

Newsletter – the ISIS School of Holistic Health Ltd



Issue 108: January 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*)

Your home when you arrive on Earth is your body. Your body is a gift from the Great Mother who births the physical world. In ancient Egypt, the Great Mother was identified with the name of HAT-HOR, which literally means, the House of Spirit.

The ancient Egyptians created a sacred symbol for HAT-HOR consisting of a square, symbolising the house, with a bird inside the house, representing the spirit that can fly everywhere.



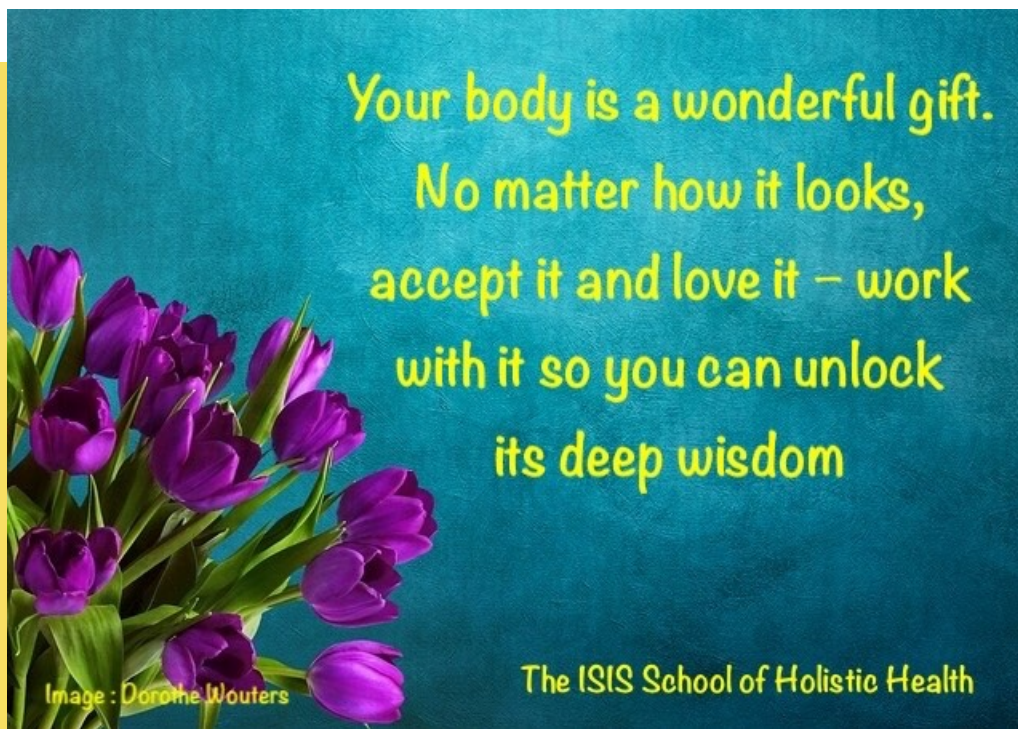
Your spirit is like this bird that can travel the alternative realities, the cosmic planes, and then come home. In this home you find that everything that you see outside of you, exists within this body. This body contains the whole of the cosmos. The Source, the All That Is, the essence that you are, is in every cell and micro part of the body.

The wisdom of your body is not apparent to you. Yet, your body speaks to you through intuitions, messages, and symbols, as it tries to catch your

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attention. As your body ages it is asking you to look deep within and find its hidden message.

The world is in chaos right now and the forces of chaos try to undermine your deep connectedness with your body. These forces tell you that your body should be a different shape, size, etc. If you listen to this rhetoric you may start to reject your body, wishing it was different. When that happens a deep separation occurs between you and your body that makes it difficult for you to hear its wisdom.

In turn, your body also feels rejected and those feelings of rejection and abandonment can arise within you. Then you may experience these issues in the world as the world mirrors what is happening within. Hence, by rejecting your body, you reject yourself, and consequently you may feel rejected by the world around you.

