

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

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

Your world is changing in a very rapid way. This change is necessary for your soul is looking for balance. Despite all the conflicts, wars, and difficult situations that you witness, there is a much bigger change that is happening on the Earth realm. A network of Light is being created in a quiet self-sustainable way, calling you to embrace a higher state of being that leads to wholeness.

The outside world is in a state of transition, the Earth reality is being remoulded and redefined, answering a profound heart-felt prayer for recreating heaven on Earth. The ancient civilisations prior to the fall into the state of survival, experienced a state of harmonious living which was sustained through a deep connection with the inner spirit and the spirit of all life.



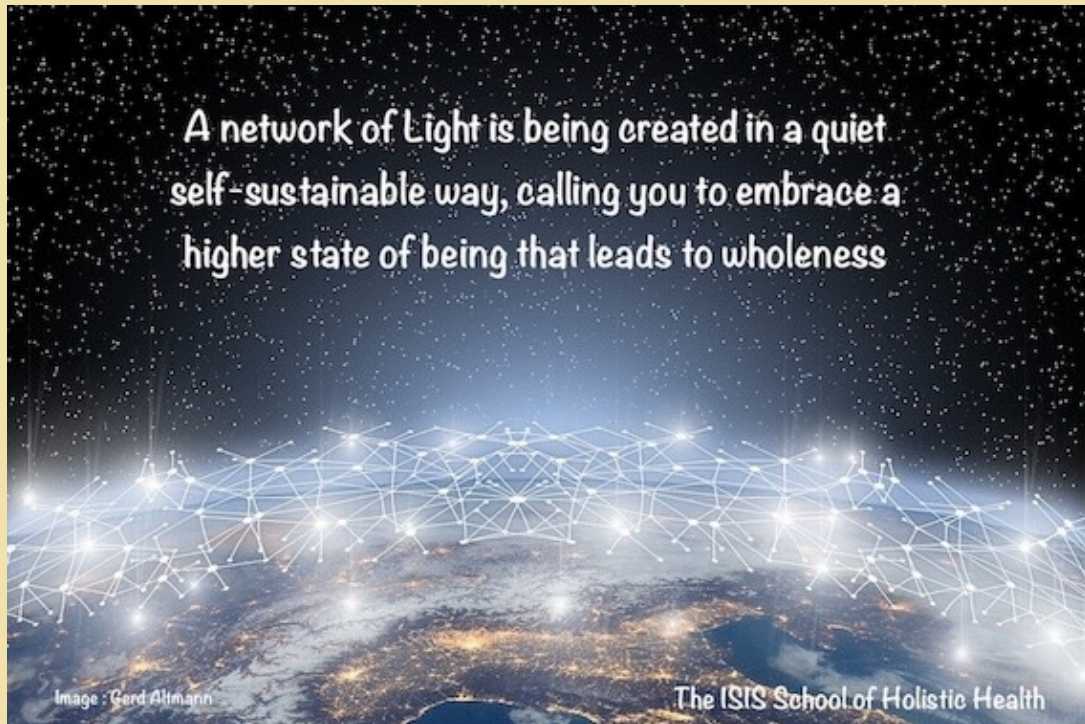
For thousands of years, since the fall from grace, humanity has been living through a state of dominion, power, and control, rather than community. This has created an unhealthy way of living. The state of imbalance affects all areas of your life, from the physical to the mental and emotional aspects.

During the times of transition the generational fears, the unhealed wounds, and the deep trauma all manifest, not only within you but also out in

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the world. This deep disconnection from your essential nature of love plays out everywhere on the world stage. At the same time, there is another play that is widely being performed. This is not a theatre piece that makes headlines, but perhaps you have come across it as if by accident. This is an alternative theatre of life which has started to emerge, that can guide you back to yourself.

Even this quiet play is sometimes hijacked by the forces of chaos and the egoic mind – by those that try to control rather than empower. There are so many spiritual people who have a hidden agenda that is evident to the discerning heart. These are the times when you are being invited to listen to the voice of your soul, your intuition, and your inner guidance.

