



Issue 116: October 2026

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*)

The world is changing at a rapid pace. And paradoxically, the spiritual path asks you to slow down and dive deeper into yourself.

*The quieter you become inside,
the more life flows around you.*

And the more you try to control the flow, the less life works.



Taking action and being busy can become a trap that keeps you stuck. Despite all you do, the less effective your actions may be. Surrendering to the flow of life is a different way of being. Action emerges through an inner drive that is decisive and supported by life.

Think of the Tai Chi Masters and how effectively they move, dancing with life. Their martial art is not the brutal fighting of the western experience. They are more effective than a person who uses only muscle force.

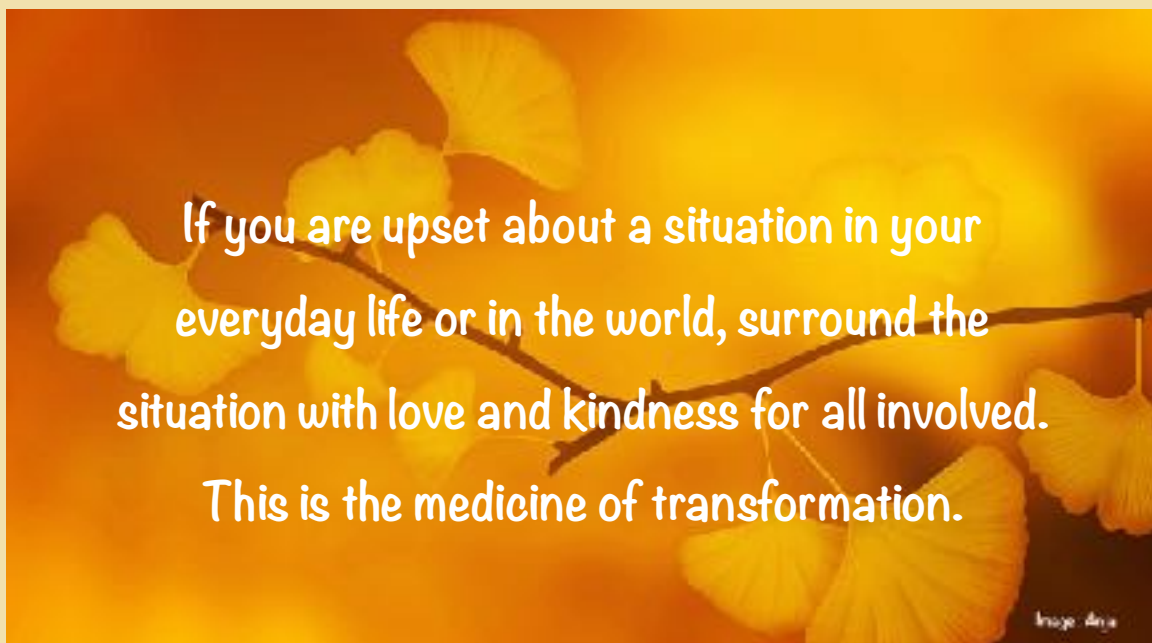
Dancing with life is a way of being that can support you during these challenging times. In order to do this you must stay in your centre:

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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If you are upset about a situation in your
everyday life or in the world, surround the
situation with love and kindness for all involved.
This is the medicine of transformation.

- ✿ Acknowledge what is yours to do and what is not your responsibility. There are things you can do nothing about, and if you engage with them they will drain your energy. Detach from all messages, posts and news that bring anger, despair and sorrow that is not yours. This is not the same as detaching from empathy. You still hold the world and everyone in a space of compassion in your sacred heart. At the same time, you let go. You do not carry the weight of the world on your shoulders.
- ✿ As you release the energies of the world, you may realise that some of them are energetic arrows, designed to trigger a response from you and hijack your thinking. These arrows are purposefully created by the conditioned reality. They act through others in order to keep you and the world in the conditioned state. Whatever their message is, it is promoting separation.
- ✿ Whatever these energies trigger in you, offer yourself the antidote, which is love and kindness. If you are upset about a situation in your everyday life or in the world, surround the situation with love and kindness for all involved. This is the medicine of transformation. It creates a different energy both within you and the situation that may be affecting you.
- ✿ Take time to dance with the light. Bring the light, in the form of high vibrational energy into your life. This is an energy that supports you to become more aware. The more you engage with it, the more you clear the conditioned veils that the world places on you. The light helps you become centred and assists you to birth insights that sustain your awakening journey.