Your body is a wonderful gift. No matter how it looks, accept it, and love it – work with it so you can unlock its deep wisdom.

The Wisdom of the Body - an Exercise

The body speaks through signs and symbols, a language that has no words. For this reason, you need to relearn what you knew as a small child – the ability to perceive through an inner knowing that communicates through feelings. When you listen to your body, you may wish to allow your body to move in its own way, without being directed by the mind. You may find that as the body moves it releases stuck energy. This can open up the muscles and enable you to feel freer, so that the life-force energy of the cosmos moves freely within you.

You can do this exercise for 15mins each day. Connect deeply within by breathing deep into your body and intending to relax. Slowly allow your body to move in any way it wishes. After 15mins stop and listen. What is your body telling you?

This is something you may wish to do repeatedly. Make a commitment to speak to your body in this way for 15mins each day. Try it for a month and see how you feel. It is through feelings that your body speaks.

When you know the
voice of your body,
you will learn how it
feels to be you

The ISIS School of Holistic Health

Image : Dmitry

Banishing what does not Belong - a helpful practice

When you know the voice of your body, you will learn how it feels to be you. As you connect with your body daily you will easily recognise the energies of the world that try to take you away from your centre. If you come across an energy that does not feel right, an energy that is not you, you have the power to remove it. This is your body and the house of your soul. There is no room for uninvited guests. If you find such energies, take a stance and declare your sovereignty.

You can say, *"In the presence of all that is Holy, I state that I am a sovereign being and that I occupy solely and fully this body that is made by the Earth. I ask all other energies to lift from my body and move to their own place. May the threshold guardians open the right doors for them, and may the compassionate helping spirits show them the way."*

May my body be healed from any traces, cords, and spiritual or energy attachments of any kind and may it be restored to its natural, authentic blueprint."

Then stay in a space of meditation for a few minutes until you feel complete.

The more you clear the uninvited energies from others and from this world from your body, the more you may begin to experience a new level of well-being.

Showering your Body with Love and Grace - a practice

Your body is a miracle and contains information about how to transform the physical world into the higher consciousness of the light realms. During the Satya times of the first era, humanity did not experience the gateway of death. People

could move into the higher states of consciousness and transform the physical body into its basic elements of light energy.

As a result, the spirit lived in the body of SAHU, the spiritual shining body, that permeates all physical existence. In that state people were not bound by the limitations of time and space. They could travel everywhere with their light body, including to the past and the future.

The Satya times of high consciousness are not yet accessible. However, you can

work to encourage your body to activate its inner fire and light, its essential nature of energy.

As you begin to communicate with your body and clear it, then the next step is to love your body.

Intend to find yourself inside your heart chakra. Then ask to experience the unconditional Divine love that you are.

Through your intention you start to generate energy waves of light and

love that flow from your heart chakra into the whole of your body. In the same way that your physical heart pumps blood around your body, the heart chakra pumps the light of the infinite soul into every cell.

Within every cell exists the whole of the universe. Accordingly this practice has the potential to transform yourself and the world around you.

Again this is something that you can do every day. And the more you engage with the light of your heart, the more it grows.

Offering Gratitude for the Human Journey - a blessing

These practices will speak to people in different ways. Some days everything flows, in others spiritual practice is a struggle. This is the way of life. The cycles consist of expansions and contractions. The most important thing you can do is stay on the road.

Whatever is your experience, which may change from day to day, it is of benefit to give thanks to your body and soul for incarnating during these times of transition. And give thanks to your life which is a miracle in itself.



Gratitude opens the doors of your life, whilst expectation close them.

Offer thanks for all you are, all that you have lived through and experienced, as if this is your last breath on Earth in this body. Give thanks for it all.

In this way the spirit, the bird that is in the body, its earthly house, can truly be at home. Thank you.

