

Newsletter – the ISIS School of Holistic Health Ltd



Issue 104: September 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*)

There is much for you to do and clear from one lifetime to the next – the unfinished business that you carry in your body, the heaviness of the conditioning, and the energy of the world.

You are the Shining Spirit. You are the enlightened essence. Anything other than that, any actions, thoughts, feelings, and words, that are not of the Divine essence, gather like garbage in your energy body, waiting to be cleared by the pure water of the enlightened spirit and the focussed intention of your spiritual work.

Imagine that you have a place where you store this heaviness. You store it there so you can forget about it. But the garbage continues to rot. It does not go away. Its stench becomes increasingly noticeable as it tries to get your attention to do something about it. If you continue to ignore it, the heavier it becomes, and the more it affects your mind, body, and life.

The Seriousness of Mental Illness

In your physical world you may think that physical illness is the most damaging type of illness because it impacts your way of living. Whenever your body is not well, you cannot ignore it,

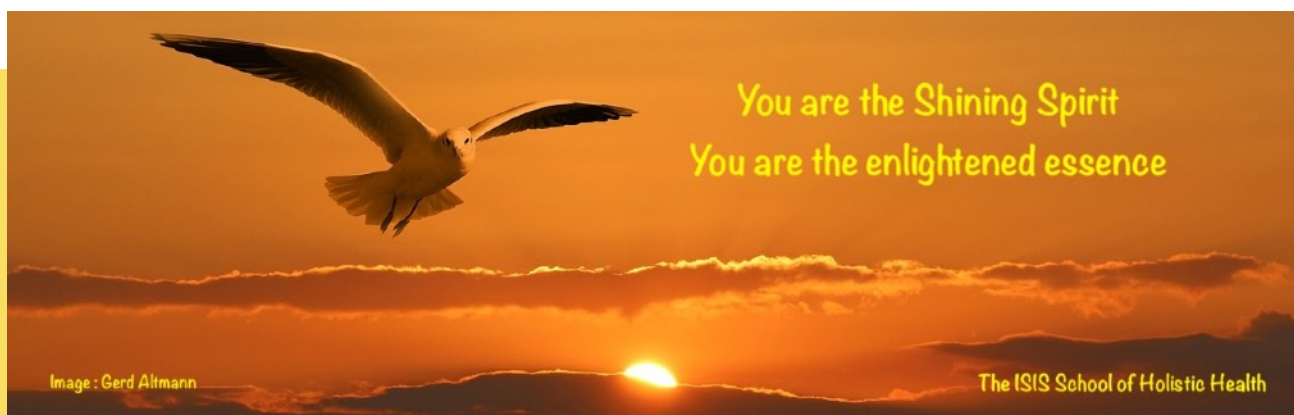


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You are the Shining Spirit
You are the enlightened essence

Image: Gerd Altmann

The ISIS School of Holistic Health

because it stops you from enjoying the way you live your life. But the most serious illness is mental illness. When you are mentally ill you are so disconnected from the radiance of your spirit that you can no longer function as a whole human being. Mental disease takes over your existence. Even if your body is well the mental ailment prevents you from operating fully in your life, and in your world. And this type of illness can take much longer to heal than physical illness.

The physical illness may be debilitating, but a strong connection with your essence can support you to overcome its grip.

*However, a mental disconnection
creates a state that destabilises you from the inside.*

If you look around your world, you will see that mental illness is taking over the human race, creating sadness, addiction, and hopelessness. For this reason, so many of you have incarnated at this time and put on the mantle of the healer, that you wore in other lifetimes.

In the western world, many of you are trying to help through the holistic healing approach. You are addressing the spiritual disconnection that is the cause of all illness, and the reason that humanity can no longer thrive and, like cancer cells, attacks itself. This is why many of you are supporting each other through the healing arts. It is no accident that people are looking into the ancient mysteries and their own Divine connection, for it is through the Light that you can wash away the heaviness that has been accumulating in the body.

The Earth called you - and you accepted her Invitation

The same thing happens with the body of the Earth, although the Earth has its own incredible ability to self-heal. Despite the profusion of toxins and pollutants you throw into her body and then try and forget about, the Earth and nature can raise fires of destruction that can reshape the world you live in. You are only here for a fraction of time in the Earth's eternal journey, and you are linked with the Earth for this short time, as you have answered her invite to be here.

