

Newsletter – the ISIS School of Holistic Health Ltd



Issue 107: December 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*)

You are experiencing a fast changing world. The 'outside' is in a state of constant renewal, creating many challenges for people in their everyday life. In having to respond to an ever-changing world, your attention is drawn outwards. At the same time, the inner landscape changes too, for the inner landscape is affected by the outer reality. As a result, a healthy exchange of energy becomes more difficult.



This is the time to connect with what nurtures the inner you and become even more selective about the energies you bring into your life. Everything is energy and has an energetic imprint.

It is time to be more aware of how the people you interact with, the films you watch, the books you read, and the places you visit, impact you. Everything is a vibration of Light, but some vibrations are denser than others.

At this time it is important to reflect, to be discerning, and to ask yourself – Is this vibration something I need in my life? Is this energy something I wish to interact with?

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

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Image : Erika Varga

Sometimes you have no choice as the energies are part of your life. For example, you may not be compatible with the energies of your workplace, but it is not always easy to change jobs. In other situations you may have choices, and life shows you the choices you can make. Life is teaching you about energy, compatibility, yourself, and about who you are becoming.

During these days of constant flux, we invite you to go within and connect with your inner centre, the true Self that you are beyond this life. At the same time, connect with the Earth too, for the Earth is supporting your awakening.

The Earth is a planet where life exists in a physical realm and at this time the Earth is also changing. It is evolving into a higher being, and consequently every aspect of physical life is transforming with it. You are continually being changed through the Earth's transformation. As the energies of Light flow into the planet, you are becoming lighter - a being with increased awareness.

However, there are people who resist this change. They are trying to push back through power and control. In the meantime the evolutionary plan of the Earth continues to unfold and expand. This process of evolution is meant to take place as the Earth is always going through cycles of evolution, as well as cycles of dismemberment.

Generating Compassion and Kindness and releasing Judgement

There is a new reality about to be birthed. And the Earth invites you to drop into your heart centre and access your Wise Self, to prepare for this evolutionary transition into a higher consciousness. Your soul has craved this opportunity and this is why you have incarnated during these challenging times. These are the times that help your soul awaken out of the conditioning and transform the conditioning. Even though this transformation is something that you work on at a personal level, it has an immediate effect in the collective consciousness, for the collective is also within you.



The spiritual Light that you generate by
accessing the wisdom of your soul is immense

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The ISIS School of Holistic Health

The spiritual Light that you generate by accessing the wisdom of your soul is immense. It is a Light that you have always had but it was hidden under the veils of the third dimensional reality. These veils create fear, insecurity, anxiety, pain, and trauma, and keep you bound to a state of alertness that prevents you from being the Light that you are.

During these changing times, there are some vital qualities that can help you navigate the changes in a good way. These qualities are compassion and kindness, and the release of judgement. In order to generate compassion you start with yourself. You can teach yourself to generate self-compassion and kindness, and to release and heal self-judgement.

Connecting with your Inner Temple - A Spiritual Practice

At this time you are invited to see yourself as a sanctuary of Light, a temple of sacredness, a holy place.

Sit quietly and welcome in all your guides and teachers of the Light. Ask them to create around you a safe and protected space.

Now imagine that inside your heart chakra is a temple of Light – in any way you wish. As you connect with this temple, intend to generate the Light energies you carry that have been lying dormant for many generations.

See yourself standing inside this temple and then feel the temple filling up with Light. See the Light flowing from your heart centre into the whole of your body, and then radiating out into your aura and everywhere.

Imagine that inside this temple is a fire that never goes out. This is the fire, the energy, that created you and the whole of the cosmos.

If you wish, you can ask, "What supports this fire to glow with warmth and light and what hinders it?" As you continue to meditate in this space for a little while, imagine the fire becoming bigger and stronger.

Then when you feel the practice is complete for now, gently bring yourself back from the meditation. Thank your guides and teachers of the light and ask that before they go they seal and protect you, your room, and your home.

In the days to come you can continue to do this simple practice. This will nurture and stoke your inner fire so that the infinite Light flows through you and everywhere.

