certification is experiential and interactive. You will practice and experience the teachings in a safe space with the other participants in the course, either 1-1 or through group work.

**Prerequisites:** Experience in meditation, spiritual work, and therapeutic work

**The Course is certified.** A certificate is issued following the successful submission of casework after the course.

**Date:** 10.00-17.00, Tuesday 13th - Sunday 18th May 2025 **Venue:** Glasgow

**Cost:** £799.00 non-residential. **Deposit:** £399.00, to book your place

Check out the [website](#) for more information

# 2024 - Reflections & Landmarks

2024 has been a year of many beautiful landmarks, journeys, and travels for Fotoula and Fi

## Landmark 1: Iona

This was a pilgrimage in the land of Mary Magdalene and the Doves of the Holy Spirit. In March we stayed for a few days in the House of Prayer sharing meals and deep heartfelt exchanges with an Irish priest, a London Bishop, and two nuns. Our time in Iona was exceptional. We returned to the portals the land had opened to us many years ago, Archangel Michael's chapel, the beaches filled with Serpentine crystals, and the heart shaped Fae pool at the top of Dun I. This sacred land remembered and welcomed us back.



## Landmark 2: Santa Fe, USA

Fotoula was honoured to be invited to assist the Advanced Practitioner's Training facilitated by Sandra Ingerman in Santa Fe. She spent two weeks in April and September with Sandra, Sylvia Edwards and 47 shamanic practitioners. Fotoula says, "I will always remember our ending fire ceremonies under the stars of the desert. The spirits told me this was, 'the end of an era.' I am grateful to have been there."

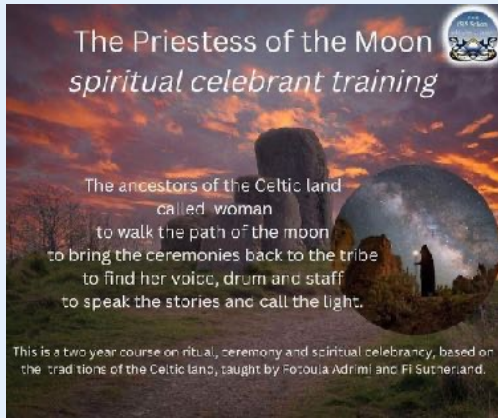
## Landmark 3: The Moondance Ceremony, Germany

In August we were invited by our friend Claudia and grandmother of the second of the moondances in Germany, to dance again. We went with our friend, Elizabeth. This was Fotoula's 8th moondance and Fi's 7th. We danced for four nights under the moon, supported by the men who drummed. It is a most beautiful ceremony where we bring the moon energy down to the Earth for the highest good of All.

## Landmark 4: Meeting the Lakota Grandmother Cheryl Angel

When Michelle Sutherland approached Fotoula to host a viewing of the film Kiva, by Marijke Kodden, at the Glasgow Theosophical Society, Fotoula invited Cheryl to share sacred space with us in her shamanic circle, the Way of the Drum. The circle was full and grandmother Cheryl shared her wisdom about life. It was an amazing gathering where the focus was how to live in harmony with ourselves, each other, and the Earth.





## Landmark 5: Graduation of the Priestess of the Moon Training

This was a highlight of our year. We invited graduates from the previous training to come and hold space for the new Priestesses, who had gone through two years of ceremonies, of walking with the moon, the standing stones, embracing both the flowers and thorns of life, and owning their gifts. There were so many moments in the training that brought us into tears of joy, as we witnessed the women stepping into the stone circle of the moon, connecting with the ancestors, the land, the ancient wisdom and themselves.

A new two year training starts on the New Moon on the 28 February and we know, from the people coming, that this is going to be another amazing circle inviting us into deep expansion. There are only 11 places, so if it calls you, please don't leave it to the last minute, contact us now.

## Landmark 6: The Garuda Retreat led by Bhola

In June we organised and participated in the Shamanic Retreat led by our friend Bhola Banstola, Himalayan Shaman. In the Retreat we worked on building our spiritual strength, removing blocks, black magic, and psychic interference. Bhola's teachings are one of a kind, and he will be returning in June 2025 to teach the art of the Kila or Phurba, the sacred knife used for extraction of energies, blocks, obstacles, and curses.

