

# Newsletter – the ISIS School of Holistic Health Ltd



Issue 99: February 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*)

**It is the joy of the human heart when it finds the Divine connection that mystics seek.**

It is the pure joy of homecoming that the alchemists endeavoured to rediscover through the transcendence of the ego. And yet this joy, this pure connection with the the spiritual self, cannot be fabricated in an alchemist's workshop or through a chemistry set.

Humanity for many years has sought the answers of deep connection in the outside world through ingesting plants or substances to open the gates of awareness, to glimpse the Light and then, unfortunately, to sometimes descend into darkness. When you open these centres unprepared, you may be plunged into a psychic prison where it is difficult to find a way out.

I invite you to stop looking outside of yourself for the inherent connection you already have, and take the time to gradually, patiently, and purposefully open the gates of awareness through your sacred heart. Do not seek the ladder to heaven through yet another magic pill, find it inside of you. There is much wisdom inside of you.



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)

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Your first experience of awakening can be generated through examining your life as an observer. This is because your spirit is an observer. Your wise spirit observes what you do in the world all the time. It does not judge you or intervene apart from rare circumstances. Your wise self sees what you do and thinks, "So this is what I do when this happens - that is good to know." And then your wise spirit also thinks, "This is what I do now, but years ago I used to do it differently - I have evolved." And then the wise spirit continues to observe. You are the learning textbook for your wise spirit.

When you become the observer you watch what you do without judgement. You watch yourself as the compassionate observer without any pity. And you see what the earthly personality you have developed does in the world.

In doing this you start to become more intuitive. You ask yourself questions - "Why did I do this? Why did I act in this way? Did I choose my response or did I just react? Did an old behaviour pattern play out in that moment? Did that behaviour serve my best interests?" Focusing on the pattern you now know what you need to address, and what is coming up for you to heal.

Many people see these patterns and cover them with a veil of shame, self-righteousness, fear, ego, or victimhood. And the awareness of what they are showing you about yourself, becomes inaccessible. Consequently, the pattern remains a block that will resurface again when life opens its doors and gives you another opportunity to see a deeper truth.

A spiritual life is one where the Light, your wise self, and the enlightened spirits you work with, stir the pot and bring up all the blocks within you, one by one - knocking on your door and saying to you, "Open your eyes, this needs to change. You can free yourself from this pattern."

These patterns are like chains. Some of these chains are loose, and others are tight. Yet these chains are invisible because they are covered with emotion. So,

over time, the mystic learns to detach from the emotion and look closely at the chains - how they were made and what they hold. In the healing journey of the soul, the journey of many lifetimes, the chains start to loosen. And when they do, you find that it is easier to release them. They present themselves repeatedly until you do not put them back on and the wise self knows, "I have cleared this pattern. I have evolved. I do not need to live through this situation again."

Your wise self is your inner teacher - but you can have the best teacher in the world and not listen to them. The ego mind thinks it knows everything, for not knowing something is to admit vulnerability, admit that you are lesser than others. The ego self is blinded by the shame that it carries. The wise self observes this and does not say anything, for the wise inner teacher will not waste time with someone who is not ready to listen. The wise self knows that life will take over and guide you into situations that you need to experience in order to see what you are doing. And the wise self will continue to observe you until you ask for its help.

This is an arduous journey where the soul gets lost for many lifetimes. And yet remember, your wise self and the Light never give up on you.

*If you wish to become aware of your life, help is always there.*

In the same way you see yourself and cover the patterns with a veil of emotion, humanity lives through the same journey. In the collective there is a lack of awareness that creates pendulum shifts between opposite states of duality. This makes it difficult to reach a place of balance. And yet it is within this sphere of duality that the teaching exists. It is within the damp murky waters of the swamp that the flower of the inner lotus can open.

As you study your life and yourself without judgement, become the objective observer of the collective and extend compassion to all. See what humanity is doing and the choices that you collectively make. Find the patterns to heal, release, and let go.

This is the journey that is supported by the spiritual work that you do that allows you to study the teachings of life. And spiritual work of this magnitude that opens the Gates of Awareness, is not aided by anything external, and should not be confused with psychic gifts. If you wish your soul to speak to you, connect through the Light and spiritual practices that raise your vibration and help you to understand yourself. This is the way of the inner mystic and not the conjuror of magical tricks. You can decide what you wish to put your energy into becoming from moment to moment.