The Earth called you and showed you the pain and suffering of her children; not just the plants and animals, but the humankind too. No greater suffering can be seen on Earth than the cruelty of humanity towards itself with the continual killing of one brother by another brother. In many places you can read about the primordial myth of the brother who kills his sibling/twin out of jealousy, and this is still going on.

*Healing the primordial separation
is an ongoing journey of healing yourself.*

This is the path towards the Light, where the heaviness created by the separation, is transformed and transmuted through unconditional love, starting with self love.

The two brothers that repeatedly fight in the world, are not external. They exist within you. Your next evolutionary step is to lift the veil of ignorance and heal what creates separation, and the internal conflict. Find within you the cause of disconnection that divides your world into enemies and friends, and release this as an act of self love so that you can be free. It is the inner separation that creates the wars outside of you.

The Magnificence of your Spirit

Inside the Temple of Light. the Holy of Holies, there is a magnificent Light, an energy more powerful than the moon and sun. If you could see this Light in comparison to the sun you would be amazed. The sun would be like a shadow, for this Light is more dynamic than anything you have seen or experienced. This Light has the capacity to change the world and your life. This is the Light of your eternal spirit.

Yet around this Holy of Holies there are many structures which restrict your access to this Light. These structures are like high walls constructed through darkness and heaviness. Trying to go through them can seem so difficult that it is easier to forget about them.

It is through the
Light that we
can wash away
the heaviness
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accumulating in
our body



Image : Bruno

Looking for a magic wand to access the Holy of Holies is like a chimera, an illusion, in itself. You may glimpse it, but the walls stay strong.

The only way to clear the walls is to dismantle them, brick by brick. And at some point you will have cleared so much, that the Light will shine through. It is then easy to think - "I've done it. I am here. I get it!" But in reality not all the wall has been removed. Some of it has come down, enough for the Light to start guiding you and showing you what to do next.

When the walls are no longer impenetrable, the Light can shine through you and your body. You have changed. You are no longer the same. Taking the bricks out of the wall has taught you so much. People may come to you and say, "How can I shine like you? I want what you have."

And you can only show them a way to clear their own walls, to heal the primordial rift of separation within them. This is all you can do, knowing that, like you, everyone has a choice.

That is how you can help. And that is more than enough.

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

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



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 - Theme and Date for September

Theme for September: In this third circle on death and dying, ISET guides us into a practice of death through shifts in consciousness with the aim of experiencing the state of RA HORAKTI, the shining one who is emerging like the sun in the endless horizon, to the degree we are able. ISET says that practising this shift in consciousness is a gate to enlightenment.

Circle Dates: 19.00-20.30 (uk), **Tuesday 2nd September**

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

Spiritual Path of ISET, Part 2 - 10.00-17.00, Fri 26th-Sun 28th Sept

This is next course for everyone who has attended the Spiritual Path of ISET, Part 1. There are spaces available, please let us know as soon as possible if you would like to attend.

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

Theme for the Sept Equinox Ceremony - **Destruction and Renewal.**

At the end of the previous era, the snake of corruption Apophis rose to such a degree that human consciousness fell. A time of corruption came, and humanity threatened to destroy all life, the Earth, and itself. The Goddess Sekhmet, destroyer of chaos, was unleashed to remove the chaotic energies.

RA intervened, and the destroyer turned into the healer. We are still healing the karma of the last era and, as we see around us, Apophis is still with us. Yet, more people are awakening out of the conditioned ways, bringing healing to themselves and the planet. In the Ceremony, we will re-enact the theodrama between RA and Sekhmet, and we will also set an intention for a new way of life on Earth, based on the higher consciousness of the inner spirit, the awakened HORAN.

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

Venue: Library, Glasgow Theosophical Society, and through zoom

Energy exchange for the Ceremony : £21.00 or by donation





The ISIS Retreat

5 Day Residential Retreat
in Kilmartin, Scotland
from 5th–9th Nov 2025

The ISIS Residential Retreat is open to everyone who has attended the Spiritual Path of ISET, Part 1 3-day Course – spaces available

ISET invites practitioners of the Living Light to come together in sacred ceremony in a Residential Retreat in the ancient land of Kilmartin, amongst the prehistoric sites that speak of the era when standing stones marked the places of power on the Earth's surface. Such places were interconnected through ancient etheric pathways, or ley lines, that transferred the light energy around the planet. First created by the Atlantean Masters, these standing stone circles link to the Great Pyramid, which may have been constructed much earlier than mainstream Egyptology acknowledges.



