

Newsletter – the ISIS School of Holistic Health Ltd



Issue 97: December 2024

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*)

It is time now to reconnect with your soul's purpose, the gift that you brought to the Earth reality when you chose to be born on the Earth. In this life, at this time, the Earth School has much to show you, bringing you the experiences that have helped your soul evolve, both through pleasant and joyful times as well as times of loss and grief. Your soul walked into this physical reality with eyes open, knowing that some of the events and people you would encounter were part of a journey, landmarks on the road, that give you the opportunity to stop, ponder, and decide a course of action.

There were times that your soul felt an inner guidance, a voice that spoke from within, and yet the conditioned mind, the programming of the world that is based on fear and survival, also spoke to you. Both these voices speak and, at times, the conditioning speaks the loudest trapping people in a net of unskillful decisions. And it is, paradoxically, the conditioned voice that speaks of reason that has created the insanity of the world you see around you.

At some point you too have followed the unreasonable voice of conditioned logic that took you away from what you knew deep



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inside you must do. The majority of people on Earth are trapped into following a voice of fear, asking them to make decisions to keep them safe, even though the conditioning does not know how. The truth is that the conditioning does not care for your safety, your happiness, and your soul's purpose. The conditioning does not care about you, and about what happens to you. The conditioning only cares about its own survival, not yours.



When you decide to step out of the conditioned reality and make a decision based on the guidance of your inner voice, you may experience a deep resistance that speaks in a way that is personal to you, so that it can stop you from acting. For example, the conditioning may point out your obligations to others so that you give up your dreams, or show you a potential negative effect of your decision so you doubt yourself and give up.

The moments when you stay steady and overcome the conditioning by focussing on your inner voice, are moments of growth. This is a huge achievement at soul level.

You have not incarnated on Earth to follow the conditioning, but to overcome it by accessing your inner wisdom.

Access to the inner wisdom is something you are called to work on. It does not come from your helping spirits alone. We can show you the way but it is you who walks the road back to yourself. Your helping spirits and enlightened guides will not give the answers that you seek. In most cases they teach you how to find these answers within yourself.



You find these answers through deep listening. *Connecting with the sacred, you discover you are sacred.* The flame of your heart illuminates the darkness and you see the road that you must take.

Fanning the flames of your heart and learning the act of deep listening through the sacred connection with the infinite, can be achieved by raising your vibrational frequency to a higher level than the frequency of the conditioned reality. The high frequencies of light have the potential to clear the spiritual blocks in your own frequency, so that your spirit starts to truly expand within your body and be at home on the Earth.

When your spirit finds its way home on the Earth, the soul gifts that you carry become apparent and shape your experience of life. This is why I invite you most heartily to walk the path of the Mystery School and embody your Divine Self.

I invite you to step into the Being that you are beyond time and space, listen to your inner wisdom, and bring the totality of you to the earthly world.

I know this is my purpose to help humanity awaken. I can only achieve this by you walking your life through your heart. No matter how far you have stepped into the egoic path, the path of the heart always remains open, and the Light calls you

back. This is a choice that meets you every day of your life, a choice that you have to make because neither the conditioning nor the wise heart gives up on you.

At some point you will remember who you are beyond the conditioning and your incarnated self will be no different to the Divine Spirit that you are within. In the bigger picture life guides you

there, even through the conditioning, for it is by following the voice of the conditioning for many years that you understand the necessity of finding a different way. Life on Earth places you again and again at the same crossroads and keeps asking you the same question: What do you choose in this moment?

May you choose the way that serves your soul, for you are the beloved child of the Divine Wisdom that gave birth to you.

**May you choose the way that serves your soul,
for you are the beloved child of the
Divine Wisdom that gave birth to you**



Image: Annita

The ISIS School of Holistic Health



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 6th December

The history of the Ancient Mystery School reflects the story of MA'AT - Divine Order. Like AUSIR, the power of the open heart, the teachings were visible and available to all during the Golden Times. These teachings were misused by the Priesthood in the times of corruption and were lost from sight. Safeguards were then placed so those initiated would follow the path of knowledge and wisdom through integrity. What was lost can only be retrieved step by step, as the Initiate awakens through their wise heart.