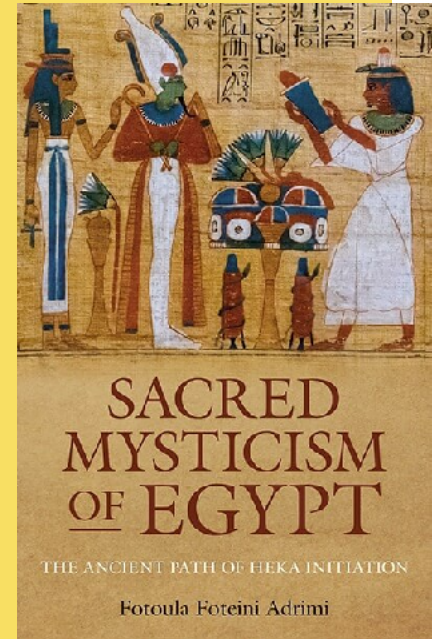
# Sacred Mysticism of Egypt

## The ancient Path of Heka Initiation

### by Fotoula Fonteini Adrimi

Fotoula's second book is 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. The teachings in the book are not just a historical account but evoke memories and hidden knowledge of how we can return to those times.

Fotoula is channelling ISET / ISIS, her Enlightened Guide, and sharing aspects of the book's teachings before it is published in July, through [substack](#). (*Substack is similar to a blog that you can subscribe to for free.*) The book can be pre-ordered through Amazon and major bookstores.



[Join us on Substack](#)

## 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)



# 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: Friday, 7th February

**Theme:** Myths and Legends of Ancient Egypt. Healing from the wrath of the destroyer's power. Transformation of destruction into healing.

**Circle Date:** 19.00-20.30 (uk) Friday, 7th February

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

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## 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*



# *A Second Message from ISET, the Divine Mother Overcoming the Conditioned World*

*(Channelled by Fotoula Adrimi)*

**We started this year** with a beautiful programme of spiritual practice. Fi and Fotoula went on a personal retreat from 3rd-10th January to practice the sacred teachings from the Path of ISIS and to continue bringing the light into their work and into the planet. They nurtured both the inner sun and its expression in the world.

## **The Rays of Divine Consciousness**

During the retreat we received new teachings on the spiritual DNA. Fotoula was shown a sacred symbol that we will share with all participants on the Rays of Divine Consciousness Retreat in May. The helping spirits and enlightened spirit teachers underline the importance of doing DNA work at this time. They say, "It is important to go to the very core of your human journey and heal yourself and what you carry as a spiritual genetic code. Why? In order to find the true essence of oneness that you are, so that this essence of oneness filters into your life."

The Rays Retreat will be an opportunity for us to remember deeply who we are beyond the human conditioning. Together we will discover the link between the spiritual DNA and the Rays of Divine Consciousness. And we will connect through the sacred sites, the stones that the ancestors left, to the ancient time when the spiritual DNA was active in its entirety, and when humanity enjoyed a very different experience of life in the physical realm. The Rays Retreat is almost full, we have two spaces remaining. After the Retreat we will share monthly transmissions of the healing Rays and the spiritual DNA.

## **Fotoula's Accident**

As we started back with our circles, Fotoula had an accident. She fell and broke the humerus bone in her right arm. When it happened what surprised her and the people around her, was that she was so calm throughout the process. Through the five-hour wait for the ambulance that didn't come, her trip to the hospital in Fi's car, and then another five-hour wait in the hospital's A&E unit, she was in a deep state of peace and this has continued.

Since the accident many people have asked for permission to send healing and, do transfiguration and shamanic ceremonies on Fotoula's behalf. Numerous times

Fotoula has felt the healing as it took place and we would like to express our deep gratitude, to everyone who offered Fotoula, and Fi, such beautiful support spiritually and physically. Our hearts are touched by the lovely messages and offers of help.

### **Karma Purification**

When an accident happens there may be many causes. Karma is an aspect of duality and can be both positive and negative. Fotoula is working with the teachings of the Path of ISIS and the First Circle of AUSIR, specifically the karma purification mantra to integrate, understand, and purify this life experience.

Our soul has come to the Earth school to experience the duality of life. Any experience can be felt as both positive and negative as it carries both these dual aspects within it. An experience is a teaching of awareness, an invitation to discover more about ourselves, and the mystery of life. We lift the veil to realise what we intuitively know is there; we open the lotus flower in our sacred heart, immersing ourselves and the experience in the energy waves of Divine love, compassion, and awakening.

