

Newsletter – the ISIS School of Holistic Health Ltd



Issue 101: April 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*)

I have come to you during these times of transition to speak about what you will become aware of if you walk a Spiritual Path of Light. You will experience the veils of the conditioned world dropping away from your eyes, and you will see a new reality emerging. This reality is not what is portrayed to you by the world. It is one you can perceive for yourself.

This is about becoming cognisant of the truth in a third dimensional reality, and perceiving, seeing, or understanding that there is a bigger picture to life on Earth that goes beyond what is happening in the world. This bigger picture shows you that everything has a purpose, and through the struggles of duality a healing is taking place so that a new reality can emerge.

This is asking you to trust in the bigger picture, and release any judgements and attachments to what is happening around you and what you see with your eyes in the everyday world. This is only a small part of the picture, a small part of the whole. There is a much bigger reality that is contributing to everything you see.

When you start to become aware of the bigger picture, of the state of wholeness that exists around you, you will see that there is perfection in everything and that the struggles of duality are trying



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The awakening
journey is the only
road that will bring
lasting peace



The ISIS School of Holistic Health

Image : BGV

to awaken within you a sense of purpose. And this sense of purpose has less to do with the outside world, and more about the awakening of your soul.

Become the Spiritual Warrior

There is only one way to change the world reality and it is not through violence. Violence can take place in many ways, and not just physically. There can be violence in thoughts, emotions, words, and judgments that are coloured with so much energy. When you walk a healing journey, you bring everything back to yourself, and you heal all the judgements and fears. In doing so, you realise that the awakening journey is the only road that will bring lasting peace.

This is the journey you are on. It is the journey of the spiritual warriors who do not fight battles in the world, instead they have the courage to emerge out of the conditioning and hold the conditioning in their heart. They know that every step of the way is predestined. Every step is as it is meant to be. In that space the spiritual warriors can find their authentic Self and their ultimate purpose - awakening into the Light of their essential nature.

Spiritual warriors hold everything in their heart. They know there is no separation between them and the other, all are aspects of themselves. And they realise that the aspects they judge most, they carry. This also relates to beings who are non-physical. Spiritual beings that cause difficulties, trouble, and possess others, are in need of healing. They are part of the duality as much as you are. They are not separate from you either - everything is One.

So we ask you now to step into your heart and the love that you are, and raise yourself into a higher state of awareness. Perceive the bigger picture of these times of transition that are designed to bring another state of awakening for all

who wish to walk a spiritual path. Come to know this higher state and from that place surround everything with understanding, acceptance, and love. This is what the Enlightened Ones, whom you call the Masters of Light, whether they have been in a physical form or have never incarnated, do. And they do this in the spirit world and on the Earth.

**It is the Wise Self
that can change
your reality**

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Image : Jean van der Meulen

Healing and Releasing

As you do this work you will find that many things will arise within you - many grudges, hurts, disappointments, feelings of guilt, and grief. This work is showing you your own healing potential. Embrace yourself as you embrace the world, and whatever arises within you, allow it to be released in your own way. You have many methods and ways in your world to do this deep work. One of these ways is working with the high vibrational energies that are flowing to the Earth at this time to release emotions held in the body. Working with the Light you will see that all the emotions you carry are just energy. You can release them through movement and dance. The sacred dance of the HAT-HORs of ancient Egypt was designed to release, embrace, and heal, and bring back the essence of Light that awakened within the heart of the dancer, and within the hearts of those present who were watching the dance.


And there are other ways to allow the emotional energy to flow through you and be released instead of being swallowed and remaining in the body to fester, or projected out into the world and others in unhealthy ways. Allow the tears to flow, allow your voice to make sounds that you never knew were inside of you. What you do not do is go into the stories.