We are Asking for your Help

Can you help us with Reviews for Fotoula's book "Sacred Mysticism of Egypt." Fotoula's publisher is asking for more Amazon and Goodreads reviews..... if you can help us we would really appreciate it - thank you so much. *(It can be the same review in Amazon and Goodreads).*

Amazon Review

Goodreads Review

Egyptian Mystery School Teachings The Path of ISIS Introductory Course -

***The Spiritual Path of ISET, Part 1
New In Person and Online dates for 2026***

Booking essential to secure your place

The **Spiritual Path of ISET, Part 1** is the introductory 3-day course for the Path of ISIS teachings. These teachings are a path to Awakening and Ascension that support us to embody our Divine self. Their aim is to open us to the Light of the World, so that we can become that Light, the Living Light, the Light of our essential nature. The course involves an Initiation process that opens the way for participants to channel the high energy vibrations of the Living Light.

In Person: Glasgow, Scotland - 10.00-17.00, Friday 13th - Sunday 15th March 2026

Online: 12noon - 18.30 (uk), Friday 17th - Sunday 19th April 2026

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

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

Mystery School Teachings-More Info

Introduction to the Ancient Egyptian Mysteries

*A series of three recorded online webinars - now available
as an Online Programme*



Introducing the Esoteric Knowledge of Ancient Egyptian Spirituality

The three **Webinars** are an in-depth introduction into the esoteric knowledge of the ancient Egyptian mystery school, that can be easily and safely transmitted online. The webinars take place once a month, over three months, and they include theoretical knowledge, history and provenance of the esoteric teachings, and a spiritual transmission and practice, to ground the teachings into the participant's body.

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

In the first webinar Fotoula shares information and knowledge about the temple tradition of the ancient Egyptian Mystery School.

Webinar 2 - The Gateways of Life and Death to enhance Spiritual Awakening

The mysteries of life and death, day and night, east and west were seen as gateways towards enlightenment. The celestial Nile, as the Milky Way, is the river of Life that flows through the darkness of infinite space.

Webinar 3 - Ancient Egyptian Book of the Dead - Coming Forth by Day

Practising the teachings of enlightenment and a sacred life and 'becoming the infinite ocean'

Accessing the Webinars through an Online Programme

The three webinars can be accessed through an Online Programme. The cost of the programme is £150.00 and you can find out more about the webinars and join the programme through the link below.

For anyone who has attended the Introductory Course for the Path of ISIS Teachings, the Spiritual Path of ISET, Part 1, the programme is half-price - £75.00. Please contact us (info@isis-school.com) to join the online programme

Ancient Egyptian Webinars



The Angel Rock with Lorilei Potvin and special guest Fotoula Adrimi



The Angel Rock with Lorilei Potvin and Fotoula. Key topics – The path to higher consciousness and living from unconditional love, accessible when we connect with our highest self and let go of ego, fear, and old conditioned patterns. Initiation – in ancient times and today—is about the heart, integrity, and a desire to help others. In Isis and Mary, we see examples of divine qualities like love, wisdom, healing, and protection, which we can reconnect with through meditation, ceremony, or simply by calling on those energies in a personal way.

Watkins Bookshop - London Event: Sacred Mysticism of Egypt

Fotoula will present a mini workshop on ancient Egyptian mysticism in **Watkins Bookshop** in London. Embark on a luminous journey through the spiritual traditions, rituals, and esoteric wisdom of ancient Kemet. Blending historical insight with mystical interpretation, Fotoula Adrimi reveals how these timeless teachings can illuminate the path of modern seekers.

Sacred Mysticism of Egypt: by Fotoula Foteini Adrimi

12 Feb 2026, 17:00 – 18:00

Watkins Bookshop 19-21 Cecil Ct,
London WC2N 4EZ, UK

[Link to Reserve your Place](#)

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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 - Friday 23rd January

Theme - Into the underworld of the Giza plateau

In this Circle we will travel back in time, and we will access the underworld of GIZA, the hidden tunnels and city that was later deliberately flooded by the ancients. Inside this subterranean network is the heart of Giza, a sacred city, now partly destroyed.