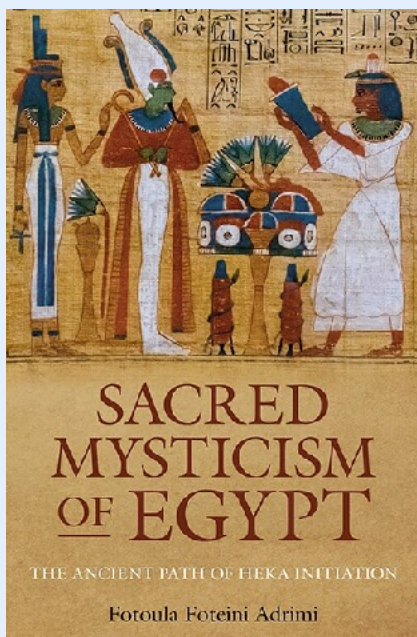


## Landmark 7: Sacred Mysticism of Egypt is out for pre-order

On Thursday 19th December, Fotoula discovered by accident, that her second book "Sacred Mysticism of Egypt" is now featuring on Amazon, Waterstones and all major bookshops in the UK. This was an unexpected surprise, that created a mixture of excitement, panic, and huge joy.

This book is so sacred. The teachings are about the Golden Time of Egypt, the Satya time, a place of MA'AT - Divine Justice and Divine Order, an Era of the Divine Heart. These teachings are not just an historical account but evoke memories and hidden knowledge of how we can return to those times. Fotoula will share snippets of the book before it is released in July 2025 through [substack](#). (Substack is similar to a blog that you can subscribe to for free.)

We have a small request: Pre-orders of esoteric books are very important. They offer bookstores and publishers reassurance about the book. If you would like to read this book, we ask you to think about pre-ordering it and sharing the link with your friends who may also be interested, it is a huge help. Thank you.



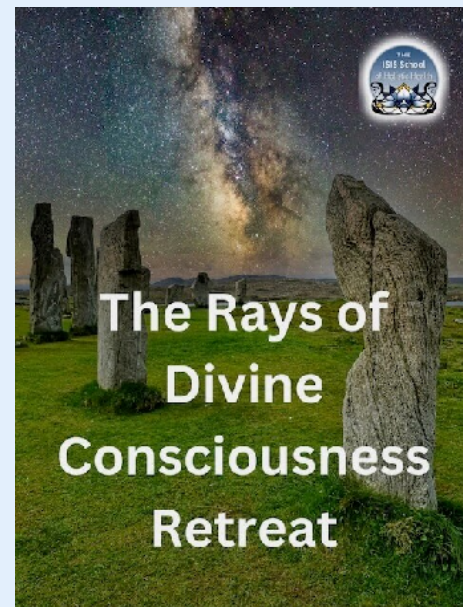
[Amazon UK](#)

[Waterstones](#)

[Amazon.com](#)

### **Landmark 8: The Rays of Divine Consciousness Retreat**

Oh my! How can we describe this retreat to people? We had six magical days in sacred prehistoric sites, nurtured by the energies of the Archangelic realm and Divine Consciousness as well as Amanda Gilliland's exquisite food! And Jane Rush built the most exquisite crystal grid, almost 1.5 meters, in the centre of our sacred space. The Retreat itself held so many highlights: the Karma purification work, the deep release of old agreements and cords, the healing of the lost souls, the restoration of energy in sacred sites guided by the guardian spirits, the fire ceremony, and finally the transmission of the Rays from our sacred space. We are running this retreat again in May 2025 and most people are returning, so spaces are limited already.



### **Landmark 9: Closings and new beginnings**

Finally, this year has seen some hard edges. Fi was evicted from her home during a crisis in the rental market and when tenants are assessed by AI computer programs. Friends and life's angels rallied to help and finally Fi found a lovely new flat in a modern development surrounded by trees. This was a huge journey of faith, intention, and soul's growth as Fi continued to follow her heart's guidance, and remain centred. The whole process took 19 months and involved a few twists and turns along the way. And we are both so grateful of the outcome on all levels.