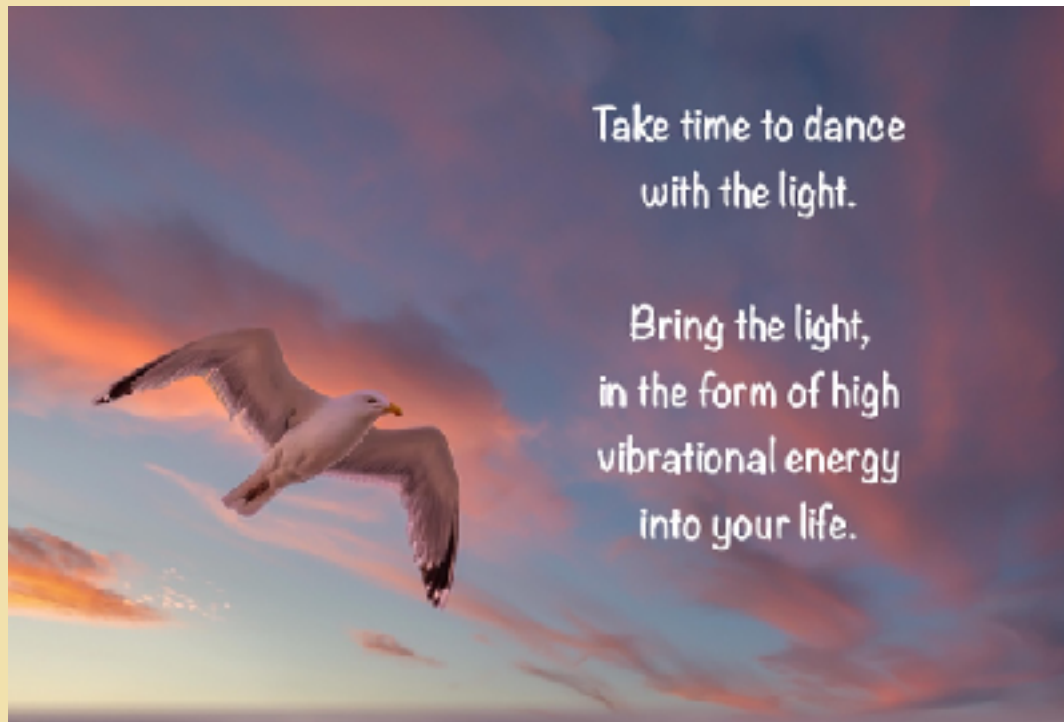
- ✿ As you dance with the light, through your spiritual practices, meditations, ceremonies and inner connection, you clear your path. There are many obstacles that the conditioning places on your road and these can be seen as 'spiritual lessons' that have a deeper teaching. Seeing the pearls of wisdom in difficult situations builds an inner strength and resilience that helps you access gifts you did not know you possessed.

Where do you find these high vibrational energies that can aid you entering high states of awareness? They are all around you. During these times, an intense light is flowing towards the Earth. This planet used to be one of the most spiritual places in the cosmos. Humans are sleeping spiritual giants, caught in the

conditioning and perpetrating the same unhealthy cycles. Yet, you carry such spiritual power in your Divine soul. Awakening into your light helps you discover yourself and choose a different way of being, which can naturally unfold.