Guided by ISET, we ask for access from the etheric guardians, for the purposes of awakening and the highest good. If allowed, we will connect with a cosmic gateway, to the beings of light who brought us here on earth.

A transference of knowledge and healing in different levels, may be possible, as guided by ISET.

Circle Date: 19.00-20.30 (uk), **Friday 23rd January**

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



Path of ISIS Teachings, Gate 2, In Person - 10.00-17.00, 6th-8th Mar

Gate 2 is the next Path of ISIS Course after the Healing Path of ISET, Part 2. Initiations for Gate 2 take place 1-2-1 with Fotoula on Thursday 5th March at a time to be arranged.

If anyone wishes to repeat Gate 2 please let us know - there are spaces available.
(As guided by ISET, the Path of ISIS Courses are half-price for Initiates who wish to repeat a course).

Spiritual Path of ISET, Part 1, In Person - 10.00-17.00, 13th-15th March

This is 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.

If you wish to repeat this Course please contact Fotoula and Fi to check if there is a space available.



Channelling the Voice of Spirit

The Oracle Tradition of Ancient Greece

Pythia - the Oracle of Delphi

Although the most documented oracle tradition comes from Greece, oracles are found around the world. From times immemorial, there were people who were 'taken over' by the spirits. Spirits used the oracle's body to speak to others. The oracle tradition requires two parties: the oracle itself and the witness/ witnesses who listened to the information that is given.

In Greece, the most famous oracle centre is Delphi, where a Priestess known as Pythia, spoke the words transmitted to her by Apollo, the sun god. She was solely witnessed by Apollo's priests who wrote down her words, known by the term 'Chrismos' meaning a prophecy given by a priest or priestess. Pythia delivered the prophecies in Apollo's sanctuary, inside the holy or holies, carefully screened even from the priests. The person who asked for the prophecy was nowhere near her. The enquirer would only receive a piece of paper with Pythia's, and therefore Apollo's answer.

It was common for those prophecies, or Chrismoi, to have a double meaning. Depending on how the words were read, the advice given could be taken in two, sometimes opposing ways. One of the most famous examples of such a prophecy is the advice given to an enquirer who asked about whether he should go to war, as he feared for his life. Pythia's words were written down by the priests in this rough translation:

"You go you come not in the war you die."

This could be interpreted as: "You go, you come not. In the war you die." Or: "You go, you come. Not in the war you die."

The cryptic message left the enquirer to decide for themselves what Pythia said.

Despite being famous for her unclear answers, Pythia must have been accurate more often than not, as the Temple of Delphi was one of the richest places in Greece and beyond. People, families, and whole cities donated to the oracle centre. Rooms were built by different cities, called the thesaurus, meaning treasure, as a donation for the delivery of the prophecies.

One of the most famous prophecies, which was accurate in the end, was a prophesy asked by the Athenian state on how to defend Greece against a Persian invasion. Pythia spoke of the wooden walls. This made no sense to the enquirers, as the city boasted strong stone walls. However, the decision was taken to build another set of wooden palisades in front of the acropolis, which were later burned down by the Persian army. The wooden walls Pythia referred to, were the athenian war ships, which were made of wood. In the nautical battle, the Greek navy managed to sink the Persian fleet despite its superior numbers.

There are speculations that the oracle centre would use its position to promote a political stance, sometimes to its detriment. Having Apollo say what should be done, which leader should be elected, and which city should be chosen for certain things, could be very convenient. One of the most famous



Pythia - the Oracle of Delphi



King Aigeas of Athens consulting Pythia

political oracles is the one given to the Greek Macedonian King, Alexander the Great. He went to Pythia, and was admitted to the inner sanctum, on the excuse that he was the son of Zeus. He asked whether he, with the help of the rest of the Greek states, should undertake a campaign to conquer Persia, Greece's old enemy. Pythia said that he should not, and unlike her usual unclean self, she was quite adamant. Alexander became angry and took away her tripod, the three-legged stool she sat upon, and broke it in pieces. He said Apollo be damned, and he followed his own mind.

