

# Newsletter – the ISIS School of Holistic Health Ltd



Issue 100: March 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*)

**Welcome to the Temple of Light.** Welcome yourself into this Temple. You have been walking for a long, long time to find this space. And as your feet cross the threshold, I ask you to leave behind all the regrets and pain of the arduous journey.

The arduous journey has been a space of initiation - initiation through life. In the old days initiation happened in two ways. The first way was for the person to acknowledge, accept, surrender, and embrace all the challenges and gifts of their life. Sometimes people find themselves stuck in the challenge, living, and re-living it because there is a lack of acceptance. As a result, they cannot see the gifts of the situation.

The Initiates of the Living Light learned to look deep into the challenge to retrieve the diamond and make peace with life. And somehow through the Light those hard times were seen for what they were - a time of travelling through the darkness to find the Light. It is through this dark passage that you can truly appreciate the light rays that touch your face as the sun rises within you once more.

And sometimes you may wonder, "How long do I have to stay in this darkness?" Sometimes it is your decision to climb out of the



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deep hole that life put you into. And when you climb out, give thanks for the hole that taught you so much. And also, walk away from it. Do not linger in the past. Let the past be healed, and let go of.

In your modern world there are a lot of people who keep living and re-living the past, believing that this is a way of healing, and this is not always so. Sometimes an attachment is created with the energy of the past that keeps people stuck. This time of initiation has a beginning and an end. And when you find yourself crossing into the Temple of Light let go of the pain. Allow the Light to flow into your body and heart. And allow your heart to release the pain through the beauty, through the awe of

the Divine connection. This is the way. Stay in the Light.

### **The Second Way of Initiation**

The second way of Initiation is through the teachings. In the ancient times the initiates prepared themselves in many ways - through purification of the old energies, through ceremonies, through deep connection with the Divine. And then they said, "Yes, I make the commitment. I choose to cross the threshold." It is a conscious decision that does not come from the ego. It comes from the human heart that wishes to evolve, ascend, and remember its origin as Source.

Sometimes people view Initiation as another thing to do, as if it is something special that they can talk about with their friends. It is something very special, and very sacred, and that is why it should not be tainted by the ego and spoken about. Initiation is part of the mysteries. And the mystery tradition says:

*"Stay in the silence. Do not feed the ego mind.  
Instead, nourish the expansiveness of the heart.  
It is in this space that you can grow."*

May I be aware and awoken, as I make the choice to be in my heart and access the well of wisdom that lies within me

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Image : vined mind

### **An Invitation from the Ancient Initiates**

The ancient initiates are reaching out to you now, across the veil, across thousands of years. They are extending their hands through the veil of time and space and asking you to continue the lineage through your light work. These ancient initiates have so much to offer and teach you. Their ways are not dead, and can be remembered and lived through your personal and spiritual work. Do you wish to open the door? Do you wish to cross the threshold? These times are inviting you back to the Temple of Light.

And this Temple of Light is something you build in your body. It is something that is always there, but the ego mind has kept you away from, by focussing your attention on the outside, on the world, and in the mode of survival. The Temple of Light asks you to surrender to grace. This is one of the most difficult things, for no one teaches you how to surrender to grace in the modern world. Surrendering to grace is one of the most beautiful things you can do.

### **A Noble Intention**

People speak about intention. You can set an intention each day of what you wish the Universe to offer you. But when an intention is created by the egoic mind it is very hard to materialise. A noble and beautiful intention to have everyday is:

*"I surrender to the Divine grace that I am."*

And life will offer you that. And the Divine grace that you are is beyond anything you can ever imagine. And when you set this intention, a life-changing moment can come to you at anytime and support you in your journey.

## The time of the Egoic Mind

The time you live in is the time of what the ancient Egyptians called, the time of SET. This is the era of duality, the era of the extreme ego and the incredible Light. You may find yourself in-between these two polarities throughout your life. This duality is asking you to become conscious.