Traditionally, the way to access the light is through walking a spiritual path. There are no short cuts. This is not something you can force. It is something that you embody, and that takes time. Your soul has a plan and its own timing. For some people everything happens quickly, and for others it is a slow and sustained process. Remember Aesop's children's story about the hare and the tortoise. It is not about living as fast as possible and getting to the finish line, it is about making the effort to stay aware as you walk the path at your own special pace.

We recognise that on this road you learn much from spirit and you also need to learn from each other. A human teacher who can help you is an on-going support. Currently there are many who claim this title out of ego and instead of offering teachings and guidance they can lead you astray or worse. Do not be blinded by fame.



*The way to find your teacher is to
listen deeply and let your heart speak.*

The Earth is an advanced school for the soul, designed to accelerate soul evolution. Thank you for incarnating during these special times of transition.



The ISIS School of Holistic Health was created to be a sanctuary for spiritual growth to take place. Guided by the ancient Egyptian Goddess ISIS, or ISET, and other Enlightened Beings, we strive to introduce wisdom teachings in the modern world. All these teachings we practice ourselves and live by them. Year after year we recognise their value and if they speak to you we would love to share them with you. You can access them through our books, Circles, Courses and workshops.



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, spaces available

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: £475; **Deposit:** £235 (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 27th October

Theme for the October Circle: **Meeting our Monad**

In this Circle we will meet the Neteru as Monads and explore the nature of our Monad as well as our own nature. We will also explore the relationships we form in the physical reality with others.

Circle Dates: 19.00-20.30 (uk), **Tuesday 27th October**

Investment: £18.00 for the Circle



Artwork: ©Gill Hastie

Upcoming Path of ISIS Courses – 2026

(If space is available Initiates are welcome to repeat Courses for half-price)

Gate 1: Healing Path of ISET, Part 1, In Person –

3 days, 10.00-17.00, 16th-18th October

The next course after the Spiritual Path of ISET, Part 2

Gate 5: AUSIR 4 –

4 days, 10.00-17.00, 4th-7th December

The next course after Gate 5

Gate 1: Healing Path of ISET, Part 2, In Person –

3 days, 10.00-17.00, 11th-13th December

The next course after the Healing Path of ISET, Part 1



Available to Pre-order – *Discovering Shamanism* – *Authentic Guide to Traditional Healing and Shamanic Practice* by Fotoula Foteini Adrimi

I am delighted to share some wonderful news. My new book, *Discovering Shamanism: Authentic Guide to Traditional Healing and Shamanic Practice*, published by Alley Cat House, is now available to pre-order.

The book is very close to my heart. It has grown from more than twenty years of walking the shamanic path, learning from Spirit and from my teachers, practising, healing, and teaching others.

When I was invited to write *Discovering Shamanism*, I wanted to create a book that was concise, accessible and deeply rooted in authentic shamanic practice. A book that someone completely new to shamanism could pick up and understand, and which would also offer something meaningful to those who are already walking the path.

At the heart of the book is a principle that has become increasingly important to me: Shamanism is a path of relationship – with Spirit, the Earth, our helping spirits, our ancestors and ourselves.

Through personal stories, traditional teachings and practical exercises, I explore sacred space, shamanic journeying, the spirit worlds, helping spirits, the Medicine Wheel, our relationship with nature, ceremony, and the foundations of shamanic healing. I also explore something that is not often found in shamanic books: how shamanism is not only a healing modality, it is also a path to enlightenment.

Ultimately, *Discovering Shamanism* is an invitation to remember our connection with the sacred web of life and to experience the wisdom and healing that can arise when we enter into relationship with Spirit.

🌿 The book is now available for pre-order

Kindle — Amazon:

<https://link.amazon/B0ftk1DZl>

Paperback / wider international pre-order through Books.by: <https://books.by/alley-cat-house/discovering-shamanism> – The payment button is in dollars, but for those in the UK it adjusts to GB£ and will be sent in the UK.