Other Greek Oracle Sites

Whilst Delphi is the most well known oracle centre in the western world, there are other oracle temples found throughout Greece. Some of them specialised as necromandia, meaning that instead of

passing on messages from the gods or highly involved spirits, the oracle was a spiritualist medium channelling the advice from dead relatives. This necromancer priest or priestess was found in temples all around Greece.

Another, less well known but very significant oracle centre, is that of Dodona, linked to the Goddess Hecate, a triple goddess of the underworld. Her oracle, who spoke her words, in a similar way to Pythia, sat on a short three sided column, or stool, inside an underground chamber, speaking through a shaft to the petitioners gathered on the floor above. The words would be distorted as they came up the shaft, as if they were coming from a great depth.

Some of the most important aspects of the ancient Greek oracle tradition:

- The number three is significant, as it encompasses the three worlds (underworld, middle and upper world), The oracle is connected to all three realities by sitting on a stool with three legs, called tripod.
- Purification takes place through spring waters where nature spirits have their abode. It is their gift that fuels Pythia's work.
- Fire and especially sulphuric fumes or the burning of herbs, enable the purification of the third eye and the deeper connection with the enlightened ones.
- Sacred trees are equally important. The priestesses and priests of Hecate are known to sleep under the oak tree of the Goddess and walk barefoot. The olive tree of Athena was central in the Delphi oracle.
- The Navel of the world. These places were built in high vibrational fields of the Earth, which are identified as the navel of the world. Stones and structures symbolising the navel were erected where lay lines meet. Thousands of years after their oracular function ceased the etheric energies of these areas can be easily felt and experienced.



Omphalos Stone - the navel of the world, Delphi Museum



Oracle Mediumship Course



Oracle Mediumship Course: Becoming the voice of Spirit

Fotoula writes:

I have been asked three times by my helping spirits and once from other people, to teach the oracular tradition of the seer and channel, adapted for our modern times. Having been a channel for the Enlightened Spirit Guide Isis for more than 20 years, I have seen the same calling in others and meet people who feel the deep wish to practice oracular mediumship.

The Oracle Tradition of Ancient Greece

From ancient Delphi to the sacred groves of Dodona, the oracle was a vessel through which enlightened spirits spoke for the highest good. Oracular work was never casual or spontaneous – it was ceremonial, witnessed, protected, and deeply rooted in relationship with Spirit and the Earth.

This **six-day immersive course** invites you into the **ancient oracle tradition**, adapted carefully and responsibly for our modern times. Drawing on the solar oracle of Delphi and the lunar, chthonic oracle of Dodona, this course offers a grounded and ethical pathway into oracular mediumship – one that honours both ancient wisdom and contemporary spiritual practice.

The Oracle Path

Oracle work differs from traditional mediumship. Rather than communicating primarily with the dead, the oracle channels **guidance, teachings, and insight from enlightened spirits**, in service to individuals, communities, and the wider collective. Oracular messages are meant to be witnessed and held within sacred space.

In ancient times, this work was carried out only within temple sanctuaries by priestesses and priests who lived a sacred life. While the temples may be gone, their principles remain – and they guide the modern oracle to work safely, cleanly, and without depletion of life-force.

About the Course

This course is offered over **six consecutive days** and provides a strong foundation for those called to walk the oracular path. You will be guided to develop your own unique way of working with Spirit, while held within clear structure, protection, and ceremony.

A certificate of attendance is issued to participants who complete all six days.

What You Will Learn

- **Protection & Sanctuary Building**

Learn how to create and hold sacred space, establish energetic boundaries, and work with protective rituals, amulets, and sacred objects. You will connect with a spirit protector and learn how to discern and disengage from energies that do not serve the Light.