The Focus of the Retreat

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. 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.

We will work with **three main Neteru: Sekhmet** – the destroyer, **ONPU** – as the soul guide, and **ISET** – the opener of the path to ascension.

The Retreat Dates

Booking is essential as places are limited. The Retreat starts with dinner at 6.00pm on Wednesday 5th November, and finishes with lunch at 1.00pm on Sunday 9th November 2025.

To book your place email us on info@isis-school.com

The ISIS Retreat - Read More

Introduction to the Ancient Egyptian Mysteries

- Starting on 28th September, a series of three live webinars based on Fotoula's new book 'Sacred Mysticism of Egypt'



Introducing the Esoteric Knowledge of Ancient Egyptian Spirituality

The three **Live 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 Live 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.

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

In the first webinar Fotoula will share information and knowledge about the temple tradition of the ancient Egyptian Mystery School. Some of the topics she will explain include:

- ★ 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, known as 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.

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.



The Live Webinars - Details and Booking

Time: Sundays 19.00-20.45(uk)

Dates: Webinar 1: 28th September; Webinar 2: 26th October; Webinar 3: 30th November

You can either book all three webinars or book each one individually. The cost for each webinar is £50 / deposit £25.00. This cost is reduced to £135 if all three are booked and paid for together before 21st Sept.

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 for the live webinar, including those who cannot attend live, a recording of each webinar will be 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 & 12noon-18.30(uk), Online 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

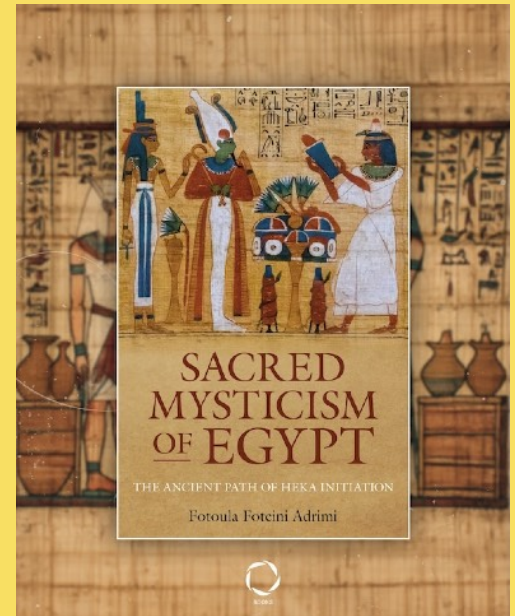
Join us for the launch and book signing of *Sacred Mysticism of Egypt* - Fotoula's New Book 2.30-4.30pm, Saturday, 6th Sept, Glasgow Theosophical Society

Sacred Mysticism of Egypt

Fotoula's new book: ***Sacred Mysticism of Egypt*** was published by O-Books at the beginning of August and has received wonderful reviews from many spiritual teachers and practitioners as well as students of the ISIS School of Holistic Health. We are very grateful to everyone who purchased a copy, posted a review, and shared the book. Your help is so valued and appreciated.

It has been a three year journey to bring the book to the publication stage, and now the time for the official launch is here. The Launch and Book Signing will take place in the **Lecture Room, 1st Floor, Glasgow Theosophical Society**, 17 Queen's Crescent, Glasgow, G4 9BL, where we have been teaching and practising for twenty years.

Bring your copy of the book and Fotoula will sign it, or you can purchase a copy on the day



**Although the event is free spaces are limited,
please email: info@isis-school.com to reserve your place
– *there are a few spaces remaining***

Writing a Review

The Publisher has asked us to invite as many people as possible to write a review for the book - you can either do this on **Goodreads**, if you are a member, or on **Amazon**.

Reviews really help promote books, especially books of a spiritual or esoteric nature - and we would be very grateful if you could do this for us as we truly believe in the wisdom teachings and spiritual perspectives that the book puts forward, and we would love to see it going out far and wide in the world.

with gratitude and love, Fotoula and Fi



If you haven't already watched this Podcast, it is a beautiful and insightful interview between Stan Mallow, the Paranormal Yakker, and Fotoula about her book and the messages it carries.