In this Circle, we find ourselves in the Halls of MA'AT supported by our BA and the 52 karmic lords, who are the Neteru, the powers that shape creation. We offer all the blocks and limitations that arise from not being in MA'AT, even if these are self-created.

This ritual has the potential to create ripple effects in our personal lives and the world reality. ISET says to us: *"Working with MA'AT can change you and your perspective of the world. You come to the Temple of the Living Light as seekers of Truth, and you emerge from its Gates as Servants of MA'AT - Servants of Divine Order."*

Circle Date: 19.00-20.30 (uk) Friday 6th December

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

ISET Initiate Community Ceremony - Pyramid Text

On **Saturday 21st December** ISET Initiates are invited to an **In Person & Online Ceremony** from the **Pyramid Texts**. The Ceremony will take place from 17.00 - 21.00(uk) and will be held in Fotoula's flat (depending on number attending).

There is no cost for this Ceremony. For those joining in person please bring offerings for the altar which we will all share afterwards. (If connecting online you can create your own altar with offerings). **Please email us to book your place.**

(Ceremonials can also be worn)

Path of ISIS Courses

The dates for Path of ISIS Courses for Gate 1 and some other Gate Courses are now on the website on the **ISET Initiates Community Page**. The Healing Path of ISET, Part 2 is the last Path of ISIS Course for 2024. There are spaces if anyone wishes to repeat

Healing Path of ISET, Part 2 Course -
3 days, 10.00-17.00, 13th-15th Dec 2024

A Message from a Being of Light

During the 3-day Course, the **Spiritual Path of ISET, Part 1** in Oct 2024, Fotoula merged with an Enlightened Being who offered these words to the people on the Course. The words by themselves are a spiritual teaching for everyone. The way to connect with them is through meditation so true awareness can emerge and unfold within you.

“ I am ISET, the Divine Mother of All, I have come to you Children of the Light. I have come to you, Initiates of the Living Light. I say Children of the Light because you are born out of the Light Eternal, and therefore you carry the essence of the Light. You exist. You are. You are the Light. We, the Enlightened Ones, are no different from you, for we are the Light - the same as you.

You came into the world through an act of Divine Power, the manifestation of the Light into the physical realm. You came into this world to recognise yourself, to recognise the immensity of who you are. When you are in spirit you know your power. In this world you have lost this knowledge, but you have not lost your power. You are one with everything, for you are the Divine Light.

In many lifetimes you have experienced this journey of losing and finding yourself. Losing yourself and finding yourself - many times, in many incarnations. And now you have come to this point - looking at the night's sky and the star of Sirius that is beaming straight into your third eye, awakening what is already inside you - the hidden knowledge.

Who are you beyond the mystery? Who are you beyond the veil that has covered your awareness? Who are you beyond the mind? It has taken you many years, and many experiences to come to this point. It has taken many occasions of walking this circular road. Some of the things you have seen again and again. And then you decided, I am going to step out of the circle of what I have always known. I am going to step out of this circle and see what is beyond what I already know.

When you step out of this comfort zone it is as if you are walking into space. "Where are my feet? What is out there?" You may ask.

I answer these questions by showing you a mirror - what is out there? Look into this mirror with the eyes of your soul. This is how I see you. If you could only see

yourself through the eyes of your enlightened spirit, you would see a huge miracle that would touch you so deeply you would be in a space of awe for who you are.

This is where this road is taking you. I guide you on this road through these teachings. But this road is not the teachings. It is you, your own way, back to the infinity of your spirit. This road has been on this Earth for many, many, many thousands of years, and your soul may already know this road. Because the soul steps on this road and then steps off it, experiences more conditioned rounds, and then steps on the road again and then off again, sometimes on and off many times. Many times the Light calls you back. Many times you touch the Light and then your mind's expectations say how this path should be and what you should receive from it, and this takes you back into the conditioning.

And that is the way it has always been. This path has many twists and turns. It is not a straight line. And no matter how many times you go off the path, you can always come back, because the path is always there, hidden by a mist that can be lifted through a pure intention from your sacred heart, your Wise Self.

I offer you a way back to yourself, but it is you who is the miracle. It is you who is the Light. I just hold the mirror for you to see yourself. My wings spread around you and around the sacred spaces that you create for this time now. The ancient ones, the old ones, the ancestors of the Living Light, join with you, but they are in spirit. It is you who is here on Earth. It is you that brings the Light into this physical world. All we can do is walk with you for as long as you wish, and support you as you walk this journey. But it is your journey. It is your journey.