*When the release of energy takes place,
make your mind peaceful and let the energy do its work.*

The Way of the Peaceful Warrior

All these ways are known in your world. There is also another way, the way of the peaceful warrior. Peaceful warriors bring all of themselves into their heart and see that every part of them is a reflection of the world. And they see that those they have judgements of, even those of whom they think, "How can you think this, how can you do that," are part of themselves. So they bring them into their heart as well, and then they allow the light of their heart to surround everything and everyone.

This is a very deep practice.



The greatest service you can offer the world is to change and transform yourself

The ISIS School of Holistic Health

Many times people do spiritual practice expecting a result that day, the following day, or perhaps after a few days. And when they look at the world and see nothing has changed, and there seems to be even more war, even more pain, they give up their spiritual work. I say to you, "Do not look at the world." The world will change in its own way and in its own time. It has a special rhythm that is a combined

dance, a dance of the collective of which you are part of. The greater service you can offer the world is to change and transform yourself to the wonderful, enlightened Self that is the Divine love of the universe.

When you integrate and heal the deep shadow of the conditioning that does not belong to you, that is not you, you will find that it holds the key to awakening. You can do this through the Light. And the Light is available to you now. Rays of high vibrational energy are flowing to the Earth, engaging with you while you sleep, in your everyday life, and in moments that bring an inner understanding. One of the best ways to engage with these energies is through the quiet mind that comes during meditative practices where you focus within and not on the outside.

I invite you now to seek the place of silence. The space between the heart beats. To engage with the eternal part of you. And find the Wise Self. It is the Wise Self that can change your reality.

Thank you



ISET Initiates Community Page

(The information on this page is for ISET Initiates who have taken initiation into the Path of ISIS / Path of the Living Light through attending the Spiritual Path of ISET, Part 1: 3-day Course)

Online ISET Initiates Circle - Next Circle: Friday, 11th April

Theme: In the circle we become pilgrims and travel to the Temple of HAT-HOR to receive the gift of energy, the Divine light that sustains all. This gift of life is abundant and overflowing to all who go to her.

Circle Date: 19.00-20.30 (uk) Friday, 11th April

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

The ISIS Retreat 5th-9th November

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

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

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



[The ISIS Retreat - Read More](#)

Upcoming Path of ISIS Courses

(There is an invitation of half price for any Initiate who wishes to repeat a Course)

Path of ISIS, Gate 2 Course - 3 days, 10.00-17.00, 2nd-4th May

(The next course after the Healing Path of ISET, Part 2)

Path of ISIS, AUSIR 1 Course - 3 days, 10.00-17.00, 13th-15th June

(The next course after Gate 2 - please note anyone attending Gate 2 for the first time in May 2025 cannot attend this Course as it is too soon)

Past Life Regression Therapy - *healing the present through healing the past*

Fotoula Writes

After graduating from an advanced 12 month Clinical Hypnosis Course from the University of West London and the London College of Clinical Hypnosis, I immediately found myself working in the past life regression field. I have always had a fascination with past lives, and knew instinctively they held some of the answers to issues and questions we face in our current life.



However, the biggest problem for me was one of safety. I had been told many stories of people who had gone to past life therapists who had only completed a weekend training, sometimes online or pre-recorded, and were left in trauma. The people shared that they felt stuck in the past life trauma on top of what they were experiencing in their everyday life. One man said, "I was taken into a life where I had been hanged. I could feel myself hanging at the end of the rope, and I have not been able to forget it." This is where a little knowledge can be harmful.

Past Life Soul Retrieval

After my Clinical Hypnosis Course, I realised that Shamanism held another part of the picture. It became evident to me that when people die the soul parts that they may have lost in their life through trauma, may not always reunite with them at death, and that the ancient teaching of soul retrieval applies to past lives too.

Thus, when I did Past Life Regressions I found the soul parts of my clients and helped them cross over and go through the healing process that occurs naturally at death. Only then did I bring these parts back to the client so that the client was not stuck in the past life trauma, and instead experienced peace and resolution. This past life soul retrieval and psychopomping has the potential to bring huge results on many levels. It taught me and my clients that deep healing can take place in the present reality and in their current life by resolving issues from past lives.