The book can be pre-ordered in the UK, the US and parts of Europe. The physical edition will also be available through Amazon from 30 October. I am deeply grateful to **Alley Cat House** for believing in this book and bringing it into the world, **Bhola Banstola**, the Himalayan Shaman, who wrote the foreword and shared his tradition. And to all who have been part of my work over the years, with love and blessings, Fotoula





Workshop on Shamanism, Dundee, UK

Shamanism and the Earth: working shamanically with the land and nature spirits

In-Person (Dundee)

Time and Date: 6.30pm-8.30pm, Friday 9th October

**Venue: the Theosophical Society Dundee Lodge, University of
Dundee, Dalhousie Building,
Old Hawkhill, Dundee DD1 5EN**

Cost: Members £3.00 / Non-Members: £5.00

All Welcome

Shamanism is one of the most ancient spiritual practices. At its heart is a profound relationship with the Earth and an understanding that we are physical and spiritual beings. The same is true for plants, rocks, hills, rivers, and animals – all the sentient beings who share the planet with us.

Moreover, each place has a spirit and is inhabited by spirits. The physical world that we see with our eyes is simply the tip of the iceberg – beyond this exists an unseen spirit reality.

Shamans work with the Earth in reciprocity, establishing a deep relationship with the land and all living beings.

In shamanism, the realm we experience with our physical senses is known as the Middle World. During the workshop shamanic teacher, Fotoula Adrimi, will explore how we can work more closely with the Earth and nature spirits. We will remember that we are also nature and discover ways of connecting and communicating with the trees and the land.

The Workshop facilitator, Fotoula Adrimi, will also share how we can listen to the voice of the Earth Mother, receive support and guidance from the natural world during these changing times, and remember our own spiritual origins. Through this connection we can begin to recognise our spiritual gifts and bring them more fully into our everyday life and our relationship with the Earth

Past Lives and Life Between Lives

an article by Fotoula Adrimi

Fotoula Writes

In one of my shamanic journeys I experienced a profound realisation. I became aware that I had lived in an ancient city that had been breached by a foreign army. Roman soldiers burst into my home and killed me as I stood at my altar. Angered and stunned by my sudden traumatic death, I missed the open door to the spirit realms, and instead I became a wandering spirit. Eventually I found myself in the space between lives in front of the Lords of Karma, with the two soldiers who killed me.

Meeting the Lords of Karma

In that space between lives the Lords of Karma, compassionate helping spirits, explained that the traumatic killing combined with my anger had created a karmic bond between me and the two soldiers. At the time I was unable to forgive them and they were unable to understand what they had done wrong, given the killing took place in the heat of a battle.

The Lords said that the karmic bond was strong and that the three of us had to find a way to purify the karma and release ourselves from the bond. I then saw in the journey that we had incarnated as relatives in various lifetimes, until we were finally able to not only forgive each other, but truly accept and love each other.

This was not an easy process – karmic bonds can be deep and grudges tightly held. If in subsequent lives we continue to blame, judge, and hurt those with whom we have a bond, we remain tied. Forgiveness and love are powerful medicines that can transform relationships and release the ties.

The space between lives is where we meet these compassionate beings of light, who are known as the Lords of Karma. Many of us fear them because we associate these beings with judgement and condemnation. However, karma is not about meting out punishment. Karma is a universal law that aims to help us become more aware of our behaviour, and it has positive and negative roots. Basically karma says, we will experience the consequences of our actions, words, and thoughts, both positive and negative.

Karmic bonds create circumstances in our lives where we meet our fears, conditioned ways, and judgements, as well as opportunities to express our gifts, and find happiness and understanding. Circumstances will repeat until we understand them at a deeper, soul level. When we gain clarity about a bond, then the bindings can be released and freedom attained.



In the example above, this was what happened between my relatives and myself. Eventually our love for each other was stronger than any anger, judgement, or pain we carried. Through love our relationship was transformed, and as harmony flowed between us it allowed more affection to arise which resulted in us freeing ourselves from the old bonds.