**Join us In Person for
a comprehensive
two day
Introduction to
Shamanism Course
facilitated by
Shamanic Teacher
Fotoula Adrimi - a
few spaces remain**



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

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


Course Dates:

10.00-17.00 (both days), Saturday 14th
- Sunday 15th September

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

To book contact Fotoula -
info@isis-school.com

More Info



Shamanic Dance of the Sacred Spirits

In Person - Glasgow, Monday 22nd September

We will meet on the Autumn Equinox - 18.00-21.00, Monday 22nd Sept

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 September, Autumn Equinox

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

New One Year Shamanic Practitioner Courses

Study with us either 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 Course then email Fotoula: 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 Path of the Ancestors – Clearing our Lineage

It can take a lot of work to delve into our past, to find the places in our ancestral line where imbalances and blocks were created and healing is needed.

When we discover these places in our ancestral lineage where healing is required, we understand that the pain that we and previous generations have experienced, was a call for help that could not be silenced. From the distant past the bones of our ancestors have been rattling around, for they are not at peace, and consequently we cannot be at peace. Through the DNA, the old karmic energies are carried forward until they are healed.



Step by step we can look into the genes we carry and uncover what needs to be made good. We cross the bridge to the other side and find and release what is dead within us. And we keep repeating the process – setting ourselves free more and more, until it is complete.

Ancestral work is a large aspect of Shamanism. Many of the difficulties we currently experience including addictions, originated with the ancestors. Moreover, some of our ancestors may not have died well. Perhaps they died in war or under other traumatic circumstances, and have attached to living descendants. In such case, there may be repeating patterns that we can identify – similar events that we share with our ancestors.

Fotoula Speaks

I became fascinated by the Shamanic Ancestral work when I realised a pattern in my family. The first born child emigrates/moves away from the family and community and starts a new life. I am the fourth generation that I know about, to experience this. My great grandfather emigrated to Egypt in the late 1800s after his father died. His son was abducted by the Turkish army and lost to the family. My father was exiled in 1973 to another area of Greece when he was caught by the military junta for supporting the return of democracy. And I left Greece in 1998, eventually settling in Scotland.

As I realised these 'coincidences,' I saw the pattern that had created new opportunities for the lineage as well as a lot of trauma and sadness. Journeying back I discovered the root cause and was able to liberate the ancestors, and heal this issue for myself, my living family, and those who will be born into this line.



Ancestral healing work also extends to the land the ancestors lived on. A few years ago I took part in a spiritual workshop. On the course we were told that there was a ruined building nearby that was reputed to be haunted. As soon as I saw the building I knew it had been destroyed by fire. There had been a fierce engagement between Scottish and English soldiers and the family who lived in the building lost their home.

Healing the land involved bringing together all those involved in what had happened - the soldiers, the people living in the cottage, those who had ordered the destruction, and the people in government who had made the decisions. As a group of us came together to do the work a much bigger picture emerged about the trauma in the land and the extent of the human drama that had played out.

In order to establish peace and harmony all parties needed to acknowledge and own their part in the situation - as each person had carried a part of the negative karma that had been created in this place. After we had finished our work there was a significant change in the energy of the land. The land felt welcoming and peaceful rather than eerie.

Healing the Line, Healing the Collective

I have come to realise that in healing our ancestral line we heal the human tribe. Is there any place on Earth that has not been touched by war? Has anyone not been affected by trauma?

In the indigenous communities the shamans still know how to ensure that people die well and that the land is healed after a traumatic event. However, in our western world few people have carried out this work in hundreds of years.

As we remember the old ways, we start to clean up the land and the bones of our ancestors. Healing our ancestors' bones, we become aware that ours start to sparkle. And then the strength, power, and potential of our ancestral line can flow into us and into the decedents, instead of being blocked.