Your soul has chosen this life. Your soul has chosen this body. Your soul has chosen all that you have gone through, even the physical conditions your soul has chosen. Because everything that happens has a key to open a door for you. This is a gateway of Light, of knowledge - your life is talking to you. What does your life say to you when you listen to its voice without expectations?

We thank you. We thank you for walking the path of your life, that is unique to you. It is also a miracle. Make peace with your life. Make peace with yourself. We give thanks to you. We give thanks to you, Beings of Light, we give thanks to you for your journey and for this moment.

Thank you 🙏

Egyptian Mystery School Teachings The Path of ISIS Introductory Course -

The Spiritual Path of ISET, Part 1 **New In Person and Online dates for 2025**

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.

The Course will be taught In-Person and Online in 2025

In Person: Glasgow, Scotland - 10.00-17.00, Friday 28th - Sunday 30th March

Online: 12noon - 18.30 (uk), Friday 11th - Sunday 13th April

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

For more information about the the Teachings of the Living Light, see the [website](#)
For bookings and bank details email the School - info@isis-school.com

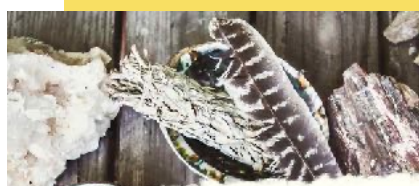
Update on the Fundraising for the Nepalese Schoolchildren Project

Since 2015, when an earthquake devastated many villages and cities in Nepal, a support project organised by the Glasgow Lodge of the Theosophical Society has provided funds which have paid the school fees for orphaned and impoverished children to attend the Shree Saraswoti School in the Sudurpaschim Province.

Each year the ISIS School of Holistic Health hosts a Fundraising Ceremony to support this project. In 2024 we held the Ceremony in March.

We wanted to let you know that the Glasgow TS collected £2,000.00 for the Nepalese project this year and this money was sent to Nepal this month, November.

We thank everyone who attended our Fundraiser in March 2024 and who donated funds to the project. The people and children in Nepal are extremely grateful for your kindness and generosity.



The Art of Shamanic Ceremony
with Fotoula Adrimi

Our strength grows
when we all work together



Priestess of the Moon Training

A new Circle opens in February 2025



This two-year Training supports women to embody their sacred power. Since 2012 many sisters have stepped onto this path, answered their soul's calling, changed their life, and are bringing their soul gifts to the world.

The Course weaves around the Wheel of the Year through the Circle of the Sun Festivals and the deeper Circle of the Celtic Fire Festivals. It is based on the Goddess wisdom of the Celtic lands that flows through the seasons with the Birth of Light (Bridget), and the descent into the darkness (Cailleach Bheur).

We also align with the Moon energies as the Moon births, grows, comes into fullness and then wanes and dies, to be reborn once again. Like the Moon we experience these changes in our body and blood, and in our Womb Temple of Creative Power.

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, Lammas, 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.

This is a practitioner course that the ISIS School of Holistic Health has been teaching since 2012. The 'Priestess of the Moon' Training is trademarked in the UK as part of the ISIS School of Holistic Health. It cannot be taught by others at the moment as we have not taught a teacher training programme.

This Training gives you the opportunity to share the Ceremonial work as a practicing Priestess and hold the Ceremonies for others and for your community.

As part of the Training you receive a manual with all the Ceremonies.