Healing and Transforming Our Relationships

Time and again I see how relationships can be transformed through this work. As I read the case studies of my students it is interesting to see how many people are trapped in unhealthily relationships through karmic bonds, as well as through oaths that they have made to others, for example, to be together forever. Other bonds can happen through religious beliefs that create similar life experiences from one lifetime to another.

In the space between lives we also meet spirit beings who have no form, who have been allies in our earthly lives. We may find deities or ancestral shamans who wait for us to incarnate and walk a spiritual path. Some of these beings are helpful and compassionate, whilst others may restrict our growth by trying to force a co-dependant relationship. In this space the Karmic Lords can intervene to release us from ties beyond the human realm.

The Akashic Records and parallel realities are otherworldly places that offer us the opportunity to understand and also deeply heal the circumstances of our earthly life. These regression journeys form part of the Advanced Past Life Practitioner Course.

Our soul is multi-dimensional and the earthly reality we currently experience is just a small part of who we are. The authentic 'us' is the Divine essence that is eternal, that exists beyond time and space. In our past life regression work we can also connect with the time we were a spirit and immerse ourselves in the state of peace that is beyond words.

Retrieving Lost Soul Parts

A large part of this work is what I call Past Life Soul Retrieval. Ancient mystics knew the rituals and

ceremonies that enabled all of people's soul essence to be reunited at death so that they awoke whole in the spirit realms. Sadly, this knowledge has not been practiced for a long time and especially not in the west.

This means that parts of our soul can be stuck in other lives. Their absence can be felt by our current body, whose wisdom becomes available to us through this work. If we are open, our body will guide us to recover the soul parts we need to heal so as to feel whole.

If you are interested in the Past life Regression Course there is more information on the following page. And, if you would like to book a past life regression session, the **Healing Practitioners in the World website** has a list of the people who have trained with us and are offering 1-2-1 sessions.



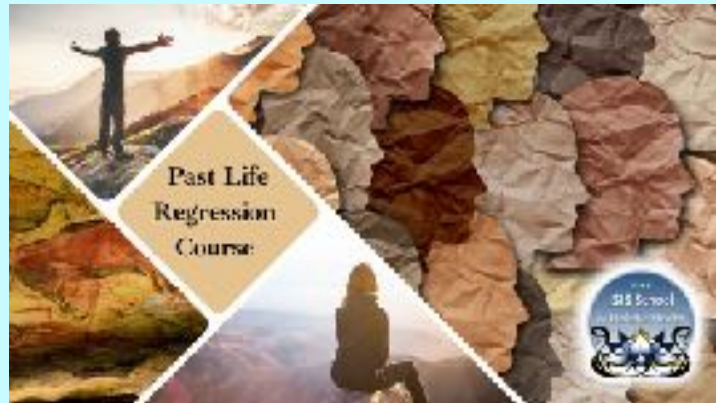
Past Life Regression Practitioners

Past Life Regression Therapy Course

Tuesday 20th – Sunday 25th October

We explore our incarnations beyond time, in what we call the past or the future, to bring closure to what hinders us, heal deeply, evolve, and transform.

In this six-day **Past Life Regression Practitioner Course**, Fotoula teaches the art of past life regression and how it can be used for therapy work. She will also teach participants how to bring back and integrate any essence and energy that is stuck in another life through **past life soul retrieval**.



What are the Key Themes for Past Life Regression?

- ★ Learn how to carry out **past life regression** to resolve what hinders your clients in the present moment.
- ★ Take part in **past life regression ceremonies** that strengthen your link with your soul's purpose as well your intention for incarnating in this life.
- ★ Work with your **Higher Self and the Infinite Spirit** that you are beyond life.
- ★ Activate the **gifts of your soul** and bring them back into this current life.
- ★ Meet with the **Lords of Karma** for deep release and healing.
- ★ Work to **integrate the parts** of you who are stuck in other lives and have not crossed over.
- ★ Access the **space between lives** and the space after death.
- ★ Access your **body's wisdom** and its inherent knowledge of your past life's traumas that need healing.
- ★ **Past Life Regression Healing work** for the collective, humanity and life on Earth.
- ★ **Past Life Regression soul retrieval therapy**.
- ★ Life after healing: how you can integrate the healing into your life

Learn about the Past Life Regression Practitioner Certification

This is a rich and deep Past Life Regression Course of six days and it is certified, following casework. The Past Life Regression course certification is experiential and interactive. You will practice and experience the teachings in a safe space with the other participants in the course, either 1-1 or through group work.