During these purification meditations, Fotoula was reminded that the ISET Initiates have come together to chant and meditate to release karma.

And Fi also shares a karma purification mantra as part of the practices of the Meditation and Chanting Circle. Our spirit teacher ISET invites the Path of ISIS community to focus on karma work. During this time of transition we will experience a deep healing that may come to us in many ways. It is not always easy to decipher the workings of karma. If we leave it to our mind, we will be lost in the myriad of thoughts and assumptions. We are invited to go beyond the mental state and enter the spiritual sphere in a most grounded way so that we can bring the gifts of spirit and expanded knowledge into the physical world through an increased understanding of our life. This understanding can only be achieved when working with high vibrational energies, that open the centres of awareness and knowledge.



Open the Lotus flower of the sacred heart  
and feed the seeds of light within you



The ISIS School of Holistic Health

Image: iStock

In the months to come we will offer the karma purification work as guided by ISET, our spirit teacher. In this work we invite you to be a pure vessel and the unbiased observer of your life, so the light can flow into the whole of the human predicament, of which we are all part of.

ISET says that our soul has chosen to work through these times of transition with all they bring. We have come here from the different eras and from many places in the cosmos, incarnating on Earth in different spheres of awareness and in different realms of existence. Yet we all share the human nature and its predicament. This is the lifetime where everything can come together in the cauldron of transformation.

### **ISET Says**

"I welcome you, children of the future. I welcome you children of the past - as it was many lifetimes ago you planted the seeds for this time. And in this lifetime you are planting the seeds for what is to come. You are travelling through eternity and you have come to Earth and planted seeds of light and seeds of darkness. And all you have planted has value for you, even the seeds of darkness enable you to see more clearly the seeds of light. This is not the time to dwell in the darkness. So many people are lost in their mind, in endless cycles of depression, deep sorrow, despair, and hopelessness. This is because the connection with the higher self, the connection with the inner light, is no longer there. This connection is never lost but obscured under the heaviness of the human predicament.

How has this disconnection happened when you are luminous beings of grace? The conditioning of the Earth, fed by the collective mind of the entire human race, has absorbed you. Your energy is outside of yourself. You are attached to the conditioning rather than your inner light. This happens in different degrees for each person, depending on their level of awakening. Yet you all have this inner light. We now invite you to discover again your deep connection with your light.

This is the time to step away from the conditioning and sit inside your body. Open the Lotus flower of the sacred heart and feed the seeds of light within you and those that exist in the collective. You can do this through compassion, love, understanding, awareness, and awakening through your heart. It is in your heart where you will find the sacred knowledge that exists within you. The high vibrational energies and spiritual practices that I have offered you are supporting you on this road."



# Sharing the Pearls of Wisdom

Fotoula and Fi have been interviewed recently by Lisa Clifford for her Podcast Series: "Meant for More." You can watch both Podcasts here by clicking on the images

## The Podcast: The Heart's Path

In the **Heart's Path episode**, Fi speaks about the three milestones that have informed her spiritual journey. Firstly, her first awakening experience in 1995 that led her to meditation. Secondly, her decision at the age of 50 years old to follow her heart and fully commit to her spiritual path. And thirdly, in 2009, in Peru, Fi had a near-death experience. She awoke from a coma in the enlightened state and it is Fi's aim to return to that awakened state through her continued spiritual work. Fi's book, [Coming Home](#), describes this experience and her journey of awakening.



## The Podcast: The Soul's Path

In the **Soul's Path episode**, Fotoula describes the 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.