How to Join the Priestess Training

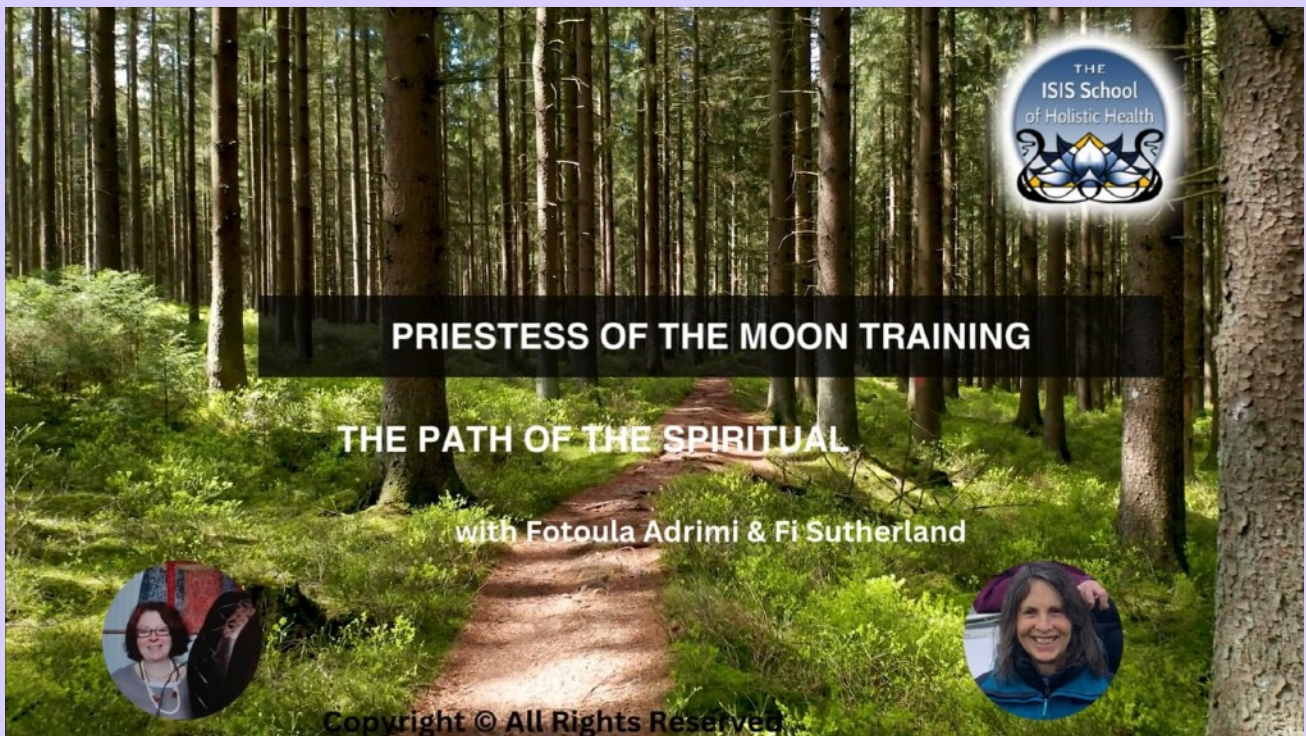
This will be a Circle of women who are committed to working together for two years. This is a huge commitment. It means that you have to attend the two residential retreats and the seven weekend trainings which are all in-person. In exceptional circumstances you may be able to join the training online. If you miss one weekend, you need to arrange a day with Fotoula, to go over the teachings. You are only allowed to miss one weekend during the two-year Training.

Participants will need to complete the whole programme to graduate. Apart from the first and last weekends which take place in Kilmartin, Scotland, all training weekends will be held in the Glasgow Theosophical Society, 17 Queen's Crescent, Glasgow, G4 9BL, Scotland, UK.

Registration for this course is now open. Please email us for the Registration forms: info@isis-school.com

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.

Click anywhere in the picture below to play the song channelled by Fotoula



[**Read More about this powerful Training**](#)



The Journey of the Shaman

The spiritual path is not linear but goes through many twists and turns. The shamanic path calls us and asks us to stay true to ourselves and to our calling. To stay true, we must transcend the ego and become the hollow bone.

Recapitulation

In many shamanic cultures, the shamans practice recapitulation – they track the energy exchanges that happen during their day. Over time they recapitulate their whole life. In the initial stage, the recapitulation practice helps us reclaim the energy we have lost during our day. For example, by reclaiming the power we have given to others. And, at the same time, we release the energy we may have taken from others.

At the advanced stage, recapitulation helps us purify the energy we give and take. The practice makes us more aware of what kind of energy we are putting out into the world and what we are absorbing from the world. Are we creating and sending out positive Light? Are we taking in people's power?