What will become apparent during these times is that you have an inner spiritual power that is wisdom and love and it can protect you from the chaos that you see around you. Do not judge or condemn the chaos for it is necessary. It has emerged out of the body of humanity where it has lain hidden for centuries. It is like an inner infection which was plaguing the body that has now surfaced, filled with pus, rot, and hideous smells. It is not new. It has been an inner plague in every continent and in every place on Earth, and it has been ignored by the past generations. Now it is so evident and it says to you: "Look at what the ego can do. Look at what the separation can do. Look at what the forces of chaos can do."

You will find all these in your life, even if you live in an ashram or a cave on a far-away mountain. These times are bringing the hidden illnesses out, so that you can see them, and find a way back to health.

The Antidote to Chaos

The medicine for this illness is so simple and yet so difficult to apply. The antidote of judgement is compassion. The antidote to hate is love. The antidote of ignorance is awareness through the heart. These simple antidotes are so hard to offer to yourself. This is where the soul becomes a seeker of truth and starts to become aware of a bigger picture that is accessible through the inner radiance of your being.

Transformation comes from within.

All the antidotes you need are already a part of you.

It is important to realise that the outside world is only a reflection of an inner state of being. By embracing the higher states of consciousness and walking a path of transformation you inadvertently affect the world reality, even if this has never been your intention. The radiance of the awakened soul is immense and can change your reality. And like the sun, the light of the awakened soul illuminates the cosmos unconditionally.

There is no higher state of being than unconditional love. This is the true essence of spirit.

This means that you take the chaos and drama out of your life. You set healthy boundaries. You remove yourself from situations that are unhealthy for you. And you do this without judgement, and with compassion and awareness. For example, awareness may say, "It is now time to end this relationship." And if you do this without judgement and with love, you will be able to create much growth within yourself.

See everyone as a teacher, even those who are in the midst of chaos, who have no awareness of the harm they are doing. They are the sand that grinds the diamond and empowers you to rise in your power and light. They are a catalyst for a change within you, as much as the most loving teacher.



Sometimes a path opener appears who will try to stop you from walking the road that you know is right for you. And because of this person, you may become even more determined to follow your soul's calling.

Whatever path you choose to walk, there is one essential element that must be present for you to access the inner radiance and awaken. You will need to stay in your wise heart and overcome the egoic mind that will tell you, you are small or you are great, you are unworthy or entitled. The ego shadow is a part of you that you will meet on your path and that, time and time again, you will have to heal. It will rise up in you as it does out in the world reality. Your job is to love it, heal it, and transform it, rather than play it out.

This is the gift and challenge of these times. This is the path of awakening that you walk in the world. And this is one of the reasons your soul chose to re-experience these times of transition – from the age of chaos to the era of the awakened spirit.



Egyptian Mystery School Teachings The Path of ISIS Introductory Course – The Spiritual Path of ISET, Part 1 – In Person 10.00-17.00, 13th-15th November

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 Nov 2026

Investment: £399; **Deposit:** £200 (by bank transfer)

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

[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 – Tuesday 26th May



Artwork: ©Gill Hastie

Theme : Into the Underworld

The May circle takes us to the underworld, to a place of healing. We walk into the absence of light, where, paradoxically, the opportunity to see clearly exists.

Our guide, ONPU, takes us to meet the divine potter PTAH, who is the consort of mighty SEKHMET. He is the being before light was created, the master craftsman, who knows that even as he puts his clay on the potter's wheel, his creation may take a completely different form to what he had intended.

The underworld is the fertile ground where the seeds are planted.

Circle Date: 19.00-20.30 (uk), **Tuesday 26th May**

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

The Path of ISIS: Pyramid Text Ceremony

18.00-21.00, Friday 12th June – In Person and Online

Theme for the **Summer Solstice Ceremony – The Manifested Reality**

During the summer solstice, we meet the creator in the form of *Amun Ra*, who narrates a story of creation of the manifested reality as it arose out of the nothingness of the abyss, Nun. The Initiates of the Living Light are encouraged to travel between the different realities of matter and spirit, in order to become the wise souls whose mouth is equipped to speak sacred knowledge.