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



Shamanic Ancestral Course Path of the Eagle 3

**Live Online Course starting
Tuesday 14th October 2025**

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

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

Module 1: 19.00-20.30, Tuesday, 14th October – **Theme:** Establishing a Link with the Shamanic Ancestors; Meet with the ancestor who works with you & clear the seeds that created unhealthy thoughtforms from the ancestors & your body

Module 2: 19.00-20.30, Tuesday, 21st October – **Theme:** Strengthening the Lineage; The misuse of power has created imbalance, which can lead to addiction, hopelessness & mental dis-ease. Ceremony to restore the power & heal the male and female ancestors

Module 3: 19.00-20.30, Tuesday, 28th October – **Theme:** Shamanic Initiation; Initiation by the 1st Shaman & dedication of our shamanic work to the service of the Earth & all beings

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

Module 5: 19.00-20.30, Tuesday, 25th November – **Theme:** Ancestral Trauma Release; Trauma release ceremony -revealing and healing the ancestral trauma

Module 6: 19.00-20.30, Tuesday, 2nd December – **Theme:** Ancestral Integration Methods; Honouring the spirit team of your ancestors. Receiving spiritual empowerment

Module 7: 19.00-20.30, Tuesday, 16th December – **Theme:** The Ancestors from the Stars and How to Connect with them; Connect to the gift of your star lineage to the Earth. Fire ceremony of gift offering to the Earth. Activation of soul gift

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

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

To book: email The ISIS School on info@isis-school.com

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

Shamanic Ancestral Course

Advanced Shamanic Practitioner

The Healing Art of Shamanic Drumming Courses

Five Courses on the Healing Art
of Shamanic Drumming – from
Introduction to Teacher

We are excited to introduce Five New Courses on the Healing Art of Shamanic Drumming

The Courses are open to anyone who loves the shamanic drum and who wishes to learn more about shamanic drumming as a healing tool. Whether you are a therapist, an energy healer, or are just in love with the magic of the Earth – shamanic drumming can elevate your practice.

The shaman's drum is much more than a drum. It is much more than a musical instrument and healing tool. The shamanic drum is both the gateway and the physical manifestation through which enlightened spirit beings can perform healings.

The drum has a special resonance that is part of its healing capacity. This resonance is the heartbeat of Mother Earth. The drum sings the song of the Great Mother whose healing power nurtures all. With the help of the song of the drum, the song of the spirits, and the song of the drummer, a sacred vibration is created, through which shamans heal.

The Shamanic Drumming Courses

The five courses focus on the Healing Art of the Shamanic Drum. They have been designed to support everyone who wishes to work with the spiritual and holistic power of the drum in a shamanic way, either as part of another healing modality or on its own. Shamanic drumming can be beautifully incorporated into many other holistic healing practices or it can constitute an individual drumming healing session.



The Courses take you through a comprehensive series of five progressive trainings from: Part 1 – **Shamanic Drumming Introduction**, Part 2 – **Shamanic Drumming Practitioner**, Part 3 – **Shamanic Drumming Advanced Practitioner**, Part 4 – **Shamanic Drumming Master Practitioner**, to, Part 5 – **Shamanic Drumming Teacher Training**.



The Art of Shamanic Drumming - An Empowering Practice

Every aspect of drumming has a purpose and it is part of the human experience of death, birth, and the cycle of life. The course explains the meaning behind the different types of drumming, from the healing and shamanic perspective.

Shamanic drumming can be a wonderful and empowering practice. Fotoula's tutelary spirits have asked her to teach the art of shamanic drumming, which she has been entrusted with and has been practising for over 20 years. The teaching spirits have asked her to share the ancient wisdom as a therapeutic modality. They said that this knowledge is needed in our world, and that the people who are called to work with the shamanic drum should be empowered to do so in a way that allows them to help others safely.

The First Course - Shamanic Drumming Introduction

The journey starts with you **getting to know your drum** and then **empowering** your drum through the power of the elements. You start to know and work with the portal that Fire is. The course is an **introduction into the practice**, and you can start to use your drum with family and friends.

Pre-requisite: A **drum and beater**. You do not need to be clairvoyant, or know how to journey and use a shamanic drum at this stage.

Date: 10.00-16.30, Saturday 11th October

Investment: £140.00 **Deposit** to secure your place: £70.00

Venue: Lecture Room, Glasgow Theosophical Society, 17 Queen's Crescent, Glasgow

Half-price: The Course is reduced to £70.00, **Deposit** £35.00 for anyone who has qualified or is currently training as a Shamanic Practitioner with the ISIS School of Holistic Health Ltd

Email info@isis-school.com to book your place



More about the shamanic drumming courses

Healing Art of Shamanic Drumming

Master Practitioner – Past Life Regression Therapy Course

In Person: Thursday 20th – Sunday 23rd Nov 2025

This four-day Advanced Course, facilitated by Fotoula Adrimi, is for participants who have completed the six-day Past Life Regression Course with the ISIS School

This is the **Advanced Training** for the **Past Life Regression Practitioner Course** that is taught by the ISIS School. In this course we focus on different spheres of existence such as lives in parallel realities, lives in realms outwith the physical world, lives in planets and stars and in what we call the future.