Being a Hollow Bone

When a person steps onto the shamanic path, the Enlightened Ones come. They say to us, *“Be a hollow bone. Take your ego out of the work and bring the infinite light in. The infinite light has no judgement, no harsh words. The infinite light shows you the way of growth by invitation alone. It lights the way and you can then decide what to follow.”*

The Enlightened transcended spirits also say, *“Like attracts like. Not all practitioners are in their heart and act with integrity. Not all spirits are light and love. Stay true to the way of the heart for this is your biggest power.”*

Sometimes a practitioner is faced with tough choices, for the way of the heart is not easy. At those times, it is even more important to be the hollow bone and surrender all expectations. Allow the flow of the river of life to carry you. These are the times of deep inner transformation that can help you grow in this world of illusion.

The Coyote - the Trickster Energy

The coyote walks with the shaman sometimes as a playful companion that nudges the shaman like an affectionate dog. But in its heart the coyote is a trickster, who waits and

then puts his paw out so that the person falls flat on their face. The trickster acts when we step out of our heart and follow the egoic path. The trickster is saying to us - you thought you were this big person and your head was in the clouds. Now you have fallen down and your head touches the Earth, so that you can see what is right in front of you.

Meeting the Coyote - A Shamanic Journey

The shamanic path carries the coyote energy. And the coyote is much smarter than we can ever be, no matter what we think of ourselves. It is wise to see how the coyote acts in our life, so that we are not fooled by our ego. The shamanic practitioner journeys to the coyote, approaching it and making friends with it. The journey can be done any time, although it is particularly potent on the full moon.

Create a sacred space around you by inviting all your spirit helpers of the Light. Then in a journey, go to the place of the coyote. Wait to find this guardian who appears at night. As the full moon rises in the night's sky, the coyote howls, greeting the silent keeper of the night.

Ask the coyote to come to you to help you retrieve the energy you have lost in your life. The coyote comes bearing three small sticks in his mouth, that he lays in front of you.



The First Stick is the

energy you gave out. This can be to people, the collective, the world, your work etc The energy you gave out is power. Some of this energy was positive: filled with kindness, light, and joy. Some of this energy was heavy: filled with judgement and harm. As you look at both these energies, stay in your heart, and extend compassion to yourself. Have the intention, "I am a Being of Light and Love. May all the energy I have given out be transmuted into Light, and may this Light return to me. May the Light teach me." Now see yourself holding the stick to your heart and receiving the Light.

The Second Stick holds the power/energy you carry that belongs to others. Some of this energy you have taken yourself in order to help others by shouldering their responsibilities. Some of the energy you have taken in order to control life. Now have the intention, "All the power I have taken either through kindness or fear, whether it is light or heavy, I now release. I give it back. I choose to stay in my own power and Light. And I give thanks to everyone and everything that taught me something. I release what I have taken as it never belonged to me. May all this energy, power, and life force be transmuted into Light."

Place the second stick on your heart and look inside your heart at all the power and energy that doesn't belong to you. Allow this energy to be released into the stick and then give this stick to the coyote.



The Third Stick is about your potential. The coyote no longer wishes to trick you, only to teach you to be honest with yourself. The coyote says that life is a place where many roads meet, and it is up to you to choose which road to take. The coyote asks you to choose wisely, to choose what serves your highest good so that you can realise your highest potential.

Place the third stick on your heart centre and see your heart filling with love for yourself. You can choose to follow the path of integrity, what the Native American people call 'the red road.' Ask to be aligned with this road and if you wish you can make a pledge to yourself to serve the highest good rather than the egoic mind. As a reminder of the pledge, break the stick in two pieces; the two aspects of duality on Earth; the two opposites.

Choose the piece that symbolises the highest good and bury the other piece in the Earth. In this way you are choosing to be a hollow bone, the pure vessel, the Enlightened heart.

Thank the coyote for its message and your spirit helpers for their support, and come back from this journey. As you come back ask for the coyote and your spirit helpers to close, seal, and protect you, your space, and the place you are in before they go.