Most people allow the pendulum to swing from one polarity to the other, depending on what life is offering them. The kindest people can find themselves in the ego state because something has happened in their life. And when they return to their heart they can feel the shame and guilt for what has transpired and what they have done. And then they may fall deeper into the conditioning. This is why this time also asks you to be aware. To see the conditioning and all its traps, and say, *"May I be aware and awaken, as I choose the right direction for me in this moment, as I make the choice to be in my heart, as I make the choice to access the well of wisdom that lies within me."*

For thousands of years you have been following the ego mind and the structures it has created in the world to control you and all life. The ego mind does not serve you, nor does it serve life. It lives in the world of survival, else it will be extinguished. The conditioning cannot continue in the awakened state. This is a state where you are free, truly free from the programming.

Freedom is not about doing what you want. True freedom is about being aware. So many people think freedom is about leaving their job, doing something they never did before, leaving the past, choosing which food to eat. Yet freedom is so much more than this. Freedom is something you become.

I invite you now, with all the Enlightened Beings who support this work in the Earth reality, to cross into the Temple of your Heart. This is why you have incarnated at this time. And as you cross into the Temple of your Heart make peace with your life, and all that has happened to bring you to this moment. Enter the Temple fully aware that this is your choice at soul level.

We thank you for all of your journey that has brought you to this moment.

True freedom is about being aware.  
True freedom is something you become.



The ISIS School of Holistic Health

# 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)**

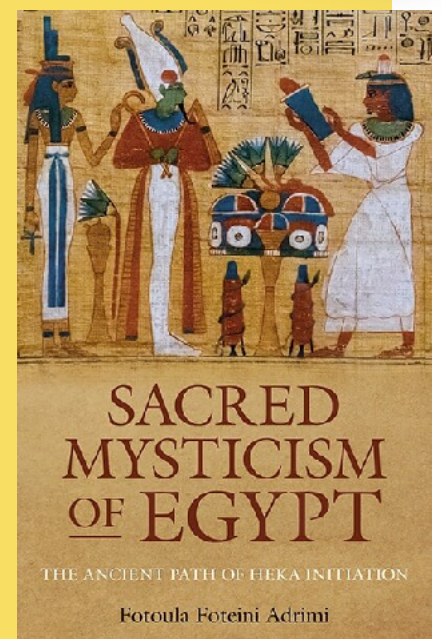
For more information about the the Teachings of the Living Light, see the [website](#)  
For bookings and bank details email the School - [info@isis-school.com](mailto:info@isis-school.com)

## **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**



# 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, 14th March

**Theme:** Building the temple of light within and becoming the vessel for transformation

**Circle Date:** 19.00-20.30 (uk) Friday, 14th March

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

## The ISIS Retreat 5th-9th November

We will come together as a Community of Initiates to practice the spiritual teachings and meditations of the Living Light that ISET has offered us through her channel, Fotoula Adrimi.

We will hold Ceremonies in sacred sites to re-awaken their power through re-alignment with the Sirius and Orion portals.

We will share a full moon Fire Ceremony, a Ceremony from the Pyramid Texts, transmission of the Holy Spirit vibration, and much more.



[The ISIS Retreat - Read More](#)

## Upcoming Path of ISIS Courses

*(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*

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

# *Living a Sacred Life*

*(Channelled by Fotoula Adrimi)*

**You are now living in** what the ancient Egyptians called the era of SET, the era of chaotic forces. This era is created by the conditioned mind that has absorbed the social programming, and that is continually fed by all on the planet when you are in the mode of survival and fear. In these states you are attached to what the conditioned mind believes, and disregard the wishes of your soul.

In contrast, in ancient Egypt people experienced the previous era, the era of AUSIR (Osiris), the time when humanity was in its heart, in its wise self. In this state you lived in harmony on the Earth because your awareness mirrored the spirit realms of the Light. In this state you reflected the Light of your soul into the material plane.

There are a places in your world where you can still see the evidence of the technology of the last era, the era of the heart. However, a great deal of time has passed since then, and the conditioned veils have now become so thick that most people cannot recognise the incredible structures that exist in Egypt and in many other sacred places, as the remnants of this different era.



And why is it important to recognise the technological achievements of this previous world? What does it matter now? It is because in that world they did not have technology for technology's sake, they had technology that worked with the Light. It was the Light technology, using universal energy for the highest good, that created the miracles of the world, like the Pyramids in Egypt, and other structures throughout the world, hidden in plain sight.

### **ZEP Tepi - The First Time**

The ancient Egyptians called this previous era Zep Tepi, the first time. And your soul can still remember this time, and yearns to once again become a Light Being living on the Earth aligned with its own wisdom.