Prerequisites: Experience in meditation, spiritual work, and therapeutic work

The Course is certified. A certificate is issued following the successful submission of casework after the course.

Date: 10.00-17.00, Tuesday 13th – Sunday 18th May 2025 **Venue:** Glasgow

Cost: £799.00 non-residential. **Deposit:** £399.00, to book your place

Repeating the Course: For anyone who has already attended the Course with the ISIS School and wishes to repeat it the **cost is reduced to half price £400.00. Deposit – £200.00.**

Check out the [website](#) for more information

Oracle Mediumship Course

– the Path of the Oracle



The Oracle Mediumship Course – becoming the voice of spirit

Below **ISET, the Divine Mother**, speaks about the Path of the Oracle.

“The Oracle speaks as the words of the Enlightened Ones come through. It is not an easy process to surrender to the flow: you don’t know if it will come, how the words will form, whether they will make sense, and how they will be received.

Over time you build a relationship with the Enlightened Spirit that comes through, and your trust develops. This allows you to surrender and relax the need to know beforehand what will be pronounced out of your mouth. This takes time. It takes time to develop the ability to detach from the conditioned mind and enter a space of silence.

You become aware that your own mind steps back, as if you are in a different part of your brain, and you observe the flow of words coming out of you. This is a gift. The more you surrender to this Voice, the more you dive into the peace.

In order to embody the Oracle and bring forth a pure expression of this art, you need more than psychic gifts. And in some cases they can be a hindrance, instead of a help. What you need is a pure heart in order to develop a pure connection.

If Oracleship is in your path, your job is to clear the heaviness, judgements, attachments, and desires of the mind. This is an ongoing process, and your intention to do this is enough. From Tibet, Scandinavia, and ancient Greece, Oracleship was a ceremonial practice. It is a powerful spiritual experience for the Oracle and all those present.”

We have just completed our first six-day Oracle Training Course with an exceptional group of participants who felt called to do this work. The Course was transformational in ways we could not have imagined. On the next page are a few testimonials from people who attended.

The Course filled up very quickly mostly with people who have worked with us over a few years. We are sorry we could not offer everyone who wished to attend a space. We will be running the Course again in 2027, in person, in Glasgow – dates to be confirmed. If you would like to register your interest email us on info@isis-school.com – we are creating a list.

Information about the Course can be found on our [website](#)

Oracle Course Testimonials

What People Said

Cheryl

The space that Fotoula and Fi held for this course was incredible. I was able to practice in a very safe and supported way and allow my skills to grow in a container of compassion. The pace was steady and the content was exceptional. I feel honoured to have had the chance to be part of the ancient Oracle teachings. I highly recommend this course to anyone looking to deepen their connection with their helping spirits.

Lynne

The Oracle Course enabled me to expand my spiritual awareness and connection to a level that I did not know was possible for me. I have worked with Fotoula and Fi for a few years and as always the space is held with the highest level of integrity and respect. I felt a little apprehensive before the course but these kind and knowledgeable teachers enabled me to release so much and fully relax into the process. I highly recommend the Oracle Course if you wish to connect deeper to spirit and expand your knowledge. I now feel much more confident interpreting messages from spirit to support healing. Completely transformational.

Wendy, the Netherlands

I found the ISIS School in the most unexpected way. I had been searching for a Course for a long time that would help me understand my gifts more deeply. One day, I asked ChatGPT for recommendations and the ISIS School appeared – I didn't look at the other recommendations.