The Podcasts are 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

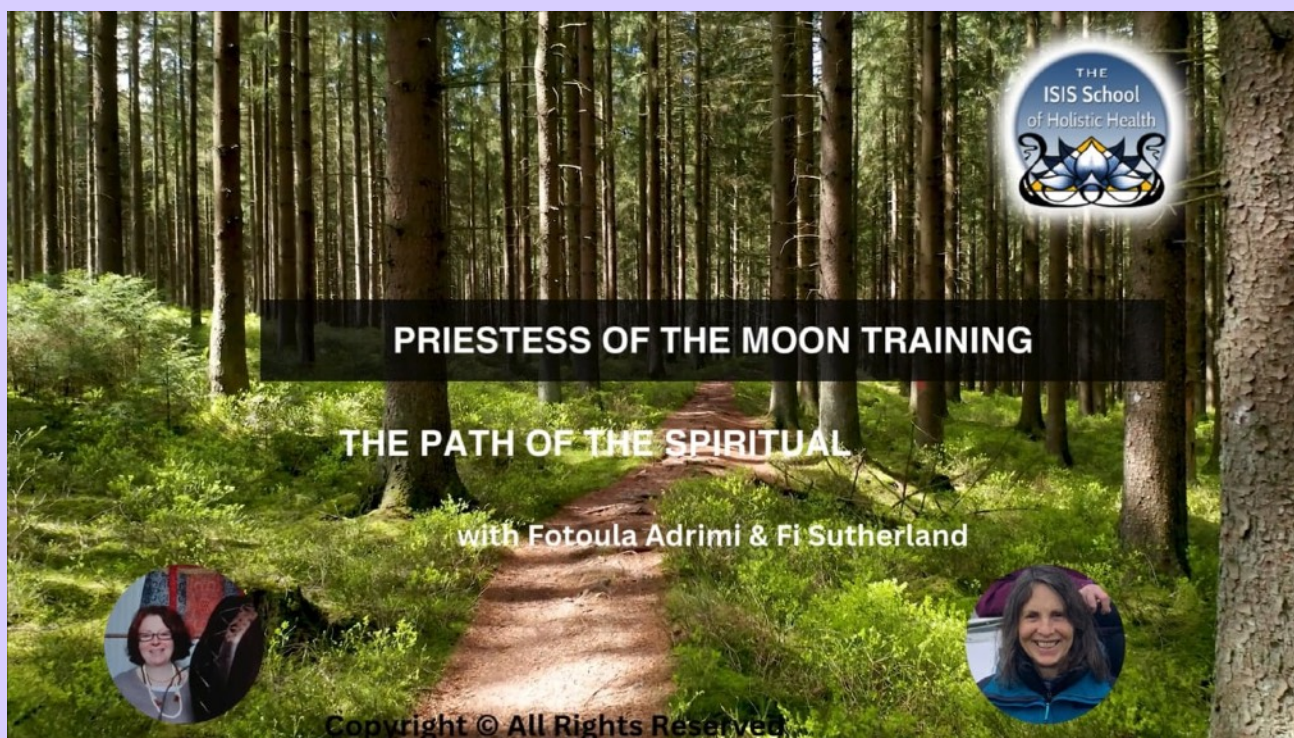
This will be a Circle of women who are committed to working together for two years. This is a huge commitment. It means that you have to attend the two residential retreats and the seven weekend trainings which are all in-person. In exceptional circumstances you may be able to join the training online. 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](#)

Join us In Person for  
a comprehensive  
two day  
Introduction to  
Shamanism Course  
facilitated by  
Shamanic Teacher  
Fotoula Adrimi



### Introduction to Shamanism - Course Overview

This is a unique workshop and teaching that will help you access your inner mystic, visionary and oracle, and discover the non-ordinary reality. You will have the opportunity to connect with your power animals and spirit guides. Through the ancient art of shamanic journey we grow our power and access our essence of love. We meet our spirit teachers and receive valuable insights on issues we may face and evaluate our personal life. We realise that we are not alone but part of a multi-dimensional universe that supports our growth. In our experience of over 17 years, shamanism has helped many overcome fear, sadness and gain confidence. People who attend this two-day Introduction to Shamanism course may feel that they are finally coming home.

### The Course Covers

- foundation teachings on how to journey shamanically and access the different etheric planes in the lower, middle and upper worlds; how to open sacred space and work safely with your spirit guides and power animals;
- how to build a shamanic altar;
- what is classic shamanism and shamanic healing
- how to retrieve your inner power and carry out power retrieval for others.
- power songs and healing chants, working with the drum/rattle.
- how to work with the Medicine Wheel for deep alignment and direction.

### Fotoula Adrimi



Fotoula is a highly experienced shamanic teacher and practitioner. She has been holding weekly shamanic circles and workshops since 2009 and teaching shamanic practitioners since 2012. Fotoula teaches ancient methods of classic and cross cultural shamanism that have been practiced on the Earth for thousands of years.