The times of Zep Tepi are long gone, but they can be accessed through meditation, past life regression, and by journeying into the past. And what is the purpose of going back to find out about Zep Tepi? If the answer is curiosity or solely for information - seeking to discover something new that you do not currently know about, then it is very difficult to access this time. The teachings of Zen Tepi are protected energetically and the seeker of truth must go into their heart, raise their vibration, and come to a place of deep humility and reverence to be able to approach these sacred times. So much can be learned. So much can be remembered. But, the deepest purpose of Zep Tepi, sometimes referred to as the Golden Times of ancient Egypt, was to serve all life. Anything other than this purpose, any intention coming from the ego mind or that feeds the ego state, will prevent you from accessing this old wisdom.

In her book, *Sacred Mysticism of Egypt*, Fotoula speaks about the times of Zep Tepi and how you can travel back in time and encounter yourself there. In doing so you can discover that you are a multi-dimensional being with access to the knowledge of different planes of existence, whilst your earthly personality is only aware of everyday life.

### **The KA - your Wise Multi-Dimensional Self**

The multi-dimensional self is an observer, rarely will this self interfere in your everyday life, although sometimes you will receive hints and insights of what to do that may well come from this aspect of your being. The observer or wise self, called the KA in ancient Egypt, is an etheric mirror image of your physical body. It is accessible to you through meditation practices and deep spiritual work, and by developing the same qualities as it. Instead of being attached to the everyday reality and to desires and the conditioned dream, become healthily detached from the conditioned world and develop compassion, kindness, and honesty.



The Goddess MA'AT

The pillars that the ancient Egyptians practiced to build their inner temple were the pillars of MA'AT - truth and justice. You can grow your authenticity through honesty and a sense of justice in your relationship with the world, with others, and with yourself. The ancient Egyptians called this practice, the Rule of MA'AT. This was another teaching they worked with to build their connection with their etheric self, their KA, that lives in MA'AT.



*Below is a further channelling from the Egyptian Goddess ISIS, or ISET, as she was known in those times.*

**You are the Children of the Light**, and yet you do not know this. This is because the world has absorbed your mind, focussing it on the external and all that needs doing in the everyday world. As a result you have forgotten your sacred self. In the times of Zep Tepi the emphasis was on the sacred self. It was the reverse of what you are living now.



The Goddess ISIS or ISET

When you are embodying your sacred self, and your intention is focussed on embodying your sacred self, life works so beautifully. It is not a struggle. And if something happens then you can see clearly, with the increased awareness of your Wise Self, what the lesson is and what needs to be done, if anything.

This was a different time when humanity lived in flow, the flow of life, the flow of universal energy, and universal intelligence was part of the human race. Divine intelligence was what created the Pyramids and all the other structures that you see in Egypt that even today people marvel at, and cannot comprehend how they were created. Those times exist within you because your essential nature is Divine intelligence, and in order to access that sacred part of yourself, you have to realise yourself as the sacred. This is the journey of awakening.

We, the Enlightened Ones, walk with you, supporting you in your journey. Your soul chose this journey. Your soul chose to forgo the Light and go into the darkness of the conditioned mind. And your soul is now choosing to rediscover that aspect of you that was never lost because it was always within you, albeit veiled by the earthly programming. This is a choice. It is your decision to lift the conditioned veil. And when you do, you have to keep making that choice day after day.

We wish you well in your journey of awakening. And we remind you that this is the higher purpose of your life at this time.

Thank you.

# 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

# The Shamanic Medicine Wheel

by *Fotoula Adrimi*

**Shamanism** enables us to find our place on the Earth, in the here and now. The Medicine Wheel represents many things:

- The wheel of the seasons through the year - spring, summer, autumn, winter
- The wheel of the seasons of human life - child, teenager, adult, elder
- The wheel of the directions - east, south, west, north
- The wheel of community - self, family, community, Earth consciousness
- The wheel of the elements - fire, wind/air, water, earth
- The wheel of all life - plants, animals, humans, stones and minerals
- The wheel of the cosmos - Earth, Sun, Moon, Star nations

All these wheels are one and the same. They create a framework, a map for shamanic work, and for a shamanic way of life.