Time and Date: 18.00-21.00, Friday 12th June

Venue: Fotoula's Flat and through zoom. *(In person number limited to six Initiates please book your space as soon as possible).*

There is no cost for the Ceremony – it is a gift from ISET to her Initiates



An interview with Spiritual Unity Today: Larry Bloomfield and guest Fotoula Adrimi

When Larry asked me to share when I had my first heartfelt encounter with my helping spirits, he said that my story can help others understand theirs. Over the years, I have found this statement to be so true.

This is my story. From the time I was a young child I could psychically see, feel, and hear the spirits. I allowed myself to be guided by my guides, until I purposefully walked away from all of this as a teenager. As an adult I found spirit again through synchronicities. In the interview I share spiritual encounters with Source that changed my life and left me in no doubt, that the Creator is unconditional love.

We really have no idea how much loved we truly are and how much support is offered for us to open to our gifts and our path. The biggest obstacle on our spiritual path is ourselves.




Elevating your Life Podcast: author and Reiki Master Paula Vail speaks with Fotoula Adrimi



Fotoula says, "I could not wait to share this podcast with author and Reiki Master Paula Vail.

This is a profound talk, but also so accessible. This podcast is for anyone on a spiritual path of light and especially for those feeling drawn to the shamanic path. It is easy to understand, straight forward, and beautiful.



Shamanic Dance of the Sacred Spirits

In Person – Glasgow, Monday 22nd June

We meet near the Summer Solstice - 18.00-21.00, Monday 22nd June

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 June, Summer 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](#)



Shamanic Practitioner Course UK

Join the new
In Person
Course in
2027

In Person Shamanic Practitioner Course Join us in February 2027 – book your space

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 an in-depth **In Person Shamanic Practitioner Training** 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 shamanic practitioner course that involves learning and practicing ancient ways. The 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 **two 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 of themselves, 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.

Places on the course are limited

Bookings are essential. We teach in small groups to allow space for each person on the training to speak and be heard. (*Note:*

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 Ltd, and wishes to repeat the course. Please contact us.

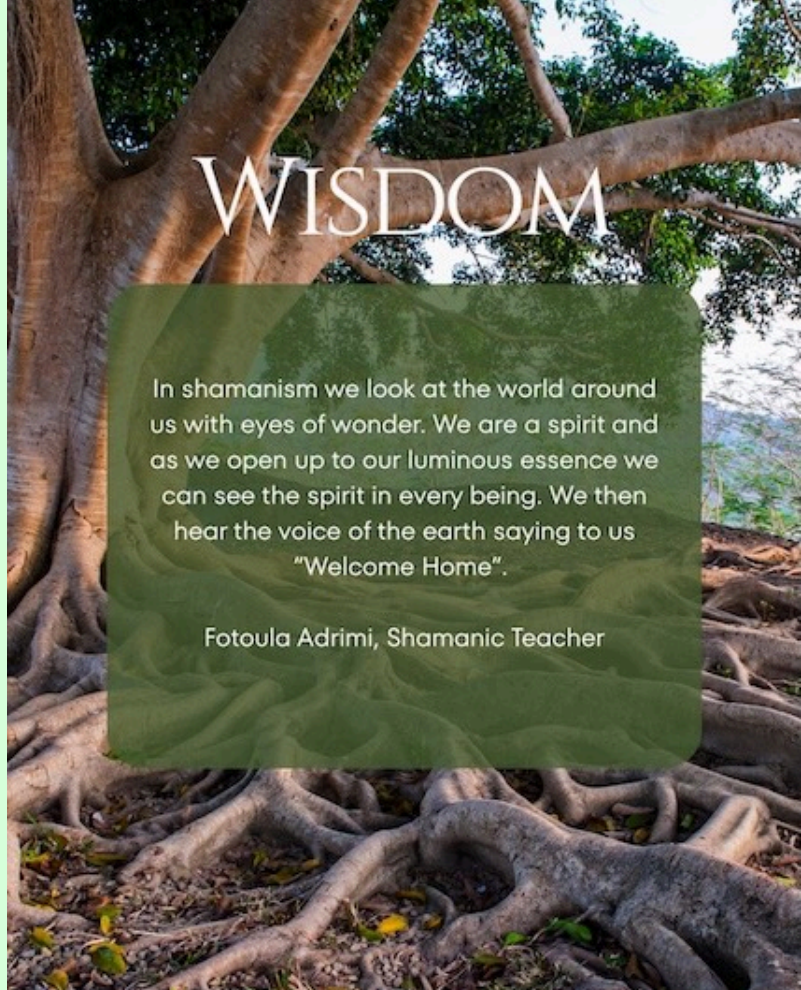
Shamanic Teacher – Fotoula Adrimi

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.