### **Landmark 10: Gratitude and thanks**

There is so much more that we could share, so much to be grateful for. Our lives have transformed over years into beautiful sacred lives, because of deep commitment, sacrifice, unwavering intention and staying in our heart, and because of the help of so many friends. And we have wonderful teachers and guides in spirit who continue to oversee all that we offer within the ISIS School. We give thanks to ISET (ISIS), our power animals, guides, and protectors. We feel so blessed, and so grateful.

And a big thank you to all the people who work with us, all the clients and students, as you have taught us so much. We thank you for your trust and support.

A big thank you for all the circles, retreats, trainings and transmissions, which have been a huge gift to so many of us. A big thank you to all the sacred sites and their guardians who have offered us so much wisdom and showed us how to work with them and who invited our groups there. A big thank you to all the teachers, in body and spirit.

Thank you everyone and we look forward to seeing you again next year, and we wish you a beautiful and smooth birthing into 2025.



# Circles & Energy Transmissions – January

## Fotoula's In Person & Online Shamanic Circle – Monday 19.00-20.30(uk)

Fotoula has been facilitating the Shamanic Circle, the Way of the Drum, since 2009. Investment for each Circle is £18 (£15 conc).

**13th Jan: Online** – New Beginnings

**20th Jan: In Person** – The East. Venue: Library, Glasgow Theosophical Society, 17 Queens Cres, Glasgow

**27th Jan: Online** – The Sacred Clown

For more [information](#)



## Fi's Online Meditation and Chanting Circle – Thursday 19.00-20.30 (uk)

The Circle is open to beginners and experienced practitioners. We harness the power of mantra – sacred sound – to help us awaken the enlightened qualities within and transform the conditioning that prevents us from experiencing our Divine Self.

**January dates: 16th, 23rd and 30th**

Cost for the Circle – £10.00. Payment by bank transfer or via PayPal using – [fi@isis-school.com](mailto:fi@isis-school.com). For more information and programme [click here](#)



## ISIS Energy Transmissions of the Living Light – January

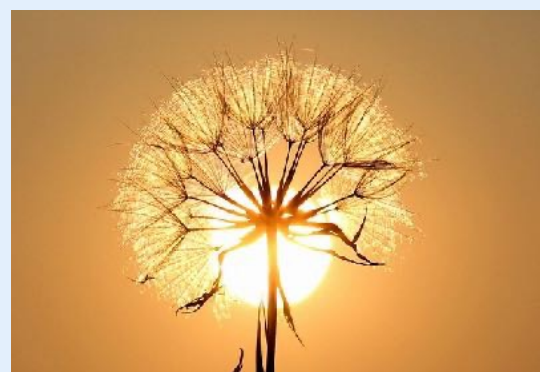
The ISIS School offers everyone the opportunity to connect distantly with the ISIS Energy Transmissions and experience the high vibration and healing qualities of the Living Light.

Transmission dates for January (19.00-20.00 uk): **15th, 22nd and 29th**

Please email the School: [info@isis-school.com](mailto:info@isis-school.com) if you wish to connect with any or all of these Transmissions. For information on how to connect with the ISIS Energy Transmissions [click here](#)

## Rays of Divine Consciousness Transmission – January

Each month the ISIS School offers a Transmission of the Rays of Divine Consciousness that is open to everyone, worldwide. The Rays Transmission is: **10.00-11.00, Sun 19th January**. Please check your time zone if connecting from overseas. There is no need to let us know you are connecting with the Rays Transmission.



# The ISIS School Calendar of Events

*(Click the blue text and find out more information about an event)*

## January 2025

- 13th:** 19.00-21.00 [Shamanic Circle: The Way of the Drum](#). **Online** - open to all
- 15th:** 19.00-20.00 [ISIS Energy Transmission](#) of the Living Light - open to all
- 16th:** 19.00-20.30 [Online Meditation](#) and Chanting Circle, open to all
- 20th:** 19.00-21.00 [Shamanic Circle: The Way of the Drum](#). **In Person** - Library, Glasgow Theosophical Society
- 21st:** 19.00-20.30 (uk) **Module 1** - Live Seven Module [Online Shamanic Ancestral Course](#) - Path of the Eagle 3: healing our lineage
- 22nd:** 19.00-20.00 [ISIS Energy Transmission](#) of the Living Light - open to all
- 23rd:** 19.00-20.30 [Online Meditation](#) and Chanting Circle, open to all
- 27th:** 19.00-21.00 [Shamanic Circle: The Way of the Drum](#). **Online** - open to all
- 28th:** 19.00-20.30 (uk) **Module 2** - Live Seven Module [Online Shamanic Ancestral Course](#) - Path of the Eagle 3: healing our lineage
- 29th:** 19.00-20.00 [ISIS Energy Transmission](#) of the Living Light - open to all
- 30th:** 19.00-20.30 [Online Meditation](#) and Chanting Circle, open to all