Two-day Introduction to Shamanism & Power Retrieval

In Person: Glasgow: 10.00-17.00, 15th-16th March 2025

A unique two-day Shamanism course that will help you access your inner mystic, and discover the non-ordinary reality. You will have the opportunity to connect with your power animals and spirit guides and learn the art of power retrieval. Through the ancient art of shamanic journey we grow our power and access our essence of love. See the [website](#) for more information

Shamanic Dance of the Sacred Spirits

In Person, Glasgow - 18.00-21.00, Mon 23rd Dec

We meet just after the Winter Solstice, after the light is reborn, to dance a sacred dance



The Ceremony is a healing dance for the Earth, everyone taking part, and all beings. It is a dance to bring change to our world and increase the vibration of the Earth, healing disharmony and suffering. This is a circle of service, for those who have a pure intention to work for the highest good.

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 of the ceremony only lasts 30-45 minutes.



There will also be time for a sharing space where we can speak the wisdom that comes through our wise heart.

Before the Dance Starts

Fotoula will speak about the history of the sacred dance, the inspiration behind it, and what it all means - how from ancient times shamans have merged with helping spirits to dance and bring through healing Light.

After the Dance

At the end, we will offer everyone a cup of Greek Mountain Tea (herbal, caffeine-free). The tea comes from the herb known locally as Sideritis. The name, Sideritis, invokes a wish for people drinking it to have an iron constitution. It is a well-being herbal remedy with no known side-effects. In Greece people drink the tea for all ailments, especially for winter blues, colds, and snuffles. The herb grows abundantly throughout the Greek mountains, however the healing properties are only found in varieties that grow 1200 metres above sea level. This is why it is known as mountain tea that is picked by local village people. Traditionally the tea is served by itself, or you can add some honey and lemon. For those who prefer something else, we will have a selection of organic herbal teas.

As it is the festive season, we will also celebrate with some mince pies with a gluten free option, so that we are beautifully grounded after the ceremony.

If you have any questions, please contact Fotoula - info@isis-school.com

Details about the Ceremony: Shamanic Dance of the Sacred Spirits

- ★ **Time and Location:** 18:00-21:00 (*Please note we start at 18:00 not 19:00*)
- ★ **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 to book: info@isis-school.com

For more information on the **Shamanic Courses and Shamanic Circle** offered by Fotoula Adrimi, Shamanic Teacher, please visit the website.

We also offer a comprehensive series of **Online Shamanic Courses** -

[Visit the ISIS School Website](#)

[View our Online Shamanic Courses](#)

The Rays of Divine Consciousness and their Potential for Spiritual Development

The Rays of Divine Consciousness flow to the world from the Heart of the Divine Creator. Over the last twelve years Rays practitioners have been bringing this energy into their body, awakening the Oneness aspect of their DNA. The Rays awaken the part of the spiritual DNA that is orientated towards Oneness, and at the same time, heal the 'basic' animal nature of the DNA that is orientated towards survival and separation.

Through the Rays spiritual practices, practitioners channel streams of light consciousness from the infinite Divine spirit, by elevating their consciousness into the eighth chakra - the incredible place of the multi-dimensional self.

This place has much to teach and show you. And in the Rays Retreat in 2025 participants will discover how to operate from that place and unite with their multi-dimensional self through the practice of the Rays.

During the Rays spiritual practice the basic consciousness is elevated to the all-knowing etheric consciousness of the eternal Self that travels through all dimensions and alternate realities, and is aware beyond space and time. By acknowledging and engaging with this part that experiences life through the eyes of spirit, participants will discover that a bigger perspective can emerge within them, where the states of separation lose their hold on them. Instead they may start to transform all aspects of themselves.

Healing the Spiritual DNA

The spiritual side of the DNA holds so much more than a genetic sequence. This spiritual aspect carries the potential to transform the physical and heal the separation that exists within people. The wheels of karma allow people to see how they operate in the world and to become aware of the limitations of their mind. Yet karma is only one of the vehicles of transformation, which is based on the experiential journey of life.

Purification of the karmic seeds through the fire of the luminous being is only possible as a result of the deep healing of the state of separation. Ceremony and ritual brings what is stuck in the unending turning of the wheel of karma into the forefront so that it can be seen, realised, released, and removed from the body. Healing the spiritual DNA takes people into a



place of higher consciousness where the karmic wheels may change their cycles, as the old energies are no longer present.

This journey in healing the spiritual DNA is supported by rituals in the ancestral prehistoric sites that were purposefully built to encourage states of higher consciousness through higher vibrations of etheric energy. When these sites are opened through specific ceremonies they become a Temple of Light that can transfer the ancient knowledge of awakening to us from those masters who built them thousands of years ago, for that purpose. On the sacred land, the ancestors have left their bones made of stone, a legacy for people to inherit and work with, and continue their path of soul evolution.