- **Oracle Mediumship & Channelling**

Develop safe and effective ways to channel enlightened spirits. Learn how to open and close your psychic senses, understand the role of the witness, and move consciously between oracle and observer.

- **Building Relationship with Enlightened Spirits**

Deepen your connection with your spirit team through ritual, signs, omens, and the hidden language of nature – including your body as nature.

- **The Oracle Priest / Priestess of Our Times**

Bridge ancient traditions of sun, moon, and earth. Prepare your own navel stone and explore the concept of the oracle as a living axis between worlds.

- **Initiation, Practice & Integration**

Guided practice within ceremony, with the option to record an oracular message for personal reflection and integration.

About the Teacher

Fotoula Adrimi has been a channel for the Goddess Isis for over 20 years and has long been guided by helping spirits to teach the oracular tradition. Greek by birth, she can read and understand ancient Greek and has studied the original texts and mythic sources of these lineages. She works with a well-established and safe teaching spirit team and will gently guide you to discover oracular mediumship **in your own way**, in service to the highest good.



The Lineage of the Work

This course is rooted in the two most documented oracle centres of ancient Greece:

Delphi – the solar, upper-world oracle of Apollo

Dodona – the lunar, chthonic (underworld) oracle associated with Hecate

Together, these traditions offer profound teachings for the modern initiate, uniting heaven, Earth, and the underworld.

Who This Course Is For

This course is for those who feel a genuine calling to work with enlightened spirits and to deepen their spiritual and psychic connection in service to others.

You do not need prior experience in mediumship. Some participants may already work with guides; for others, this may be the beginning of the journey. What matters is **grounded presence, sincerity, and respect for the work**.

Experience in meditation is welcomed.

Important Considerations

The course requires participants to be well-grounded and emotionally stable. It is **not suitable** for those experiencing severe mental health challenges (such as schizophrenia, paranoia, or epilepsy).

Oracle mediumship is taught as a **clean, safe practice**, without the use of substances or psychedelics.

The course complies with UK legislation on mediumship. All teachings and channellings are offered for spiritual development and personal exploration as a demonstration only; responsibility for life decisions remains with each participant.

Oracle Mediumship Course - Practical Details

Dates: Tuesday 22nd–Sunday 27th Sept 2026

Duration: Six consecutive days **in person**

Introductory Cost: £600.00. Deposit to secure your place £300.00.

Location: The Glasgow Theosophical Society, 17 Queen's Crescent, Glasgow G20 6AE

Contact us to book your place – info@isis-school.com

Check out the [**webpage**](#)



Advanced Shamanic Practitioner Course

Join us either In Person or Live Online
Starting January 2026

The Advanced Shamanic Practitioner Course takes participants deeper into the indigenous style of shamanism, which is transmitted by the ancestral shamans beyond the veil of time. Apart from helping spirits and power animals, the traditional shaman relies on ancestral shamans who practiced the art during their life-time and now wish to support and empower us to do deep healing work that is so needed.

During the course we will go deep into aspects of shamanism that are normally only practiced in indigenous settings. We will look at spirit possession, curse unravelling, psychopomping of the ancestors causing harm, travelling to the world of the dead to assist those ancestors who are stuck and remove the blocks. We will look into curses, items that hold ancestral heavy energy, and how to work with spirits of the upper and lower world that are the gate keepers and healers of this path. We will work with protection and amulets and how to help your clients integrate the healing through specific ceremonies.

Pre-requisite: The Ancestral Spirits recommend that participants have completed the [Shamanic Ancestral Course - Path of the Eagle 3](#), which is available on our website as a Recorded Online Course. Or you have trained or are training to be a Shamanic Practitioner with the ISIS School of Holistic Health Ltd.