The Course requires advance booking with deposit to secure your place

**Investment:** £250.00 (for each course)

**Deposit:** £125.00, to secure your place  
(*non refundable and non transferable*)

### Course Dates:

10.00-17.00 (both days), Saturday 15th  
- Sunday 16th March

**Venue:** Lecture Room, Glasgow  
Theosophical Society, 17 Queen's  
Crescent, Glasgow G4 9BL

To book contact Fotoula -  
[info@isis-school.com](mailto:info@isis-school.com)

**More Info**

# The Rays of Divine Consciousness and their Potential for Spiritual Development

**The Rays of Divine Consciousness flow** to the world from the Heart of the Divine Creator. Over the last twelve years Rays practitioners have been bringing this energy into their body, awakening the Oneness aspect of their DNA. The Rays awaken the part of the spiritual DNA that is orientated towards Oneness, and at the same time, heal the 'basic' animal nature of the DNA that is orientated towards survival and separation.

Through the Rays spiritual practices, practitioners channel streams of light consciousness from the infinite Divine spirit, by elevating their consciousness into the eighth chakra - the incredible place of the multi-dimensional self.

This place has much to teach and show you. And in the Rays Retreat in 2025 participants will discover how to operate from that place and unite with their multi-dimensional self through the practice of the Rays.

During the Rays spiritual practice the basic consciousness is elevated to the all-knowing etheric consciousness of the eternal Self that travels through all dimensions and alternate realities, and is aware beyond space and time. By acknowledging and engaging with this part that experiences life through the eyes of spirit, participants will discover that a bigger perspective can emerge within them, where the states of separation lose their hold on them. Instead they may start to transform all aspects of themselves.

## Healing the Spiritual DNA

The spiritual side of the DNA holds so much more than a genetic sequence. This spiritual aspect carries the potential to transform the physical and heal the separation that exists within people. The wheels of karma allow people to see how they operate in the world and to become aware of the limitations of their mind. Yet karma is only one of the vehicles of transformation, which is based on the experiential journey of life.

Purification of the karmic seeds through the fire of the luminous being is only possible as a result of the deep healing of the state of separation. Ceremony and ritual brings what is stuck in the unending turning of the wheel of karma into the forefront so that it can be seen, realised, released, and removed from the body. Healing the spiritual DNA takes people into a



place of higher consciousness where the karmic wheels may change their cycles, as the old energies are no longer present.

This journey in healing the spiritual DNA is supported by rituals in the ancestral prehistoric sites that were purposefully built to encourage states of higher consciousness through higher vibrations of etheric energy. When these sites are opened through specific ceremonies they become a Temple of Light that can transfer the ancient knowledge of awakening to us from those masters who built them thousands of years ago, for that purpose. On the sacred land, the ancestors have left their bones made of stone, a legacy for people to inherit and work with, and continue their path of soul evolution.



## **The Rays of Divine Consciousness Retreat** **Tuesday 27th May - Sunday 1st June 2025** ***two spaces remaining***

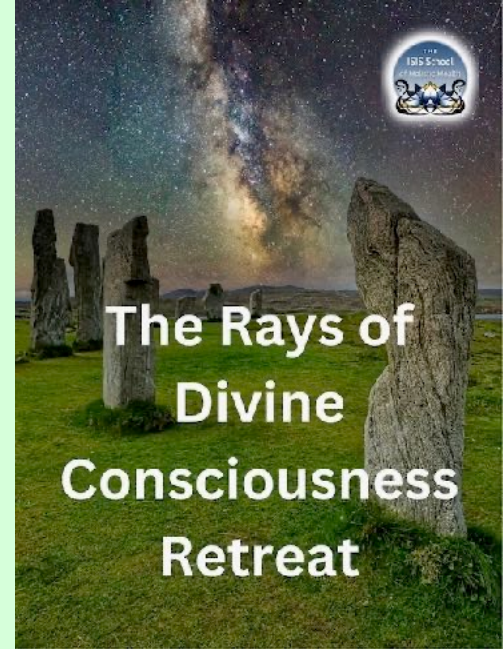
The next Rays of Divine Consciousness Shamanic Residential Retreat will be held in a venue near Kilmartin Glen, Scotland from Tuesday 27th May until Sunday 1st June 2025.

In the Retreat we will share teachings on Classic shamanism, as well as the teachings and spiritual practices for the Rays of Divine Consciousness. Fotoula received the Rays teachings through direct revelation on top of Dunadd Hill, Kilmartin Glen, Scotland, in 2012.

The Celtic land of Kilmartin Glen has been described as the Valley of the Kings. It is reputed that the Scottish Kings were crowned on the hill of Dunadd where an ancient footprint embedded in a rock, can still be seen today. The footprint marks a powerpoint where etheric energies merge. It is on this hill that we will connect with the Ancient Ones, the wise ancestors, and the spirit of the land that calls us back to the Glen for sacred work.