The Rays of Divine Consciousness Retreat **Tuesday 27th May - Sunday 1st June 2025**

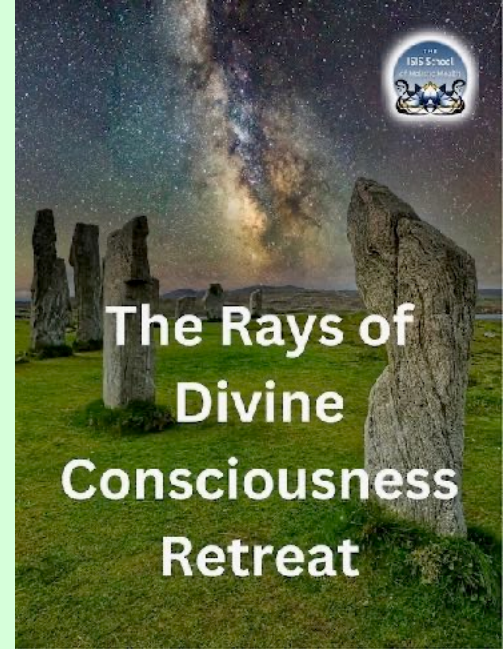
The next Rays of Divine Consciousness Shamanic Residential Retreat will be held in a venue near Kilmartin Glen, Scotland from Tuesday 27th May until Sunday 1st June 2025.

In the Retreat we will share teachings on Classic shamanism, as well as the teachings and spiritual practices for the Rays of Divine Consciousness. Fotoula received the Rays teachings through direct revelation on top of Dunadd Hill, Kilmartin Glen, Scotland, in 2012.

The Celtic land of Kilmartin Glen has been described as the Valley of the Kings. It is reputed that the Scottish Kings were crowned on the hill of Dunadd where an ancient footprint embedded in a rock, can still be seen today. The footprint marks a powerpoint where etheric energies merge. It is on this hill that we will connect with the Ancient Ones, the wise ancestors, and the spirit of the land that calls us back to the Glen for sacred work.

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.



In the Retreat 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.

After the Retreat, for retreat participants who wish to continue working with the Rays of Divine Consciousness, there will be an invite to the monthly Transmission of the Rays of Divine Consciousness that takes place via zoom. In these monthly meetings we share a spiritual practice of one of the twelve Rays. As we do this we become a channel for that Ray to be transmitted to the whole of the Earth.

Cost of the Retreat and Start and Finish Times

The cost for the retreat includes: teachings and workshop, residential accommodation in shared rooms, vegetarian lunch and dinner (please bring your own breakfast - there are cooking facilities in each cottage). Coffees, teas and herbal teas are provided.

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

The Retreat starts with dinner at **6.00pm on Tuesday 27th May**. You are welcome to arrive from 4.00pm. The Retreat finishes with lunch at **1.00pm on Sunday 1st June**.

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

Please note the deposit is non refundable and non transferrable.

Participants can also arrange to pay the course fee over monthly instalments before the course begins

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

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



Shamanic Ancestral Course Path of the Eagle 3

**Live Online Course starting
Tuesday 21st January 2025**

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

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

Module 1: 19.00-20.30, Tuesday, 21st January - **Theme:** Establishing a Link with the Shamanic Ancestors; Meet with the ancestor who works with you & clear the seeds that created unhealthy thoughtforms from the ancestors & your body

Module 2: 19.00-20.30, Tuesday, 28th January - **Theme:** Strengthening the Lineage; The misuse of power has created imbalance, which can lead to addiction, hopelessness & mental dis-ease. Ceremony to restore the power & heal the male and female ancestors

Module 3: 19.00-20.30, Tuesday, 4th February - **Theme:** Shamanic Initiation; Initiation by the 1st Shaman & dedication of our shamanic work to the service of the Earth & all beings

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

Module 5: 19.00-20.30, Tuesday, 18th February - **Theme:** Ancestral Trauma Release; Trauma release ceremony -revealing and healing the ancestral trauma

Module 6: 19.00-20.30, Tuesday, 25th February - **Theme:** Ancestral Integration Methods; Honouring the spirit team of your ancestors. Receiving spiritual empowerment

Module 7: 19.00-20.30, Tuesday, 4th March - **Theme:** The Ancestors from the Stars and How to Connect with them; Connect to the gift of your star lineage to the Earth. Fire ceremony of gift offering to the Earth. Activation of soul gift

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

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

To book: email The ISIS School on info@isis-school.com Payments can be made through bank transfer (email info@isis-school.com for bank details).