I went into the website, saw the Oracle Mediumship Course, and immediately felt: Yes. It was incredibly spontaneous. And looking back now, it feels as if I was guided there. And from the moment I stepped into the course, I knew I had made the right decision.

I felt so deeply welcomed by Fotoula and Fi, and by the beautiful group of women on the course. I learned so much, not only about mediumship, but about myself and the gifts that have been moving through me for a long time. What touched me most was the purity of the work. The love. The devotion. The way Fotoula and Fi hold and teach this work is something I felt deeply.

I felt seen. I felt heard. And I felt safe to explore parts of myself that I had been trying to understand for years.

I have only completed one course at the ISIS School, but I immediately signed up for a second one, the Priestess of the Moon Course. I think that says everything.

I can wholeheartedly recommend studying with Fotoula and Fi if you feel drawn to their work. For me, this doesn't feel like I simply found a course in Scotland. It feels like I found my teachers. I have a feeling this is only the beginning of a journey that will continue for many years to come.



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

Introduction to Shamanism – Course Overview

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

The Course Covers

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



Click photo above to play video

The Course requires booking with deposit to secure your place

Investment: £300.00

Deposit: £150.00, to secure your place (*non refundable and non transferable*)

In Person Course Dates and Time:

10.00-17.00 (both days),
Saturday 7th – Sunday 8th Nov

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

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

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.

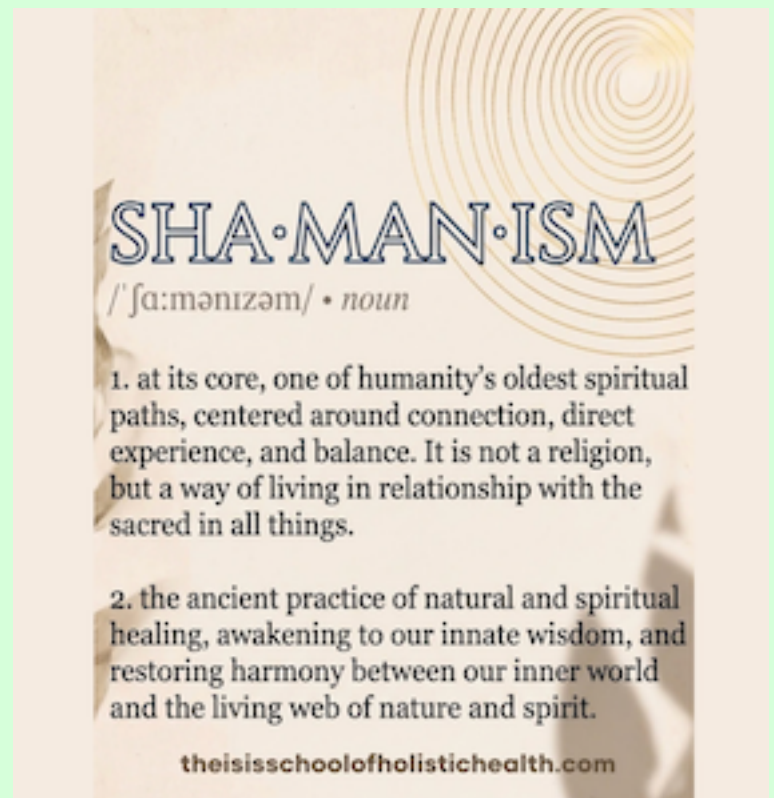
How long is the Shamanic Practitioner Course?

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





Shamanic Dance of the Sacred Spirits In Person – Glasgow, Monday 21st December

We meet near the Winter Solstice - 18.00-21.00, Monday 21st 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 21st December, Winter Solstice

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

Investment: £35/£30 concession (pay by bank transfer to The Isis School) or cash on the night
(Bookings essential to secure your place – email: info@isis-school.com)

Shamanic Dance - More Info

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, Lammass, 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.