In this important and profound teaching we truly **work multi-dimensionally**. This teaching can transform your practice with others, and it is centred on offering a more holistic and rounded view of our multi-dimensional self. Below are some of the key themes of the course:

- The cycle of **incarnation** and **cycle of time**.
- Accessing the **Akashic records** and working with these records with your client.
- Accessing the **Halls of Knowledge** and the wisdom your soul is carrying
- Lives in **different realms**, either parallel lives or past lives: A journey towards freedom and deep integration.
- **Extraterrestrial lives**. Are you still being influenced by them?
- Helping clients who have **extraterrestrial experiences** and severing unhealthy ties, while promoting the beneficial partnerships.
- Lives that you have lived in what we call the **future**.
- **Next life**: where do I go from here? Making sense of the journey.

These are just some of the themes and teachings we will explore experientially through regression. As we collect knowledge and energy from previous existences and parallel worlds, we have the opportunity to appreciate further our infinite Self and our Divine essence. At the same time we learn how to support others through past life work.

The Course is certified. A certificate is issued following the course.

Prerequisite: Past Life Regression Therapy Course – Practitioner with the ISIS School

Date: 10.00-17.00, Thursday 20th – Sunday 23rd November

Location: The Library, Glasgow Theosophical Society, 17 Queen's Crescent, Glasgow

Investment: £450.00. **Deposit:** £225.00

See bottom part of this web page for more info:-

Master Practitioner Course

Circles & Energy Transmissions - September

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). The Circle will meet twice in September -

8th Sept: In Person - Theme: **Shamanic Healing**

29th Sept: Online - Theme: **The Spirit Boat**

[More information about Shamanic Circle](#)

22nd Sept: There is an In Person: **Special Event** - **Shamanic Dance of the Sacred Spirits**, 18.00-21.00. Cost is £33.00 payable to the Isis School Bank Account



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, 18th, and 25th September

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 - September](#)

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.

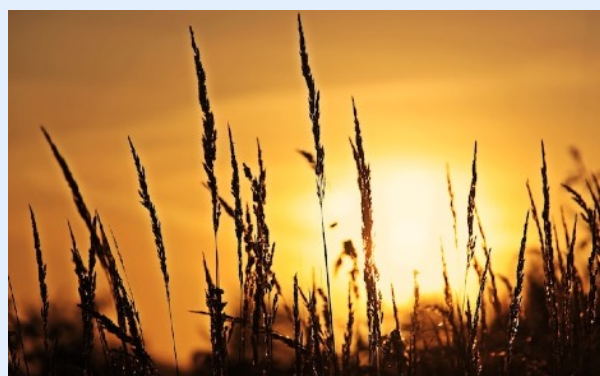
Transmission dates (19.00-20.00 uk): 3rd, 10th, 17th, and 24th September

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 - September](#)

Each month the ISIS School offers a Transmission of the Rays of Divine Consciousness that is open to everyone, worldwide.

The Rays Transmission is: **19.00-20.00 (uk) Tuesday 23rd Sept**. 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)

August 2025

28th: 19.00-20.00 [Rays of Divine Consciousness](#) Distant Transmission – open to all

September 2025

2nd: 19.00-20.30 [ISET Initiate Circle](#): for Initiates of the Path of ISIS

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

6th: Book Launch: Fotoula's new book – [Sacred Mysticism of Egypt](#). 14.30-16.30, In Person, Glasgow Theosophical Society

8th: 19.00-21.00 [Shamanic Circle](#) – In Person, Glasgow – 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

13-14th: [Introduction to Shamanism](#) and Shamanic Journeying – in person Glasgow

15th: 18.00-21.00, Path of ISIS – [Pyramid Text Ceremony](#) – Open to all Path of ISIS Initiates

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 4, Autumn Equinox

22nd: 18.00-21.00 [Shamanic Dance of the Sacred Spirits](#) – open to all

23rd: 19.00-20.00 [Rays of Divine Consciousness](#) Distant Transmission – open to all

24th: 19.00-20.00 [ISIS Energy Transmission](#) of the Living Light – Distant Transmission open to all

25th: 19.00-20.30 [Online Meditation](#) and Chanting Circle – Open to all

26th-28th: [The Spiritual Path of ISET - Part 2](#). The second Course in the Gate 1 Ancient Egyptian Mystery School teachings / Path of ISIS Course.