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

All deposits are non refundable and non transferrable.

Circles & Energy Transmissions - December

Fotoula's In Person & Online Shamanic Circle - Monday 19.00-20.30(uk)

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

9th Dec: In Person - Journey to the Upper World. Venue: Library, Glasgow Theosophical Society, 17 Queens Cres, Glasgow

16th Dec: Online - Ceremony for the New Earth & Earth Retrieval

23 Dec: In Person - Special Event - Shamanic Dance of the Sacred Spirits. **Cost:** £33 / £28. **Venue:** Glasgow TS



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 the enlightened qualities within and transform the conditioning that prevents us from experiencing our Divine Self.

December dates: 5th, 12th, and 19th

Cost for the Circle - £10.00. Payment by bank transfer or via PayPal using - fi@isis-school.com. For more information and programme [click here](#)



ISIS Energy Transmissions of the Living Light - December

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

Transmission dates for October (19.00-20.00 uk): **4th, 11th, and 18th**

Please email the School: info@isis-school.com if you wish to connect with any or all of these Transmissions. For information on how to connect with the ISIS Energy Transmissions [click here](#)

Rays of Divine Consciousness Transmission - December

Each month the ISIS School offers a Transmission of the Rays of Divine Consciousness that is open to everyone, worldwide. The Rays Transmission is: **10:00-11:00 (uk) Saturday 21st December**. 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 and find out more information about an event)

December 2024

4th: 19.00-20.00 [ISIS Energy Transmission](#) of the Living Light - open to all

5th: 19.00-20.30 [Online Meditation](#) and Chanting Circle, open to all

6th: 19.00-20.30 [ISET Initiate Circle](#): for Initiates of the Path of ISIS

7th & 8th: 10.00-17.00 In person [Shamanic Practitioner Training 23/25](#) - weekend 8

9th: 19.00-21.00 [Shamanic Circle](#): The Way of the Drum. **In Person** - Library, Glasgow Theosophical Society

11th: 19.00-20.00 [ISIS Energy Transmission](#) of the Living Light - open to all

12th: 19.00-20.30 [Online Meditation](#) and Chanting Circle, open to all

13-15th: 10.00-17.00 [The Healing Path of ISET, Part 2](#). Ancient Egyptian Mystery School / Path of ISIS;

16th: 19.00-21.00 [Shamanic Circle](#): The Way of the Drum. **Online** - Library, Glasgow Theosophical Society

18th: 19.00-20.00 [ISIS Energy Transmission](#) of the Living Light - open to all

19th: 19.00-20.30 [Online Meditation](#) and Chanting Circle, open to all

21st: 10.00-11.00 [Rays of Divine Consciousness](#) Distant Transmission - open to all

21st: 17.00-21.00 ISET Initiate Ceremony - In person & Online

23rd: 18:00-21:00 [Ceremony: Shamanic Dance](#) of the Sacred Spirits

January 2025

21st January - 04 March weekly on Tuesdays 19:00-20:30 Live Seven Module [Online Shamanic Ancestral Course](#) - Path of the Eagle 3: healing our lineage

February 2025

28th: Start of the Two Year [Priestess of the Moon Training](#). In person.

March 2025

15-16th: [Introduction to Shamanism](#) and Shamanic Journeying in person.

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

April 2025

11-13th: [Spiritual Path of ISET - Part 1](#). Introductory Course for the Ancient Egyptian Mystery School / Path of ISIS Course. Online Live.

The ISIS School Calendar of Events cont.

May 2025

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

13-18th: [Past Life Regression Therapy Practitioner Course](#) – In person

27th May-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

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

August 2025

03-09th: 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

04-09th: ISIS Residential Retreat - The Path of Isis. Open to all who have completed Spiritual Path of ISET, Part 1. Places limited, bookings essential. More information coming

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