Nine Modules: January - November 2026

Module 1 - Reuniting with the Ancestral Spirits, building the framework and power for the work. **Module 2 - Psychopomping** of the stuck ancestors in the middle world of the dead and release the blocks that you carry in your body. **Module 3 - Further empowerment and initiation** into the Shamanic Ancestral Work. **Module 4 - Sacred Objects** - clearing witchcraft or heavy energy that is held in objects. **Module 5 - Curse removal and de-possession** for others. **Module 6 - Client empowerment**, bringing back the power of the lineage. **Module 7 - Ancestral land clearing** and healing. **Module 8 - On-going healing work** on other people in the group. **Module 9 - Lessons from your lineage**. Initiation into the Ancestral Shamanic Practitioner work by the Spirits. Graduation.

Advanced Shamanic Practitioner Course - In Person and Online

The Shamanic Ancestors have asked Fotoula to teach this work in person and online. In Person Course runs on Saturdays from 10.30-17.30. **Venue:** the Library, Glasgow Theosophical Society, 17 Queen's Crescent, Glasgow. Online Course Time: Sundays, 12.30-19.00

For more info, course dates and cost:-

Advanced Practitioner Course

Shamanic Soul Retrieval Practitioner Course

Live Online 5 Day Course –
14-18th January 2026



This immersive five day Soul Retrieval Course is either for people who have already completed a great deal of shamanic training and have attended a Shamanic Introduction Course that includes Power Retrieval. Or, it is for anyone who has already completed a two-day shamanic soul retrieval workshop with another teacher and who wishes to expand their knowledge and elevate their work, either personally, or to work with others.

Soul Retrieval - The return of Lost Soul Parts

Experiencing a traumatic event may cause **soul loss**. Part of our soul leaves because it would have been too traumatic to experience the full extent of the event consciously. As a result, we may find ourselves operating on automatic pilot, feeling resentment and dissatisfaction, or that we do not want to be here. We may also experience unending grief after the death of a loved one, who may have taken part of us with them. Soul loss is widespread in our western world. In the long term it deprives of our ability to feel good about ourselves and life.

The Online Five Day Soul Retrieval Course

In this **immersive 5-day Online Course** you will receive a soul retrieval and you will also learn how to perform a soul retrieval for others. In addition you will learn the practice of soul remembering which is about reactivating the intention for being born to this life. You will also learn how to support your clients after soul retrieval and how to work with the body. Finally this workshop will also teach you about soul retrieval for the land, buildings and businesses.

Course Cost and Dates

Time and Dates: 12:00-18:00 (UK), 14-18th January 2026 – Online via Zoom

Investment: £875.00 **Deposit:** £400.00

Booking is essential. Maximum 6 participants

Five Day Soul Retrieval Course

In this video Fotoula Adrimi, shamanic teacher, answers questions about how to become a shamanic practitioner and work shamanically with others



Join us In Person
or Live Online for
a comprehensive
two day
Introduction to
Shamanism
Course facilitated
by Shamanic
Teacher Fotoula
Adrimi

Introduction to Shamanism & Shamanic Journeying

with Fotoula Adrimi



In Person: 14th-15th February

Live Online - 25th-26th April

Our Earth Our Home

The ISIS School of Holistic Health



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.

More Info

Fotoula Adrimi



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

The Course requires advance booking with deposit to secure your place

Investment: £250.00

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

In Person Course Dates and Time:

10.00-17.00 (both days),

Saturday 14th - Sunday 15th February

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

Live Online Course Dates and Time:

14.00-19.00 (uk) (both days),

Saturday 25th - Sunday 26th April

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

The Healing Art of Shamanic Drumming Courses

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

New dates for 2026 for the Five Courses on the Healing Art of Shamanic Drumming

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

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

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

The Shamanic Drumming Courses

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



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



The Art of Shamanic Drumming - An Empowering Practice

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

Shamanic drumming can be a wonderful and empowering practice. Fotoula's tutelary spirits have asked her to teach the art of shamanic drumming, which she has been entrusted with and has been practising for over 20 years.