This is the path of transformation out of the conditioned reality. This path is one that unfolds from within, for you are the centre of the cosmos and the Light of the World.

We invite you to connect with and access your light daily, if possible.



Egyptian Mystery School Teachings The Path of ISIS Introductory Course –

The Spiritual Path of ISET, Part 1
New In Person and Online dates for 2026

Booking essential to secure your place

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.

In Person: Glasgow, Scotland – 10.00-17.00, Friday 13th – Sunday 15th March 2026

Online: 12noon – 18.30 (uk), Friday 17th – Sunday 19th April 2026

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

For bookings email the School
– info@isis-school.com

Mystery School Teachings-More Info

Introduction to the Ancient Egyptian Mysteries

*A series of three webinars based on Fotoula's new book
'Sacred Mysticism of Egypt'*



Introducing the Esoteric Knowledge of Ancient Egyptian Spirituality

The three **Webinars** are an in-depth introduction into the esoteric knowledge of the ancient Egyptian mystery school, that can be easily and safely transmitted online. The webinars take place once a month, over three months, and they include theoretical knowledge, history and provenance of the esoteric teachings, and a spiritual transmission and practice, to ground the teachings into the participant's body.

The Webinars have been designed with the help of Fotoula's guide, the ancient Egyptian Goddess Isis or ISET. ISET lights a way through the radiance of the Sirius Star, so that our cosmic boat can sail through the darkness of space and find its purpose.

Webinars 2 and 3 are now available as Video Recordings. You can watch these Webinars and then join us online for the Live Webinar 3 - Sunday 19.00-20.45(uk), 30th November

Webinar 3 - Ancient Egyptian Book of the Dead - Coming Forth by Day

Practising the teachings of enlightenment and a sacred life and 'becoming the infinite ocean'

- ★ Invocation to the Neteru (the enlightened spirits) who govern the spiritual realms of the light. The path of enlightenment, double death and reincarnation.
- ★ The identification with Horus when living and Osiris when dead. The path of the death mysteries as a way of initiation.
- ★ The different realms of spiritual existence.
- ★ The journey of the 12 hours through the underworld into Oneness.
- ★ Transmission and practice: Releasing the hungry ghosts and regaining the crown of Horus, the sovereignty of our crown chakra.

Webinar 1 - The Temple Initiation - Walking through the Gates of MA'AT

In the first webinar Fotoula shared information and knowledge about the temple tradition of the ancient Egyptian Mystery School.

- ★ What were the ancient Egyptian temples and what were the different functions taking place therein?
- ★ What is the path of HEKA and how did one access the mystery school in the Golden Times of ancient Egypt?
- ★ What is the role of MA'AT as both Divine Order and Divine Justice, as the doorway to HEKA?
- ★ Transmission and practice: The crown chakra connection to the etheric self, the double - the KA.

Webinar 2 - The Gateways of Life and Death to enhance Spiritual Awakening

The mysteries of life and death, day and night, east and west were seen as gateways towards enlightenment. The celestial Nile, as the Milky Way, is the river of Life that flows through the darkness of infinite space.

- ★ The different energies of life in the Nile Valley and Death in the desert, were part of the pilgrimage of the ancient initiate.
- ★ The temples of the east bank versus the temples of the west bank
- ★ The gatekeeper of Life Djehuti (Thoth) and Death Onpu (Anubis) and their attributes as protectors of knowledge and spiritual work.
- ★ About the Egyptian tombs and the ceremonies therein.
- ★ Transmission and practice: Awakening through the door of death and absence of life.

The Webinars - Details and Booking

Time and Date: Webinar 3 - Sunday 19.00-20.45(uk) , 30th November

You can either book for all three webinars or book them individually. The cost for each webinar is £50.

This cost is reduced to £25 per webinar for ISET practitioners who have attended the Gates of Awareness Course - The Spiritual Path of ISET, Part 1.

To book for the webinars, please email Fotoula and Fi : info@isis-school.com

Payment can be made either through PayPal or bank transfer.

For everyone who registers there will be a recording of each webinar made available to participants via the website for six months from the date of the webinar.