What People Say – LEWIS

"I first looked into the Shamanic Practitioner's course with the ISIS School of Holistic Health after a long battle with my health. I signed up with the intention of healing myself, but now I have the ability and confidence to offer healings to other people. It is an amazing course and I have been blessed with a fantastic tribe. Fi and Fotoula are kind, patient, funny and very supportive. I highly recommend them as teachers and this course to anyone interested in Shamanism."

Shamanic Practitioner Training - Read More



In shamanism we look at the world around us with eyes of wonder. We are a spirit and as we open up to our luminous essence we can see the spirit in every being. We then hear the voice of the earth saying to us "Welcome Home".

Fotoula Adrimi, Shamanic Teacher



Shamanic Retreat in Scotland with Nepalese Shaman - UK Retreat

18th – 21st June 2026,
Larbert, Scotland, UK

The Theme for the Retreat – Goddess Lakshmi – the Divine Goddess of Wealth and Prosperity

Lakshmi, the Divine Goddess of wealth and prosperity, was born from the stirring of the primordial milky ocean by the deities and demons. This significant event underscores her Divine origin and sets the stage for her role as the Bestower of Abundance. The name Lakshmi is derived from the Sanskrit word Lakshya, which means aim or destination.

During the Retreat participants will navigate through the limitations and obstacles of everyday life, journey to animal spirits, and approach the Goddess for messages and intuitions for successful and balanced material and spiritual prosperity. The Sacred Mandala of the Goddess, ritual offerings, initiation, ceremonies, fire ritual, and healing sessions, will be the highlight.

For more info visit our [website](#)

Bhola Banstola, Nepalese Shaman

Bhola was born in the foothills of Mount Everest in the district of Bhojpur. At a young age, he was chosen by the ancestral spirits to carry their message and healing traditions. Bhola received his training from his grandfather who was a skilful and well-known local shaman. He has also studied shamanism with different teachers in Nepal, Northeast India, Bhutan and parts of Sikkim and Darjeeling.

Bhola was educated in Nepal and India and holds a Master's Degree in Cultural Anthropology from Delhi University. He has spent long periods with Shamans in India, Nepal, Bhutan, and Tibet. He has been working and teaching all over the world.



Residential Retreat

The retreat is residential, with shared accommodation. Meals are vegetarian.

The cost of the retreat includes Bhola's teachings, accommodation, and food.

Venue: Carronvale House Conference & Rec Centre, Larbert, Scotland

Date: 18.00, Thurs 18th–13.00, Sun 21st June
(finish at 1.00pm and then lunch is provided)

Cost: £595.00 / **Deposit:** £295.00 – deposit (non-refundable) secures your place

To Book: Or if you have questions, please contact Fotoula: info@isis-school.com

Spaces are limited. Please let us know as soon as possible if you wish to attend

Priestess of the Moon™ Training

Registration is now open for the new Priestess of the Moon Circle beginning February 2027

Priestess of the Moon Training

Answering the call of the Moon

A new Circle begins in Feb 2027

A two-year Training that supports women to embody their sacred power

For thousands of years ceremonies took place in sacred sites overseen by Priestesses and Priests of the Living Light. This lineage, that was also found in Scotland, is being reintroduced through The ISIS School of Holistic Health Ltd. The ceremonies and teachings take women into a magical journey of self-empowerment and deep realisation of their inherent gifts.

The Celtic Goddesses and spirits of the land welcome back the women who open their heart to their deep connection, ancestral wisdom and magic.

The Priestess Training Programme

The Priestess of the Moon™ Training is based on the Celtic Pagan tradition but at the same time, adopts a cross-cultural approach. During the course we explore ancient traditions of the Goddess and female priesthood from different cultures around the Earth, such as ancient Greek, ancient Egyptian, Shamanic, Native American and Himalayan.