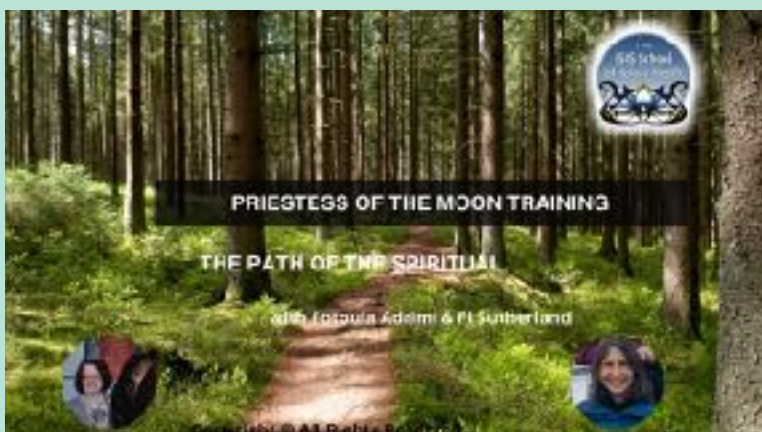
How to join the Priestess of the Moon™ Training

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



More about this powerful Training

Circles & Energy Transmissions - October

Fotoula's Shamanic Circle – October Dates

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.

Dates for October:– **5th Oct:** Online; **12th Oct:** In Person;
26th Oct: In Person



[More information](#)

Fi's 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 in October: 8th, 15th, and 29th

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 – October

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): 7th and 14th October

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 – October

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

The Rays Transmissions are: **19.00-20.00 (uk) Tuesday 13th October**. 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)

October 2026

- 1st-4th:** 10.00-17.00, Thursday 1st – Sunday 4th October – Current In Person [Shamanic Practitioner Training](#) – Theme: Psychopomping and Graduation
- 5th:** 19.00-21.00 [Shamanic Circle](#) – **Online** – Open to all
- 7th:** 19.00-20.00 [ISIS Energy Transmission](#) of the Living Light – Distant Transmission open to all
- 8th:** 19.00-20.30(uk) [Live Online Meditation and Chanting Circle](#) – Open to all
- 10th:** 10.30-17.30(uk), In Person and Online [Advanced Shamanic Practitioner](#) - Ancestral shamanic healing practitioner
- 12th:** 19.00-21.00 [Shamanic Circle](#) – **In Person** – Open to all
- 13th:** 19.00-20.00(uk) [Rays of Divine Consciousness Monthly Transmission](#) – Open to all
- 14th:** 19.00-20.00 [ISIS Energy Transmission](#) of the Living Light – Distant Transmission open to all
- 15th:** 19.00-20.30(uk) [Live Online Meditation and Chanting Circle](#) – Open to all
- 16th-18th:** 10.00-17.00, Path of ISIS, [Healing Path of ISET, Part 1](#) – **In Person.** *(The Third Course for the Path of ISIS Gate 1 teachings)*
- 20th-25th:** 10.00-17.00 [Past Life Regression Course](#) – Certified – spaces available
- 26th:** 19.00-21.00 [Shamanic Circle](#) – **In Person** – Open to all
- 27th:** 19.00-20.30(uk) [ISET Initiate Circle](#): for Initiates of the Path_of ISIS
- 28th:** 19.00-20.00 [ISIS Energy Transmission](#) of the Living Light – Distant Transmission open to all
- 29th:** 19.00-20.30(uk) [Live Online Meditation and Chanting Circle](#) – Open to all
- 30th Oct-1st Nov:** Current [Priestess of the Moon Training](#) – weekend nine – Graduation (Kilmartin)

November 2026

- 7th-8th:** 10.00-17.00, 2-day [Introduction to Shamanism Course](#) – open to all (spaces available)
- 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:** 10.30-17.30(uk) In Person and Online [Advanced Shamanic Practitioner](#) - Ancestral shamanic healing practitioner
- 27th-29th:** 10.00-17.00, Path of ISIS, [AUSIR 1.](#) *(The next Course after Gate 2)*