If you wish to join the Path of ISIS Mystery School of Ancient Egypt we will be teaching the Spiritual Path of ISET-Part 1, in person in Glasgow from 10.00-17.00, Friday 13th-Sunday 15th March 2026 & Online 12noon-18.30(uk), 17th-19th April 2026

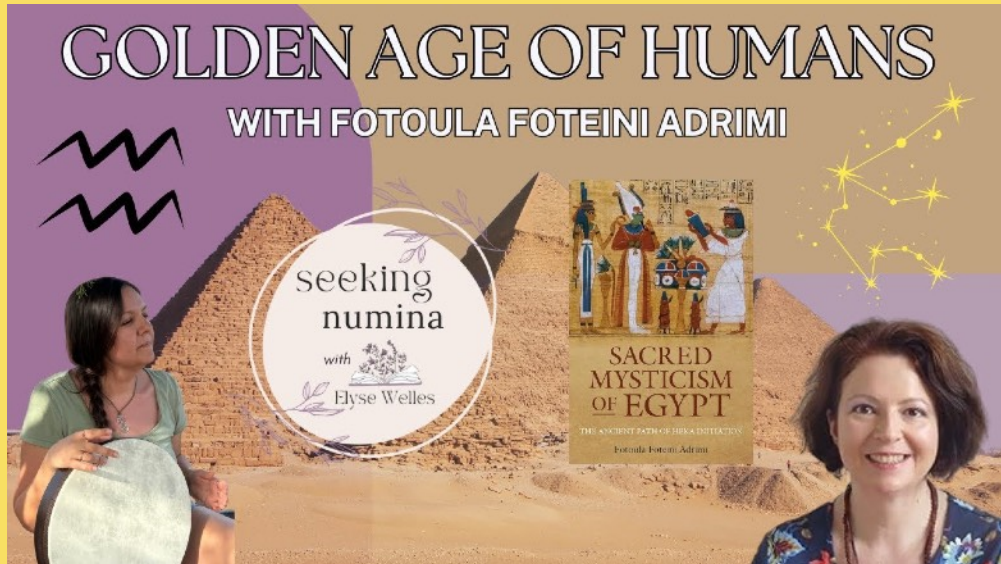
There is more information on Fotoula's new book - **Sacred Mysticism of Egypt** on our website



The Spiritual Path of ISET, Part 1

Sacred Mysticism of Egypt

The Sacred Places Podcast Seeking Numina with Elyse Welles



In this beautiful Podcast Fotoula and Elyse spoke about Zep Tepi – the first golden dawn when humanity lived in direct, unfiltered truth of spirit, before the conditioned mind created its stories. They connected this to the Age of Aquarius, where a shift is taking place that asks us to loosen the old Piscean need for only one truth, and instead reclaim the many-voiced, intuitive knowing that lives inside each of us.

Fotoula shared that Zep Tepi resonates with the nurturing, origin-bearing waters of the Age of Cancer and the solar, sovereign heart of Leo – the cosmic cradle of our earliest human age. They also spoke of Heka, the vast creative life-force often misunderstood as “witchcraft,” that is the primal power of creation itself, and of the ingrained modern hesitation to distrust what is not written down, even when it is received in meditation, ritual, or quiet communion with our guides.

And in the Podcast when Fotoula says, *“It is an honour to be a part of this Earth,”* it feels like a gentle blessing – a reminder that returning to trust spirit is not a leap, but a soft, intentional remembering, one breath at a time.

Fotoula comes from a Greek lineage, whilst Elyse has both Egyptian Coptic and Greek roots. Both have lived and worked in Greece, and facilitated mystery work in sacred sites in Greece and Egypt.



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 - Tuesday 23rd December

In this circle we reconnect with the **story of creation**: The primordial mound rises out of the abyss and the first plant, the living lotus, opens its petals to reveal the radiance of the enlightened human being.

Circle Date: 19.00-20.30 (uk), **Tuesday 23rd December**

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

Healing Path of ISET, Part 2 - 10.00-17.00, Fri 5th-Sun 7th Dec

This is next course for everyone who has attended the Healing Path of ISET, Part 1. There is one space available if someone wishes to repeat the Course.