After practicing this way for over 15 years, I had a personal experience with past life soul retrieval therapy. Three years ago I was diagnosed with sciatica and could not sit comfortably for any length of time. The pain was debilitating. On new year's day, after a walk with Fi, my colleague, we came back to her home and started watching a film. After a little while I could no longer sit - my lower back was cramping and the pain was shooting down my leg. Fi, who has completed the Past Life Regression Therapy work I teach, offered



to do a healing. I had already tried many different healing modalities, massages, homeopathic remedies, rolfing etc without any lasting relief.

Fi guided me into a past life in the 18th century. I immediately found myself on a battlefield with two bullets in my body at the exact site of my pain. I was then guided further back in the same life so that I could understand how I came to be on the battlefield and what was the purpose of that lifetime. Finally, once I was guided through the psychopomping and retrieval of my soul part, the pain disappeared and has never returned. *(As with any alternative therapy, this*

can only be regarded as anecdotal evidence, but personally I am so grateful for the healing I received).

Past Life Regression Therapy Course

In the Past Life Therapy Course I teach, I empower participants to do their own work by experiencing a past life that needs healing. At the end people experience a deep sense of peace, no matter what they felt or saw in the past life.

Another gift of this work is experiencing the space between lives. This space may open during a regression so that the person can also overcome the karma of the past life and understand what the karma is about and how it can be cleared. In these situations we work with compassionate Enlightened Spirit Beings called, 'the Lords of Karma,' who direct the process and hold the person in so much love while offering their support unconditionally. In this space the person is re-writing the book of their life, transforming what happened, and allowing a new, healthier chapter to emerge.

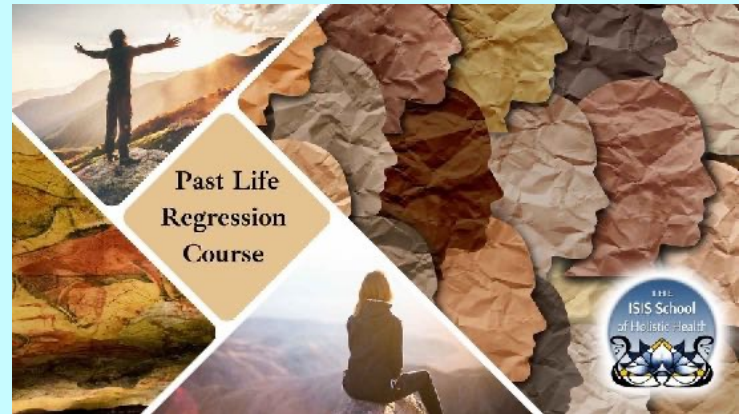
This is why the course is over six days and that the people who come to us genuinely wish to be able to help others rather than just 'gain another certificate.' Each time we facilitate the Course we are so grateful for the people who join us and for their stories. And it is also fascinating to read their case studies and how they have brought deep healing to many.

Past Life Regression Therapy Course

Tuesday 13th - Sunday 18th May 2025

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

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



What are the Key Themes for Past Life Regression?

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

Learn about the Past Life Regression Practitioner Certification

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

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

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

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

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

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

The Rays of Divine Consciousness and the Spiritual DNA

Deep within our soul we remember a time when we embodied our Divine essence. At that time, lost in prehistory, our spiritual DNA reflected all the qualities of the Divine consciousness that we carry. As a result, there was no separation from our spirit. We were fully aware of ourselves as spirit beings inhabiting a body, and of our spiritual connection, and we saw and communicated with the spirit in everything and every being.

Those times are described by some shamanic traditions as the time of the 'silent knowledge.' In those times there was no need for language as most communication was telepathic, from mind to mind, and heart to heart. And when language was used it was sacred and powerful, as well as universal. This one language, which is also shared with the cosmic universal intelligence, was made of harmonious sounds that were both descriptive and filled with the energy they intended to communicate. For instance, if you said the word 'love,' you were instantly surrounded by love.