## February 2025

- 4th:** 19.00-20.30 (uk) **Module 3** - Live Seven Module [Online Shamanic Ancestral Course](#) - Path of the Eagle 3: healing our lineage
- 11th:** 19.00-20.30 (uk) **Module 4** - Live Seven Module [Online Shamanic Ancestral Course](#) - Path of the Eagle 3: healing our lineage
- 18th:** 19.00-20.30 (uk) **Module 5** - Live Seven Module [Online Shamanic Ancestral Course](#) - Path of the Eagle 3: healing our lineage
- 25th:** 19.00-20.30 (uk) **Module 6** - Live Seven Module [Online Shamanic Ancestral Course](#) - Path of the Eagle 3: healing our lineage
- 28th Feb-2nd Mar:** Start of the Two Year [Priestess of the Moon Training](#). In person.

## March 2025

- 4th:** 19.00-20.30 (uk) **Module 7** - Live Seven Module [Online Shamanic Ancestral Course](#) - Path of the Eagle 3: healing our lineage
- 7th:** The Path of ISIS - **Gate 3:** Ancient Egyptian Mystery School Course
- 15-16th:** [Introduction to Shamanism](#) and Shamanic Journeying in person.
- 28-30th:** [Spiritual Path of ISET - Part 1](#). Introductory Course for the Ancient Egyptian Mystery School / Path of ISIS Course. In person

## April 2025

- 11-13th:** [Spiritual Path of ISET - Part 1](#). Introductory Course for the Ancient Egyptian Mystery School / Path of ISIS Course. Online Live.



# The ISIS School Calendar of Events cont.

## May 2025

**2-4th:** The Path of ISIS - Gate 2: Ancient Egyptian Mystery School Course

**13-18th:** [Past Life Regression Therapy Practitioner Course](#) - In person

**27th May-1st June:** [The Rays of Divine Consciousness Residential Retreat](#) - (FULL)

## June 2025

**13-15th:** The Path of ISIS - AUSIR 1: Ancient Egyptian Mystery School Course

**26-29th:** [Shamanic Residential Retreat](#) with Himalayan Shaman Bhola Banstola. Teachings on working with the KILA - the shamanic knife.

## July 2025

**12th:** Priestess of the Moon Reunion - more details to come

**25-27th:** [The Spiritual Path of ISET - Part 2](#). The second Course in the Gate 1 Ancient Egyptian Mystery School teachings / Path of ISIS Course.

## August 2025

**03-09th:** The Moondance Ceremony with Claudia Wolff in Germany.

## September 2025

## October 2025

**3rd-5th:** Starting weekend for [Online Shamanic Practitioner Course](#). Online Live.

**9-12th:** Shamanic Retreat: The Medicine Walk Ceremony in nature - residential

**17-19th:** [The Healing Path of ISET, Part 1](#). The third course in the Gate 1 Ancient Egyptian Mystery School / Path of ISIS Course

**31st Oct - 2nd Nov:** Starting weekend for the [In Person Shamanic Practitioner Course](#)

## November 2025

**04-09th:** ISIS Residential Retreat - The Path of Isis. Open to all who have completed Spiritual Path of ISET, Part 1. Places limited, bookings essential. More information coming

**15-16th:** Path of ISIS Course: AUSIR 2 Ancient Egyptian Mystery School / Path of ISIS Course - for Initiates who have opened Gate 3

**20-23rd:** [Past Life Regression Therapy Master Practitioner Course](#). In person. For participants who have attended the Six-day Past Life Regression Therapy Practitioner Course with the ISIS School