Each place on the wheel is a door that brings different energies to us. We can discover our place on the wheel at any time so that we can uncover life's influences on our journey.

When we work shamanically with the wheel, we allow the wheel to speak to us. This is a very ancient practice that helps us see life beyond the obvious. For example, even although we may be an adult the wheel may show us that the energies of the teenager are flowing through us.

Every door has a teaching - providing an opportunity, a gift, and a challenge. And a guardian helping spirit that supports, guides, and nudges us in the right direction for our highest good.

An overall teaching of the wheel says that we travel the wheel many times in one lifetime. And, in order to move to a different door we must first accept, learn, and integrate the teachings of the place on the wheel we are now.

Fotoula has worked with the wheel for over 14 years in her shamanic practice. And she will include an introduction to its medicine in the 2-day workshop - **Introduction to Shamanism and Shamanic Journeying 19-20th July** - see next page for more details.

## Walking the Medicine Wheel

*The wheel is a tool and practice to understand, accept and create a clear connection with life*



Fotoula Adrimi, shamanic teacher, and best selling author, shares foundation teachings of the shamanic healing practices

Join us In Person for  
a comprehensive  
two day  
Introduction to  
Shamanism Course  
facilitated by the  
highly experienced  
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.

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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 19th  
- Sunday 20th July

**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**

# 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](#)

# New One Year Shamanic Practitioner Courses

## Study with us In Person or Online

### *Both Courses start in October 2025*

#### **A shamanic practitioner is a bridge**

between the world of spirit and the alternative realities, and our own physical world. The practitioner crosses the bridge entering parallel universes to bring healing, life-force, guidance and deep awareness to themselves, their clients and their community.

The ISIS School offers powerful and in-depth **In Person and Online Shamanic Practitioner Training Courses**, designed

to take participants through the initiations of the shamanic path and teach the healing work of a shamanic practitioner. Participants will work with spirit guides and teachers of the light, to become the bridge between the worlds and bring the spiritual light into the physical reality.



#### **How is the Shamanic Practitioner Course designed?**

This is a powerful and in-depth shamanic practitioner course that involves learning and practicing ancient ways. The shamanic practitioner course is designed to take participants through the initiations of the shamanic path and teach the healing work of a shamanic practitioner.

#### **What will the Shamanic Practitioner Training cover?**

The training covers ceremony, Power Retrieval and Introduction, Healing with Spiritual Light, Medicine for the Earth, Shamanic Journeying and Divination, Soul Retrieval, Extraction, Psychopomping, Death and Dying, and finishes with a Graduation Ceremony. It is a comprehensive course offering a strong foundation for shamanic practice.

#### **How long is the Shamanic Practitioner Course?**

The whole shamanic practitioner course is taught as a **one year ceremony**. It is much more than sharing information and techniques. We will be riding a shamanic wave on a journey home to ourselves. We hope that the ceremony will carry everyone to a new depth and inner understanding, within and outside the times we meet.

## About the Shamanic Practitioner Course

To graduate as a shamanic practitioner participants need to complete all modules and casework, and attend the graduation ceremony. This is a commitment each participant makes with the wise spirits / guardians of these ancient teachings. The shamanic practitioner course teaches the methods but it is up to participants and their wise spirit teachers to develop the art. No-one can make us a practitioner. It is an inner calling and a gift from spirit to the person. Once you sign up, changes may take place to align you with your path and soul's calling.



*Fotoula Adrimi - Shamanic Teacher*

Places on the course are limited. Should there be any restrictions to meeting in-person (eg lockdowns) the course will continue online for the affected meetings.

If you are interested in the Shamanic Practitioner's Course then email Fotoula: [info@isis-school.com](mailto:info@isis-school.com)

In addition, there may be spaces available for anyone who has already completed the Shamanic Practitioner Course with The ISIS School of Holistic Health, and wishes to repeat the course.

## Shamanic Teacher - Fotoula Adrimi

Fotoula Adrimi is a highly experienced shamanic teacher who radiates the light of compassion to her students. She has been holding weekly shamanic circles and workshops since 2009 and teaching shamanic practitioners since 2012.