The Harmonious Light of Lemuria

In those times, that some describe as Lemuria, humanity experienced life through a deep spiritual connection of purity and innocence. So when a group of less spiritually advanced souls asked to come and incarnate on Earth, they were welcomed as brothers and sisters.

These less evolved souls were attracted to Earth by the immense light of the people living there. They saw the paradise that the Earth was and did not understand that the beauty they observed was because the people lived in harmony with themselves and all life. The less evolved souls had great technology and incredibly sophisticated minds but they were less aware. They wanted to experience life on Earth and be taught by the Lemurian Masters, and so permission was granted for them to incarnate.

After a while, these souls grew dissatisfied. They found it difficult to retain the 'results' that the Lemurians manifested so easily. They became impatient and fell back on what they knew, the conditioned mind and their technology. And gradually they came to resent the



Lemurian people. They wanted access to the Lemurians' state of Light and if they could not have it, they did not want anyone else to have it. They tried to generate the Light through technology, but they regressed instead of advancing spiritually. They fell deeper into the conditioning and became aggressive and violent.

A Time of Change

The Lemurian people knew that things were changing for the worse as they could hear the voice of the Earth. They hid their power objects and most of them ascended to a higher dimension, a higher Earth reality, where they could continue living in peace. They ascended to this reality over time. Thousands of years passed between those who ascended first and those who ascended later, when it became obvious that there were no safe places for them on Earth. Only Guardians remained who have continued their work in secret. Some of them became guardian spirits of sacred prehistoric sites that continue to radiate high vibrational energies, the Divine consciousness of our inherent nature.



Healing the DNA

In 2012 Fotoula was offered a teaching from Angelic Beings of Light who spoke about the Rays of Divine Consciousness. The teachings also talked about the Spiritual DNA of human beings and how it was purposefully manipulated to shrink from 12 strands of Oneness into two strands - one of Oneness and one of separation. The twelve strands of Oneness included six strands of Divine power and six states of Being joined together in an ever evolving mandala. The teaching spoke about the Rays of Divine Consciousness healing the spiritual DNA and enabling people to become aware of and release the karma they are carrying from this and other lifetimes, both

for themselves and their family. This is deep energy work that the teachings of the Rays bring forward with the purpose of inner transformation.

This is why we do this work in ancient prehistoric sites that are still carrying the energy of the Lemurian times. These sites know and see us. They embrace us and help us align with our essential nature of Oneness of the Divine consciousness. And it is during these special times of transition between our era and the next, that awakening is possible and supported by life and the Enlightened Ones.

During the Rays Retreat we bring our focus inside and we consciously step away from the conditioned everyday world. This encourages the inner treasures to emerge.

The Rays of Divine Consciousness Retreat

Tuesday 27th May - Sunday 1st June 2025

two spaces remaining

The Rays of Divine Consciousness Shamanic Residential Retreat will be held in a venue near Kilmartin Glen, Scotland from Tuesday 27th May until Sunday 1st June 2025.

In the Retreat we will:

- ✦ Facilitate a ceremony in the ancient hill of Dunadd,
- ✦ Perform the Opening of the Crown Initiation to receive the Rays of Divine Consciousness,
- ✦ Participate in Ceremonies in other sacred sites
- ✦ Take part in a New Moon Fire Ceremony,
- ✦ Receive the teachings and practice the meditations of the Rays of Divine Consciousness that re-activate our spiritual DNA,
- ✦ Take part in Karma Purification Ceremonies, and
- ✦ Explore connections with the energies of the astral bodies through the ancient petroglyphs that have been left on the land by the ancient people.

We will be working in a small community to share these important teachings. We come together in an ancient and sacred part of Scotland where the ancestors, from the prehistoric stone circle builders to the Knights Templar, have left their mark. We will be supported and guided as we walk the path of the ancient Initiate by Enlightened Guides and the Enlightened Guardian Spirits of the land and sacred sites.