If you would like your name on the altar during this Course for the Living Light to flow to you for your highest good, please let us know - info@isis-school.com

The Path of ISIS: Pyramid Text Ceremony **18.00-21.00, Monday 15th December - In Person and Online**

Theme for the Winter Solstice Ceremony - **The Emergence of HORAN**

It is the time when we celebrate the change from one year to the next. This is the time of the Winter Solstice, when the Pyramid Text - the Emergence of HORAN, is spoken. This is part of the sacred doctrine that ISET has given Fotoula to share. Based on the ancient texts, ISET is now saying that HORAN is no longer a baby but has emerged in the world along with the new light. On the darkest night, HORAN appears in front of his father AUSIR, the heart, to be recognised and acknowledged. In this meeting of heart and spirit, the Initiates are blessed by AUSIR to be the shining light of the indefatigable stars

Time and Date: 18.00-21.00, Monday 15th December

Venue: Library, Glasgow Theosophical Society, and through zoom

Energy exchange for the Ceremony : £21.00 or by donation



Shamanic Soul Retrieval

- *the epitome of shamanic healing*

Fotoula asks - Look into people's eyes. Do you see a spark? Is there a glowing fire, the fire of the person's spirit? Or is there a dullness, a covering mist? Is this a house where no-one is home?

Soul Retrieval is a shamanic practice that is prevalent in indigenous traditions from east to west. The shamanic teachings tell us that when we experience trauma we can disassociate, and part of our soul can leave the body.

Where does the soul go? The soul can travel to a higher plane where the soul feels safe and at home. Or, the soul may remain stuck, frozen in time, at the age it was when the trauma occurred. The end result in both cases is that a vital part of the person's light is no longer present in the body and no longer accessible to the incarnated soul. And if a person experiences a lot of trauma this can leave the person severely depleted and unable to live their life in a good way.

Respecting the Soul

When I travelled to Mexico and Guatemala in 2007 I visited a Mayan village and a shaman's ceremonial place. Our guide told us that people in the community are aware of soul loss from an early age. They are taught to develop an intimate awareness of and relationship with their soul in order to protect their luminous essence.

When a child falls and cries, the mother makes sure that no part of the child's soul, no matter how small, is lost, by performing an emergency soul retrieval for her child. The tourist guide also confided that it is difficult for indigenous people to find jobs in the western world because they will not compromise their soul essence. To give an example, hotel companies look for seasonal workers from the village, but when people took on the job they were asked to work many more hours than their contract stated. The indigenous people did not compromise. They left the jobs where they were not respected saying that the system and those in charge did not offer them a fair exchange and wanted to 'suck the soul/life essence' out of them. They knew



Nepal: This statue symbolises a shaman carrying out a soul retrieval.



that looking after their soul essence was much more important than the money they were being paid.

When someone is full of light and in their power, they do not give it up easily.

They felt that the western world is sick, that it feeds off the soul of the people, for there is no knowledge of how traumas cause soul loss and how unscrupulous work practices drain people's life essence. Nor do people know about and understand the value of practices to bring back soul essence. And when people have experienced soul loss they are more likely to continue compromising and doing as they are told.

So the village people walked away from the jobs and chose a simpler life.

Soul Loss, Mental Illness and the Remedy

Most indigenous people have experienced a soul retrieval ceremony whenever they have suffered a traumatic event. In these societies the whole of the community usually comes together to support the person receiving the healing, for they know that the merits of the healing will also flow to them.

However in the west most people live with multiple soul loss, and as the years go by, life can become more challenging. The soul loss and the lack of trauma healing can impact the mental health of the person. This mental pain can be expressed as hopelessness, depression, unending grief, and a wish to not be on Earth / to die. Sometimes people can also feel numb, as if they are sleepwalking through their life, which leads to them withdrawing socially and emotionally from others.