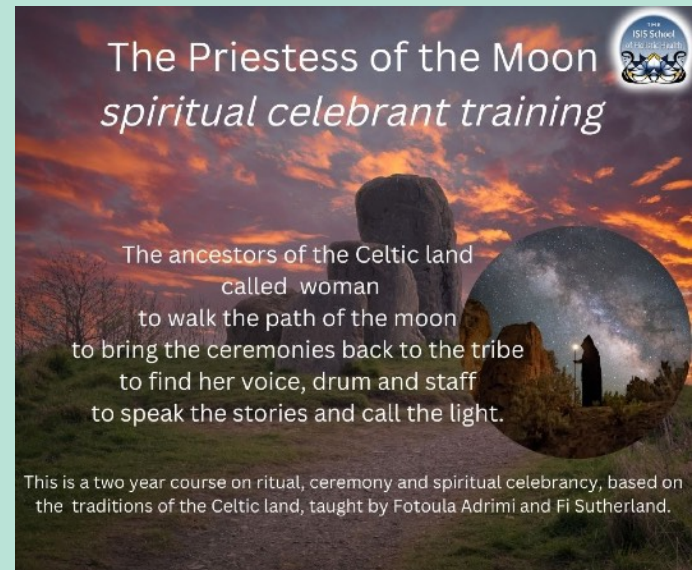
Participants can find their own representation of the Goddess in whatever way is suitable for them and their beliefs.



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

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

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

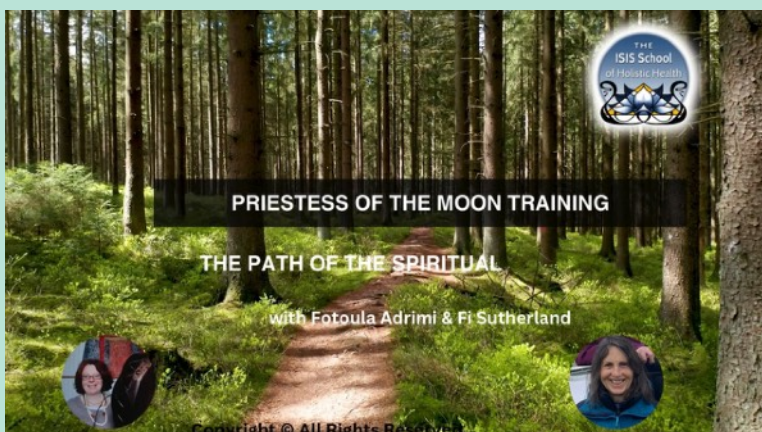


How to join the Priestess of the Moon™ Training

If you are interested in joining the Priestess of the Moon Training contact Fotoula and Fi for the Registration Forms – email: info@isis-school.com

This is a Circle of women who are committed to working together for two years. It is a huge commitment. It means that you have to attend the two Residential Retreats and the seven Weekend Trainings which are all in-person. And attend the twelve Live Online Circles – six in 2027 and six in 2028. For people who have not worked with us before, when we receive your Registration Forms we will arrange a zoom chat so that we can meet each other, speak more about the Training, and answer any questions you may have.

There is a lot more information about the Course on the website, as well as all the practical information, such as dates and costs



More about this powerful Training

Circles & Energy Transmissions - May

Shamanic Circle – The Way of the Drum

Fotoula has been facilitating the **Shamanic Circle – The Way of the Drum** since 2009. She is an experienced shamanic teacher and practitioner who has helped many people find their calling through shamanism and alternative spirituality. Investment for each Circle is £18 / £15 conc.

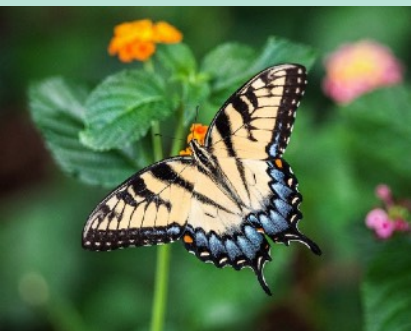
May Circle Dates: In Person – 11th May

May Live Online: 25th May

[More information about the Shamanic Circle](#)



Fi's Live Online Meditation and Chanting Circle – Thurs 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: 14th and 28th May

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 – May

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.