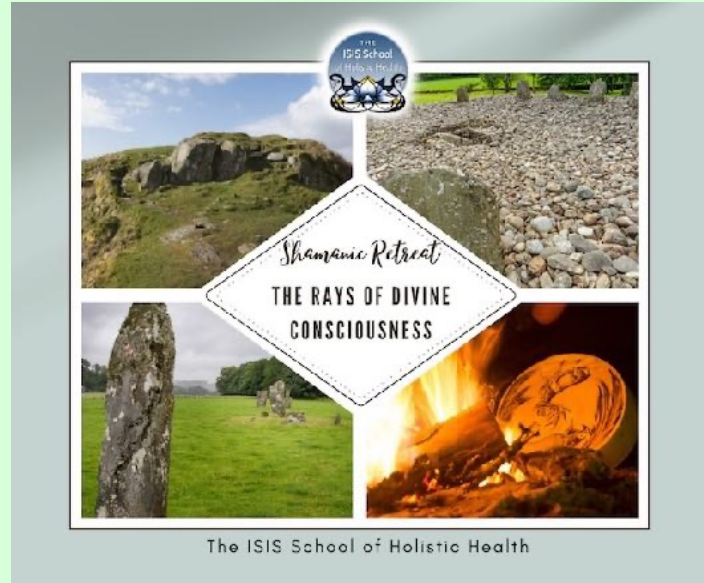
Cost of the Retreat and Start and Finish Times

The Retreat starts with dinner at **6.00pm on Tuesday 27th May** and finishes with lunch at **1.00pm on Sunday 1st June**.

Total fee: £1,025.00 **Deposit** £325.00 secures your place.

More information - visit our [website](#). **To Book email** - info@isis-school.com

Booking is essential as places are limited and will be allocated on a first come basis.



The Rays Retreat - More Info

Join us In Person for
a comprehensive
two day
Introduction to
Shamanism Course
facilitated by the
highly experienced
Shamanic Teacher
Fotoula Adrimi



Introduction to Shamanism - Course Overview

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

The Course Covers

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



Fotoula Adrimi

Fotoula is a highly experienced shamanic teacher and practitioner. She has been holding weekly shamanic circles and workshops since 2009 and teaching shamanic practitioners since 2012. Fotoula teaches ancient methods of classic and cross cultural shamanism that have been practiced on the Earth for thousands of years.

The Course requires advance booking with deposit to secure your place

Investment: £250.00 (for each course)

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

Course Dates:

10.00-17.00 (both days), Saturday 19th
- Sunday 20th July

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

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

More Info

Shamanic Dance of the Sacred Spirits

In Person, Glasgow – Monday 23rd June



We will meet near the Solstice - 18.00-21.00, Monday 23rd 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 23rd June

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 In Person or Online

Both Courses start in October 2025

A shamanic practitioner is a bridge

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

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

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

How is the Shamanic Practitioner Course designed?

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

What will the Shamanic Practitioner Training cover?

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

How long is the Shamanic Practitioner Course?

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



About the Shamanic Practitioner Course

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



Fotoula Adrimi - Shamanic Teacher

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

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

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](#)

Shamanic Retreat Medicine Walk Ceremony

Thursday 9th – Sunday 12th October 2025

A person with a red backpack is walking away on a forest path. The path is covered in dry leaves and twigs, and the forest is dense with tall, thin trees. The lighting is soft, suggesting a late afternoon or early morning setting.

A Medicine Walk is a Rite of Passage, where we look to open the doors of our life to a new way of being that is more aligned with the wishes of our soul. Mother Earth, who offered us the opportunity to live a human life, is our teacher, and she speaks to us through the web of life.

In October 2025 we will facilitate a Medicine Walk Ceremony in nature. At this special time of the year when the veils between the worlds grows thin, we will come together as a tribe and walk the land as spirit. We will enact the rite of the Medicine Walk, the rite of the ancient walkabout, becoming one with the land and remembering that we too are nature.