When soul loss first occurs, the soul is in need of help, is asking for help. This call for help is often expressed through the repetition of similar situations, so that the person may self-reflect and then take action and seek support to heal the trauma. However, as the pattern repeats, a person may also become so lost that seeking help is not in their awareness. Instead they may feel a sense of fear and foreboding, even paranoia, as the same event keeps happening. They can start to see themselves as a victim and consequently blame others.

The answer is to go deep into the personal work, reunite with the lost soul parts, and work with them to understand why they left in the first place.

Is Soul Retrieval the Magic Pill?

How many soul retrievals do people need? When people present with complex issues they may have experienced multiple soul loss over many years. No shaman has a magic wand, but shamanic practitioners can support a person on



their healing journey over time. In our times from what I can see, people are really suffering, so a single soul retrieval healing is not always sufficient.

Moreover, when a person has lost a lot of soul essence, shaman's believe that other unhealthy energies, such as intrusions, 'ghosts' – souls who have not passed properly into the light after death, or non-human entities, can come into a person's body and cause energetic disease. Nowadays, I very rarely perform a soul retrieval healing by itself. Most of the time my helping spirits will remove several intrusions and perform spirit release, before we bring back any soul parts.

A soul retrieval ceremony is very sacred. The practitioner is entrusted with the most holy part of their client. This is not something that can be done lightly or without proper training. I have heard of people who teach this ceremony as a method in half a day or at the most in a two-day workshop. My own teacher, Sandra Ingerman, has stated that she would not trust a practitioner who had learned soul retrieval over such a short space of time. She advocates a five-day teaching for soul retrieval.

I have also received teachings on soul retrieval and depossession from indigenous teachers as well as a Tibetan Lama. There is a great deal of responsibility, effort, and care needed for this work so that clients are supported and not re-traumatized.

I teach an **advanced live online course in shamanic soul retrieval over five days**. It is for people who have already done shamanic journeying work and other therapeutic work. I offer people the skills to do soul retrievals in a good way should they wish to practice. At the same time, many people do the course, or repeat the course, because they find it deeply healing for themselves. It can enhance their spiritual path and the evolutionary journey of their soul, even if this is not through shamanism.

See the next page in the Newsletter for more details of the Online Soul Retrieval Course.



Fotoula Adrimi - Shamanic Teacher

Fotoula is a highly experienced shamanic teacher and practitioner who is full of compassion and integrity.

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.



Shamanic Soul Retrieval Practitioner Course

Live Online 5 Day Course –
14-18th January 2026



This immersive five day Soul Retrieval Course is either for people who have already completed a great deal of shamanic training and have attended a Shamanic Introduction Course that includes Power Retrieval. Or, it is for anyone who has already completed a two-day shamanic soul retrieval workshop with another teacher and who wishes to expand their knowledge and elevate their work, either personally, or to work with others.

Soul Retrieval - The return of Lost Soul Parts

Experiencing a traumatic event may cause **soul loss**. Part of our soul leaves because it would have been too traumatic to experience the full extent of the event consciously. As a result, we may find ourselves operating on automatic pilot, feeling resentment and dissatisfaction, or that we do not want to be here. We may also experience unending grief after the death of a loved one, who may have taken part of us with them. Soul loss is widespread in our western world. In the long term it deprives of our ability to feel good about ourselves and life.

The Online Five Day Soul Retrieval Course

In this **immersive 5-day Online Course** you will receive a soul retrieval and you will also learn how to perform a soul retrieval for others. In addition you will learn the practice of soul remembering which is about reactivating the intention for being born to this life. You will also learn how to support your clients after soul retrieval and how to work with the body. Finally this workshop will also teach you about soul retrieval for the land, buildings and businesses.

Course Cost and Dates

Time and Dates: 12:00-18:00 (UK), 14-18th January 2026 – Online via Zoom

Investment: £875.00 **Deposit:** £400.00

Booking is essential. Maximum 6 participants

Five Day Soul Retrieval Course

In this video Fotoula Adrimi, shamanic teacher, answers questions about how to become a shamanic practitioner and work shamanically with others



Advanced Shamanic Practitioner Course

Join us either In Person or Live Online
Starting January 2026

The Advanced Shamanic Practitioner Course takes participants deeper into the indigenous style of shamanism, which is transmitted by the ancestral shamans beyond the veil of time. Apart from helping spirits and power animals, the traditional shaman relies on ancestral shamans who practiced the art during their life-time and now wish to support and empower us to do deep healing work that is so needed.