In the Retreat we will:

- ◆ Facilitate a ceremony in the ancient hill of Dunadd,
- ◆ Perform the Opening of the Crown Initiation to receive the Rays of Divine Consciousness,
- ◆ Participate in Ceremonies in other sacred sites
- ◆ Take part in a New Moon Fire Ceremony,
- ◆ Receive the teachings and practice the meditations of the Rays of Divine Consciousness that re-activate our spiritual DNA,
- ◆ Take part in Karma Purification Ceremonies, and
- ◆ Explore connections with the energies of the astral bodies through the ancient petroglyphs that have been left on the land by the ancient people.



In the Retreat we will be working in a small community to share these important teachings. We come together in an ancient and sacred part of Scotland where the ancestors, from the prehistoric stone circle builders to the Knights Templar, have left their mark. We will be supported and guided as we walk the path of the ancient Initiate by Enlightened Guides and the Enlightened Guardian Spirits of the land and sacred sites.

After the Retreat, for retreat participants who wish to continue working with the Rays of Divine Consciousness, there will be an invite to the monthly Transmission of the Rays of Divine Consciousness that takes place via zoom. In these monthly meetings we share a spiritual practice of one of the twelve Rays. As we do this we become a channel for that Ray to be transmitted to the whole of the Earth.

### Cost of the Retreat and Start and Finish Times

**The cost for the retreat includes:** teachings and workshop, residential accommodation in shared rooms, vegetarian lunch and dinner (please bring your own breakfast - there are cooking facilities in each cottage). Coffees, teas and herbal teas are provided.

Booking is essential as places are limited and will be allocated on a first come basis.

The Retreat starts with dinner at **6.00pm on Tuesday 27th May**. You are welcome to arrive from 4.00pm. The Retreat finishes with lunch at **1.00pm on Sunday 1st June**.

**Total fee:** £1,025.00 **Deposit** £325.00 secures your place.

*Please note the deposit is non refundable and non transferrable.*

Participants can also arrange to pay the course fee over monthly instalments before the course begins

**More information** - on our [website](#). **To Book email** - [info@isis-school.com](mailto:info@isis-school.com)



# Shamanic Dance of the Sacred Spirits

In Person, Glasgow – Monday 17th March

## We will meet near the Equinox - 18.00-21.00, Monday 17th March

The Enlightened Shamanic Spirits have asked us to hold the Shamanic Dance of the Sacred Spirits **every three months** at the time of the equinoxes and solstices. They say, "the Ceremony is a healing dance for the Earth, everyone taking part, and all beings. It is a dance to bring change to your world and increase the vibration of the Earth, healing disharmony and suffering.

This is a circle of service, for those with a pure intention to work for the highest good."

### The Sacred Dance

In the dance we will merge with helping compassionate spirits to bring healing to ourselves and the world reality. We will journey to the spirits of the dance and then invite them to come through our body as we move to the sound of the drum, chanting, and tribal music. We will release heavy energy and bring in higher vibrational Light. At the end we will do a transfiguration practice to release the spirits. Fotoula has also found that just before the ritual ends, beings who have died but have not gone to the light can come to the altar for release. If this happens she will guide a psychopomping.

If you wish to come and cannot dance or dance for the whole time, do not worry. You can sit and participate with your intention, play your drum or rattle, and still be part of the ceremony. The dance part only lasts 30-45 minutes. There will also be time for a sharing space afterwards where we can speak the wisdom that comes through our wise heart.



### Details about the Sacred Dance Ceremony

**Time:** 18:00-21:00 (Please note we start at 18:00 not 19:00)

**Date:** Monday 17th March

**Venue:** Library, Glasgow Theosophical Society,  
17 Queen's Crescent, Glasgow


**Investment:** £33/£28 concession (payment by bank transfer to The Isis School)

(Bookings essential to secure your place - email: [info@isis-school.com](mailto:info@isis-school.com))

[Shamanic Dance - More Info](#)