The Web of Life

The Enlightened Spirit Guides say that all life on Earth and beyond is connected through invisible filaments of energy that transfer Light and information to all. This invisible web, that connects everything, speaks to the whole of the natural world. The wild is deeply connected to this web and the cycle of life, yet humanity has forgotten this relationship. The Earth speaks through this web. It is how the trees communicate, and how all life supports itself by staying in contact with this network.

In the walk we will reconnect to the Earth and the web of life and we will find answers to our questions by listening to the Earth's voice.

Omens

When we walk as spirit, the Earth sees us and she holds a mirror for us that allows us to see ourselves. The little things we come across on our walk have a deeper meaning. We notice the animals who appear, the birds that fly so close, the trees that call to us to sit beside them, and we listen to the messages from the wind and water. We offer the Earth a day of our life to be with her as a spirit in the wild, and we heed the signs and the information that is being transmitted to us.

Rite of Passage

The Medicine Walk is a traditional **Rite of Passage** in many shamanic cultures. This is the rite that enables us to become adults and elders and to open the doors of our life. This is also a rite that asks nature to teach us, so that we can find our story and the deeper meaning behind the story, and bring the teaching back to the tribe.

This Shamanic Ceremony lasts for 2.5 days and includes the arrival and preparation time, a day for the Medicine Walk, and a day of integration and of sharing the stories we encountered in the wild with the tribe.

The Medicine Walk is a Ceremony that takes us deep into our body and bones. We move our focus from our head to our feet, allowing our steps to take us to where we are meant to be. Our body, that is earth, reconnects to the invisible web of energy and follows lines we cannot see with our eyes. Our mind

quietens and becomes the observer as we gather the pearls of wisdom from nature, even if it does not always understand their message. This is a journey of surrendering, trust, acceptance, and awakening of the inner voice.



The Venue

We meet near Dollar, Clackmannanshire, in one of the most beautiful and green parts of Scotland, easily accessible from Glasgow, Edinburgh, Perth and Dundee. The Venue consists of two cottages with shared accommodation, and a workshop space. The nearest train station is in Alloa and the venue can be reached with a short taxi drive. There is also ample parking at the site.

Booking Details

Date: 18.00, Thursday 9th Oct - 10.00 Sun 12th Oct

Investment: £500.00. **Deposit:** £250.00 to secure your place (payable through bank transfer). (Please note all deposits are non-refundable and non-transferable.)

Venue: Dollar, Clackmannanshire, Scotland

Booking is essential as spaces are limited



Fotoula and Fi - the facilitators

[Medicine Walk - Read More](#)

Circles & Energy Transmissions - April

Shamanic Circle - The Way of the Drum

Fotoula has been facilitating the Shamanic Circle, the Way of the Drum, since 2009. At the moment we do not have dates for the Circle in April. More about the [Circle](#)

We will facilitate a special event - **Shamanic Dance of the Sacred Spirits in Person** in the Library of the Glasgow Theosophical Society on **Monday 23rd June from 6.00-9.00pm** (See Newsletter page 13)



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.

April dates: 10th and 24th

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 - April](#)

The ISIS School offers everyone the opportunity to connect distantly with the ISIS Energy Transmissions and experience the high vibration and healing qualities of the Living Light.

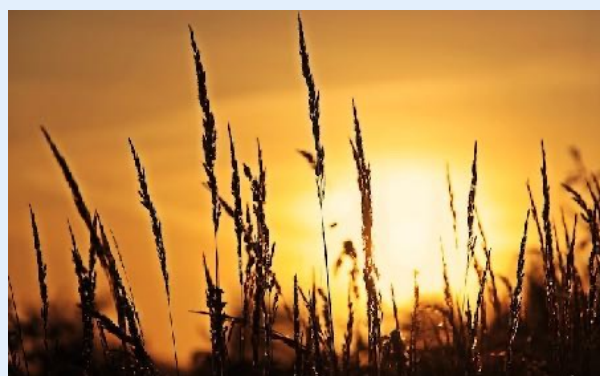
Transmission dates for April (19.00-20.00 uk): **2nd, 9th, 23rd, and 30th**