During the course we will go deep into aspects of shamanism that are normally only practiced in indigenous settings. We will look at spirit possession, curse unravelling, psychopomping of the ancestors causing harm, travelling to the world of the dead to assist those ancestors who are stuck and remove the blocks. We will look into curses, items that hold ancestral heavy energy, and how to work with spirits of the upper and lower world that are the gate keepers and healers of this path. We will work with protection and amulets and how to help your clients integrate the healing through specific ceremonies.

Pre-requisite: The Ancestral Spirits recommend that participants have completed the [Shamanic Ancestral Course - Path of the Eagle 3](#), which is available on our website as a Recorded Online Course. Or you have trained or are training to be a Shamanic Practitioner with the ISIS School of Holistic Health Ltd.

Nine Modules: January - November 2026

Module 1 - Reuniting with the Ancestral Spirits, building the framework and power for the work. **Module 2 - Psychopomping** of the stuck ancestors in the middle world of the dead and release the blocks that you carry in your body. **Module 3 - Further empowerment and initiation** into the Shamanic Ancestral Work. **Module 4 - Sacred Objects** - clearing witchcraft or heavy energy that is held in objects. **Module 5 - Curse removal and de-possession** for others. **Module 6 - Client empowerment**, bringing back the power of the lineage. **Module 7 - Ancestral land clearing** and healing. **Module 8 - On-going healing work** on other people in the group. **Module 9 - Lessons from your lineage**. Initiation into the Ancestral Shamanic Practitioner work by the Spirits. Graduation.

Advanced Shamanic Practitioner Course - In Person and Online

The Shamanic Ancestors have asked Fotoula to teach this work in person and online. In Person Course runs on Saturdays from 10.30-17.30. **Venue:** the Library, Glasgow Theosophical Society, 17 Queen's Crescent, Glasgow. Online Course Time: Sundays, 12.30-19.00

For more info, course dates and cost:-

Advanced Practitioner Course

Thank you for all your donations for the Nepalese Schoolchildren - *we raised £2,432.14*



On Monday 20th October Fotoula, through the Glasgow Theosophical Society where she is the lodge secretary, organised a fundraiser to support 14 Nepalese children attend school. The money pays for the school fees, as well as the children's shoes, uniforms, books, notebooks, and pencils.

This project, that originated after the earthquake in Nepal in 2015, provided the funds for the rebuilding of the school. And now it continues to support the education of girls and boys who would not have been able to go to the school.

Each year the money needed to support the children is £2,000. So, we send a huge THANK YOU to everyone who donated this year for your wonderful and generous contributions. There are no intermediary organisations, all monies will be sent to the school by the Glasgow Theosophical Society at the end of the year.

We would also like to say a big thank you to the Theosophical Society, Glasgow Lodge, that has supported the project for the last 10 years.



Shamanic Dance of the Sacred Spirits

In Person – Glasgow, Monday 22nd December

We meet near the Winter Solstice - 18.00-21.00, Monday 22nd December

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 22nd December, Winter Solstice

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)

[Shamanic Dance - More Info](#)

Circles & Energy Transmissions - December

Shamanic Circle - The Way of the Drum

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

1st Dec: In Person - Past Lives Healing

8th Dec: Online - The Path Opener

22nd Dec: In Person - Special Event - **Shamanic Dance of the Sacred Spirits**

[More information about the Shamanic Circle](#)



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.