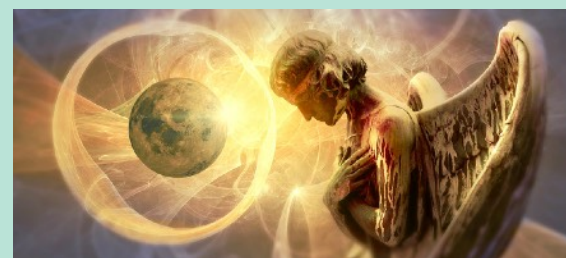
Transmission date (19.00-20.00 uk): **27th May**

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 – May

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

The Rays Transmission is: **11.00-12.00 (uk) Sunday 24th May**. 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)

April 2026

29th: 19.00-20.00 [ISIS Energy Transmission](#) of the Living Light – Distant Transmission open to all

30th: 19.00-20.30 [Live Online Meditation and Chanting Circle](#) – Open to all

May 2026

1st-3rd: Current [Priestess of the Moon Training](#) – Beltana, Full Moon and Sacred Marriage Ceremony

6th-10th: Current [Shamanic Practitioner Training](#) – Soul Retrieval

11th: 19.00-21.00 [Shamanic Circle](#) – **In Person** – Open to all

14th: 19.00-20.30 [Live Online Meditation and Chanting Circle](#) – Open to all

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

24th: 11.00-12.00(uk) [Rays of Divine Consciousness Monthly Transmission](#) – Open to all

25th: 19.00-21.00 [Shamanic Circle](#) – **Online** – Open to all

26th: 19.00-20.30 [ISET Initiate Circle](#): for Initiates of the Path of ISIS

27th: 19.00-20.00 [ISIS Energy Transmission](#) of the Living Light – Distant Transmission open to all

28th: 19.00-20.30 [Live Online Meditation and Chanting Circle](#) – Open to all

30th: In Person and Online [Advanced Shamanic Practitioner](#) - Ancestral shamanic healing practitioner

June 2026

1st: 19.00-21.00 [Shamanic Circle](#) – **In Person** – Open to all

2nd: Current [Priestess of the Moon Training](#) – Online Circle

5th-8th: Current [Shamanic Practitioner Training](#) – Medicine Walk

9th: 19.00-20.00(uk) [Rays of Divine Consciousness Monthly Transmission](#) – 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 [Live Online Meditation and Chanting Circle](#) – Open to all

The ISIS School Calendar of Events (continued)

June 2026 (cont.)

- 12th:** Summer Solstice [Pyramid Text Ceremony](#) – in person and online, for ISET Initiates
- 13th:** 10.00-16.30 [The Healing Art of Shamanic Drumming](#), Part 3 – for those who attended Part 2
- 14th:** 10.00-16.30 [The Healing Art of Shamanic Drumming](#), Part 4 – for those who attended Part 3
- 15th:** 19.00-21.00 [Shamanic Circle](#) – **Online** – Open to all
- 17th:** 19.00-20.00 [ISIS Energy Transmission](#) of the Living Light – Distant Transmission open to all
- 18th-21st:** [Shamanic Residential Retreat with Nepalese Shaman, Bhola Banstola](#) – Theme: Goddess Lakshmi – the Divine Goddess of wealth and prosperity
- 22nd:** [Shamanic Dance of the Sacred Spirits: Earth Healing Ceremony](#) – 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 [Live Online Meditation and Chanting Circle](#) – Open to all
- 26th:** 19.00-20.30 [ISET Initiate Circle](#): for Initiates of the Path of ISIS
- 29th:** 19.00-21.00 [Shamanic Circle](#) – **In Person** – Open to all

July 2026

- 3rd-5th:** 10.00-16.30 [Healing Art of Shamanic Drumming](#): Shamanic Drumming Teacher Training - Part 5
- 11th:** In Person [Advanced Shamanic Practitioner](#) - Ancestral shamanic healing practitioner
- 12th:** Online [Advanced Shamanic Practitioner](#) - Ancestral shamanic healing practitioner
- 17th-19th:** 10.00-17.00, Path of ISIS, [Spiritual Path of ISET, Part 2](#) – **In Person**. (*The Second Course for the Path of ISIS Teachings Gate 1 teachings*)