28th: 19.00-20.45 [Introduction to the Ancient Egyptian Mysteries](#) – First Live Online Webinar: The Temple Initiation – Walking through the Gates of MA'AT

29th: 19.00-21.00 [Shamanic Circle](#) – Online – Open to all

October 2025

1st: 19.00-20.00 [ISIS Energy Transmission](#) of the Living Light – Distant Transmission open to all

2nd: 19.00-20.30 [Online Meditation](#) and Chanting Circle – Open to all

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

6th: 19.00-21.00 [Shamanic Circle](#) – **In Person**, Glasgow – Open to all

7th: [Priestess of the Moon](#) Training Course – Online Circle

8th: 19.00-20.00 [ISIS Energy Transmission](#) of the Living Light – Distant Transmission open to all

9th: 19.00-20.30 [Online Meditation](#) and Chanting Circle – Open to all

The ISIS School Calendar of Events cont.

October 2025 (cont)

- 11th:** 10.00-16.30 [Healing Art of Shamanic Drumming](#): Shamanic Drumming Introduction - Part 1
- 12th:** 10.00-11.00 [Rays of Divine Consciousness](#) Distant Transmission - open to all
- 14th:** 19.00-20.30 Live [Online Shamanic Ancestral Course](#) - Path of the Eagle 3: Module 1
- 15th:** 19.00-20.00 [ISIS Energy Transmission](#) of the Living Light - Distant Transmission open to all
- 16th:** 19.00-20.30 [Online Meditation](#) and Chanting Circle - Open to all
- 17-19th:** [The Healing Path of ISET, Part 1](#). The third course in the Gate 1 Ancient Egyptian Mystery School / Path of ISIS Course
- 20th:** 19.00-21.00 [Shamanic Circle](#) - **Online** - Open to all
- 21st:** 19.00-20.30 Live [Online Shamanic Ancestral Course](#) - Path of the Eagle 3: Module 2
- 22nd:** 19.00-20.00 [ISIS Energy Transmission](#) of the Living Light - Distant Transmission open to all
- 23rd:** 19.00-20.30 [Online Meditation](#) and Chanting Circle - Open to all
- 24th:** 19.00-20.30 [ISET Initiate Circle](#): for Initiates of the Path of ISIS
- 25th:** [Current Shamanic Practitioner's Training](#) - Graduation Day
- 26th:** 10.00-16.30 [Healing Art of Shamanic Drumming](#): Shamanic Drumming Practitioner - Part 2
- 26th:** 19.00-20.45 [Introduction to the Ancient Egyptian Mysteries](#) - **Second Live Online Webinar**: The Gateways of Life and Death to enhance Spiritual Awakening
- 27th:** 19.00-21.00 [Shamanic Circle](#) - **In Person**, Glasgow - Open to all
- 28th:** 19.00-20.30 Live [Online Shamanic Ancestral Course](#) - Path of the Eagle 3: Module 3
- 29th:** 19.00-20.00 [ISIS Energy Transmission](#) of the Living Light - Distant Transmission open to all
- 30th:** 19.00-20.30 [Online Meditation](#) and Chanting Circle - Open to all
- 31st Oct - 2nd Nov:** Starting weekend for the [In Person Shamanic Practitioner Course](#)

November 2025

- 5-9th:** [ISIS Residential Retreat](#) - The Path of Isis. Open to all who have completed Spiritual Path of ISET, Part 1. Places limited, booking essential.
- 11th:** 19.00-20.30 Live [Online Shamanic Ancestral Course](#) - Path of the Eagle 3: Module 4
- 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 attended the Six-day Past Life Regression Therapy Practitioner Course with the ISIS School
- 25th:** 19.00-20.30 Live [Online Shamanic Ancestral Course](#) - Path of the Eagle 3: Module 5
- 30th:** 10.00-16.30 [Healing Art of Shamanic Drumming](#): Shamanic Drumming Advanced Practitioner - Part 3
- 30th:** 19.00-20.45 [Introduction to the Ancient Egyptian Mysteries](#) - **Third Live Online Webinar**: Ancient Egyptian Book of the Dead - Coming Forth by Day