# 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*

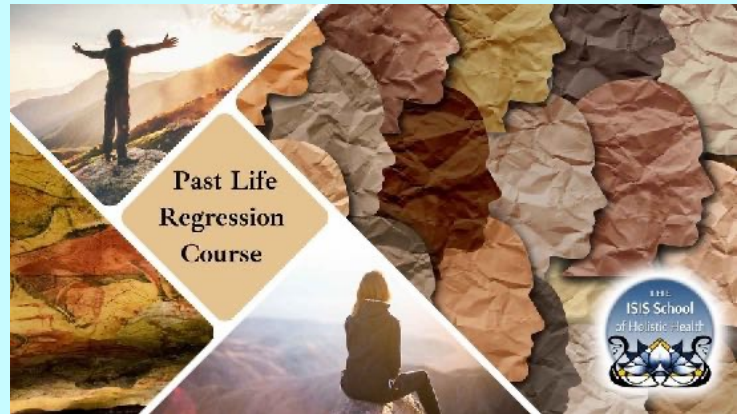
[Medicine Walk - Read More](#)

# 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

# Circles & Energy Transmissions – February

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

There are **no Shamanic Circles in February**. Fotoula fell and broke her arm and is taking time to convalesce and heal. It is not practical either as she cannot drive or drum at the moment.

The helping spirits have given us a very beautiful and strong programme for March. To stay in touch and receive updates, you can email us and ask to be on the Shamanic Circle mailing list – [info@isis-school.com](mailto:info@isis-school.com)

Thank you



## 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.

**February dates: 6th, 13th, 20th, and 27th**

Cost for the Circle – £10.00. Payment by bank transfer or via PayPal using – [fi@isis-school.com](mailto:fi@isis-school.com).

**More information**



## ISIS Energy Transmissions of the Living Light - February

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 February** (19.00-20.00 uk): **5th, 12th, 19th, and 26th**

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 - February

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, Friday 21st February**. 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)*

## February 2025

- 4th:** 19:00-20:30 **Module 3** – Live Seven Module [Online Shamanic Ancestral Course](#) – Path of the Eagle 3: healing our lineage
- 5th:** 19.00-20.00 [ISIS Energy Transmission](#) of the Living Light – Distant Transmission
- 6th:** 19.00-20.30 [Online Meditation](#) and Chanting Circle
- 7th:** 19.00-20.30 [ISET Initiate Circle](#): for Initiates of the Path of ISIS
- 11th:** 19:00-20:30 **Module 4** – Live Seven Module [Online Shamanic Ancestral Course](#) – Path of the Eagle 3: healing our lineage
- 12th:** 19.00-20.00 [ISIS Energy Transmission](#) of the Living Light – Distant Transmission
- 13th:** 19.00-20.30 [Online Meditation](#) and Chanting Circle
- 15-16th:** In Person [Shamanic Practitioner Training](#) – Weekend 9
- 18th:** 19:00-20:30 **Module 5** – Live Seven Module [Online Shamanic Ancestral Course](#) – Path of the Eagle 3: healing our lineage
- 19th:** 19.00-20.00 [ISIS Energy Transmission](#) of the Living Light – Distant Transmission
- 20th:** 19.00-20.30 [Online Meditation](#) and Chanting Circle
- 21st:** 19.00-20.00 [Rays of Divine Consciousness](#) Distant Transmission – open to all
- 25th:** 19:00-20:30 **Module 6** – Live Seven Module [Online Shamanic Ancestral Course](#) – Path of the Eagle 3: healing our lineage
- 26th:** 19.00-20.00 [ISIS Energy Transmission](#) of the Living Light – Distant Transmission
- 27th:** 19.00-20.30 [Online Meditation](#) and Chanting Circle
- 28th-2nd March:** Start of the Two Year [Priestess of the Moon Training](#). In person.

## March 2025

- 7th-9th:** Path of ISIS, **Gate 3 Course**: Ancient Egyptian Mystery School Course
- 15-16th:** [Introduction to Shamanism](#) and Shamanic Journeying in person.
- 17th:** 18.00-21.00 [Shamanic Dance of the Sacred Spirits](#)
- 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**.

## 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- 1st: June:** [The Rays of Divine Consciousness Residential Retreat](#) – In person

# The ISIS School Calendar of Events cont.

## 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** - open to all who have graduated as Priestesses with the ISIS School - 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

**3rd-9th:** 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 - residential. More information coming

**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

**4-9th: ISIS Residential Retreat** - The Path of Isis. Open to all who have completed Spiritual Path of ISET, Part 1. Places limited, booking 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

## December 2025

**13-15th:** [The Healing Path of ISET, Part 2](#). The fourth course in the Gate 1 Ancient Egyptian Mystery School / Path of ISIS Course