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 - April](#)

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

The Rays Transmission is: **10.00-11.00, Sunday 27th April**. 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)

March 2025

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

28-30th: [Spiritual Path of ISET - Part 1](#). Introductory Course for the Ancient Egyptian Mystery School / Path of ISIS Course. **In person**

April 2025

2nd: 19.00-20.00 [ISIS Energy Transmission](#) of the Living Light - Open to all

3rd-6th: Current Shamanic Practitioners 10th Meeting - Medicine Walk

8th: Priestess of the Moon Training Course - Online Circle

9th: 19.00-20.00 [ISIS Energy Transmission](#) of the Living Light - Open to all

10th: 19.00-20.30 [Online Meditation](#) and Chanting Circle

23rd: 19.00-20.00 [ISIS Energy Transmission](#) of the Living Light - Open to all

24th: 19.00-20.30 [Online Meditation](#) and Chanting Circle - Open to all

27th: 10.00-11.00 [Rays of Divine Consciousness](#) Distant Transmission - open to all

30th: 19.00-20.00 [ISIS Energy Transmission](#) of the Living Light - Open to all

May 2025

1st: 19.00-20.30 [Online Meditation](#) and Chanting Circle - Open to all

2nd-4th: **The Path of ISIS - Gate 2:** Ancient Egyptian Mystery School Course

13th: [Priestess of the Moon](#) Training Course - Online Circle

13-18th: Past Life Regression Therapy Practitioner Course - In person

20th: 19.00-20.30 [ISET Initiate Circle](#): for Initiates of the Path of ISIS

21st: 19.00-20.00 [ISIS Energy Transmission](#) of the Living Light - Open to all

22nd: 19.00-20.30 [Online Meditation](#) and Chanting Circle - Open to all

27th- 1st June: [The Rays of Divine Consciousness Residential Retreat](#) - In person

June 2025

13-15th: **The Path of ISIS - AUSIR 1:** Ancient Egyptian Mystery School Course

26-29th: [Shamanic Residential Retreat](#) with Himalayan Shaman Bhola Banstola. Teachings on working with the KILA - the shamanic knife.

July 2025

12th: **Priestess of the Moon Reunion** - open to all who have graduated as Priestesses with the ISIS School - more details to come

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

25-27th July: [The Spiritual Path of ISET - Part 2](#). The second Course in the Gate 1 Ancient Egyptian Mystery School teachings / Path of ISIS Course.

The ISIS School Calendar of Events cont.

August 2025

3rd-9th: The Moondance Ceremony with Claudia Wolff in Germany.

September 2025

October 2025

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

9-12th: Shamanic Retreat: The Medicine Walk - residential. More information coming

17-19th: [The Healing Path of ISET, Part 1](#). The third course in the Gate 1 Ancient Egyptian Mystery School / Path of ISIS Course

31st Oct - 2nd Nov: Starting weekend for the [In Person Shamanic Practitioner Course](#)

November 2025

4-9th: [ISIS Residential Retreat](#) - The Path of ISIS. Open to all who have completed Spiritual Path of ISET, Part 1. Places limited, booking essential.

15-16th: Path of ISIS Course: AUSIR 2 Ancient Egyptian Mystery School / Path of ISIS Course - for Initiates who have opened Gate 3

20-23rd: [Past Life Regression Therapy Master Practitioner Course](#). In person. For participants who have attended the Six-day Past Life Regression Therapy Practitioner Course with the ISIS School

December 2025

13-15th: [The Healing Path of ISET, Part 2](#). The fourth course in the Gate 1 Ancient Egyptian Mystery School / Path of ISIS Course

January 2026

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

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

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



The ISIS School of Holistic Health Ltd

the soul's purpose is to awaken