[Fotoula Adrimi - More Info](#)

## In-Person Shamanic Practitioner Training

The first weekend training for the In-Person Shamanic Practitioner Training is **19.00-21.00, Fri 31st Oct & 10.00-17.00 Sat 1st & Sunday 2nd November.**

[In Person Shamanic Practitioner Training](#)

## Online Shamanic Practitioner Training

The first weekend training for the Online Shamanic Practitioner Training is **3rd-5th Oct** - we meet **19.00-21.00 (uk) Friday evenings, and 12noon - 18.30 (uk) Saturday and Sunday**

[Online Shamanic Practitioner Training](#)

# The Rays of Divine Consciousness Retreat

## Tuesday 27th May - Sunday 1st June 2025

*two spaces remaining*

**The 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.

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)

The Rays Retreat - 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*

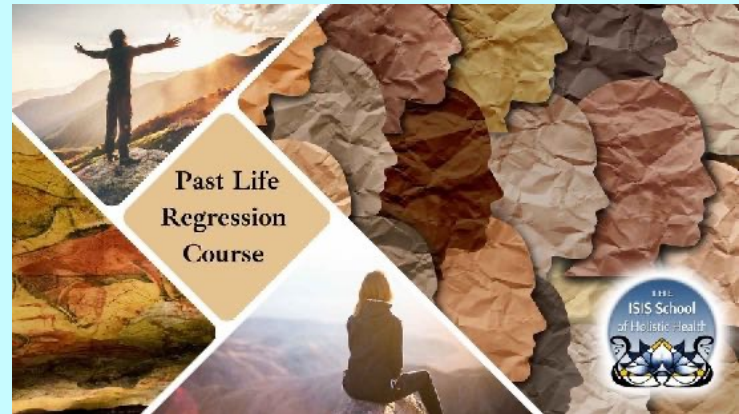
[Medicine Walk - Read More](#)

# 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 - March

## Special Event - 18.00-21.00, Monday 17th March

We will facilitate a special event - **Shamanic Dance of the Sacred Spirits in Person** in the Library of the Glasgow Theosophical Society on **Monday 17th March from 6.00-9.00pm** (See Newsletter page 13)

To book for this event email us on [info@isis-school.com](mailto:info@isis-school.com)



## 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 enlightened qualities within us and transform the conditioning that limits us from experiencing our Divine Self.

**March 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 - March

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 March** (19.00-20.00 uk): **5th, 12th, 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 - March

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, Tuesday 25th March**. 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)*

## March 2025

**4th:** 19:00-20:30 **Module 6** – 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-9th:** Path of ISIS, **Gate 3 Course:** Ancient Egyptian Mystery School Course

**11th:** 19:00-20:30 **Module 7** – 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

**14th:** 19.00-20.30 [ISET Initiate Circle:](#) for Initiates of the Path of ISIS

**17th:** 18.00-21.00 [Shamanic Dance of the Sacred Spirits](#)

**20th:** 19.00-20.30 [Online Meditation](#) and Chanting Circle

**21st-23rd:** [Priestess of the Moon Training.](#) Second Meeting

**25th:** 19.00-20.00 [Rays of Divine Consciousness](#) Distant Transmission – open to all

**26th:** 19.00-20.00 [ISIS Energy Transmission](#) of the Living Light – Distant Transmission

**27th:** 19.00-20.30 [Online Meditation](#) and Chanting Circle

**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

## 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

**19-20th:** [Introduction to Shamanism](#) and Shamanic Journeying in person.

# The ISIS School Calendar of Events cont.

**25-27th July:** [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.

**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

### January 2026

**10th:** Start of the year long **Advanced Shamanic Practitioner** - Ancestral shamanic healing practitioner. In person. More information coming. Prerequisite: Seven Module [Online Shamanic Ancestral Course](#) - Path of the Eagle 3: healing our lineage. Or, you have completed or are on the Shamanic Practitioner Training Course with the ISIS School

**11th:** Start of the year long Advanced Shamanic Practitioner - Ancestral shamanic healing practitioner. Online Live. Prerequisite: Seven Module [Online Shamanic Ancestral Course](#) - Path of the Eagle 3: healing our lineage. Or, you have completed or are on the Shamanic Practitioner Training Course with the ISIS School

**14-18th:** [Shamanic Soul Retrieval Practitioner Course](#) - Live Online Immersive Five Day Soul Retrieval Course