Circle dates: 4th, 11th and 18th December

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

[ISIS Energy Transmissions of the Living Light - December](#)

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 (19.00-20.00 uk): **3rd, 10th, 17th December**

Please email the School: 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 - December](#)

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 (uk) Sunday 28th Dec**. 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 to find out more information about an event)

December 2025

- 1st:** 19.00-21.00 [Shamanic Circle](#) – **In Person**, Glasgow – Open to all
- 2nd:** 19.00-20.30 Live [Online Shamanic Ancestral Course](#) – Path of the Eagle 3: Module 6
- 3rd:** 19.00-20.00 [ISIS Energy Transmission](#) of the Living Light – Distant Transmission open to all
- 4th:** 19.00-20.30 [Online Meditation](#) and Chanting Circle – Open to all
- 5th-7th:** [The Healing Path of ISET, Part 2](#). The fourth course in the Gate 1 Ancient Egyptian Mystery School / Path of ISIS Course
- 8th:** 19.00-21.00 [Shamanic Circle](#) – **Online** – Open to all
- 10th:** 19.00-20.00 [ISIS Energy Transmission](#) of the Living Light – Distant Transmission open to all
- 11th:** 19.00-20.30 [Online Meditation](#) and Chanting Circle – Open to all
- 15th:** 18.00-21.00, Path of ISIS – [Pyramid Text Ceremony](#) – Open to all Path of ISIS Initiates
- 16th:** 19.00-20.30 Live [Online Shamanic Ancestral Course](#) – Path of the Eagle 3: Module 7
- 17th:** 19.00-20.00 [ISIS Energy Transmission](#) of the Living Light – Distant Transmission open to all
- 18th:** 19.00-20.30 [Online Meditation](#) and Chanting Circle – Open to all
- 19th-21st:** [Priestess of the Moon Training](#), Weekend 5, Winter Solstice
- 22nd:** 18.00-21.00 [Shamanic Dance of the Sacred Spirits](#) – Open to all
- 23rd:** 19.00-20.30 [ISET Initiate Circle](#): for Initiates of the Path of ISIS

January 2026

- 7th:** 19.00-20.00 [ISIS Energy Transmission](#) of the Living Light – Distant Transmission open to all
- 8th:** 19.00-20.30 [Online Meditation](#) and Chanting Circle – Open to all
- 10th:** Start of the year long **In Person** [Advanced Shamanic Practitioner](#) – Ancestral shamanic healing practitioner – scroll down to bottom of webpage. 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 [Online Advanced Shamanic Practitioner](#) – Ancestral shamanic healing practitioner – scroll down to bottom of webpage. 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

The ISIS School Calendar of Events continued

January 2026 continued

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

28th: 19.00-20.00 [ISIS Energy Transmission](#) of the Living Light – Distant Transmission open to all

29th: 19.00-20.30 [Online Meditation](#) and Chanting Circle – Open to all

30th Jan – 1st Feb: [Priestess of the Moon Training](#), Weekend 6, Imbolc and Waxing Moon

February 2026

7th: In Person [Advanced Shamanic Practitioner](#) – Ancestral shamanic healing practitioner

11th: Online [Advanced Shamanic Practitioner](#) – Ancestral shamanic healing practitioner

20th-22nd: [Shamanic Practitioner Course](#) – Second Gathering

March 2026

13th-15th: 10.00-17.00, Path of ISIS, [Spiritual Path of ISET, Part 1](#) – **In Person.** (*The Introductory Course for the Path of ISIS Teachings*)

21st-22nd: [Shamanic Practitioner Course](#) – Third Gathering

28th: In Person [Advanced Shamanic Practitioner](#) – Ancestral shamanic healing practitioner

29th: Online [Advanced Shamanic Practitioner](#) – Ancestral shamanic healing practitioner

April 2026

17th-19th: 12noon-18.30(uk), Path of ISIS, [Spiritual Path of ISET, Part 1](#) – **Online.** (*The Introductory Course for the Path of ISIS Teachings*)

24th-26th: Path of ISIS Gate 2 Course – open to everyone who has attended the *Healing Path of ISET, Part 2*

May 2026

19th-24th: the [Rays of Divine Consciousness Shamanic Retreat](#) – an intensive residential retreat that combines Shamanic and Spiritual Practices with Initiation and Ceremonies in Sacred Sites

June 2026

18th-21st: [Shamanic Residential Retreat with Nepalese Shaman](#), Bhola Banstola – **Theme:** Goddess Lakshmi – the Divine Goddess of wealth and prosperity