The First Course - Shamanic Drumming Introduction

The journey starts with you **getting to know your drum** and then **empowering** your drum through the power of the elements.

Pre-requisite: A drum and beater.

Date: 14.00-18.30, Saturday 28th February

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

The Second Course - Shamanic Drumming Practitioner

The journey continues with how to call the spirits and how to make your own drum spirited

Pre-requisite: Shamanic Drumming Introduction

Date: 14.00-18.30, Saturday 4th April

Investment: £165.00 **Deposit** to secure your place: £85.00

Venue for both Courses: Glasgow Theosophical Society, Glasgow

Half-price: The Courses are reduced for anyone who has qualified or is currently training as a Shamanic Practitioner with the ISIS School of Holistic Health Ltd

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



More about the shamanic drumming courses

Healing Art of Shamanic Drumming

Circles & Energy Transmissions - January

Shamanic Circle - The Way of the Drum

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

Circle Dates: In Person - 12th January;

Live Online: 19th January; **In Person** - 26th January

[More information about the Shamanic Circle](#)



Fi's Live Online Meditation and Chanting Circle - Thurs 19.00-20.30 (uk)



The Circle is open to beginners and experienced practitioners. We harness the power of mantra - sacred sound - to help us awaken enlightened qualities within us and transform the conditioning that limits us from experiencing our Divine Self.

Circle dates: 8th, 22nd and 29th January

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 - January

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.

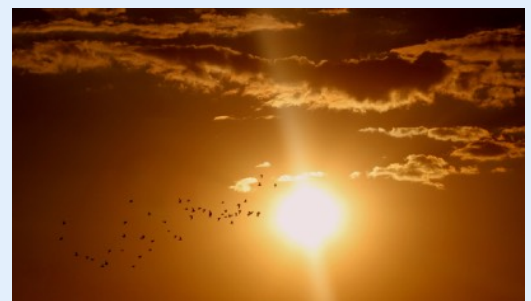
Transmission dates (19.00-20.00 uk): **7th, 21st and 28th January**

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 - January

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

The Rays Transmission is: **19.00-20.00 (uk) Tuesday 27th January**. 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)

January 2026

4th: 10.00-16.30 Priestess of the Moon Reunion

7th: 19.00-20.00 [ISIS Energy Transmission](#) of the Living Light - Distant Transmission open to all

8th: 19.00-20.30 [Online Meditation](#) and Chanting Circle - Open to all

10th: Start of the year long **In Person** [Advanced Shamanic Practitioner](#) - Ancestral shamanic healing practitioner - scroll down to bottom of webpage. 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 [Online Advanced Shamanic Practitioner](#) - Ancestral shamanic healing practitioner - scroll down to bottom of webpage. 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

12th: 19.00-21.00 [Shamanic Circle](#) - **In Person** - Open to all

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

19th: 19.00-21.00 [Shamanic Circle](#) - **Live Online** - Open to all

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

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

23rd: 19.00-20.30 [ISET Initiate Circle](#): for Initiates of the Path of ISIS

26th: 19.00-21.00 [Shamanic Circle](#) - **In Person** - Open to all

27th: 19.00-20.00 [Rays of Divine Consciousness Transmission](#) - Open to all

28th: 19.00-20.00 [ISIS Energy Transmission](#) of the Living Light - Distant Transmission open to all

29th: 19.00-20.30 [Online Meditation](#) and Chanting Circle - Open to all

30th Jan - 1st Feb: [Priestess of the Moon Training](#), Weekend 6, Imbolc and Full Moon

February 2026

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

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

7th: **In Person** [Advanced Shamanic Practitioner](#) - Ancestral shamanic healing practitioner

8th: **Online** [Advanced Shamanic Practitioner](#) - Ancestral shamanic healing practitioner

The ISIS School Calendar of Events continued

February 2026 (cont.)

- 9th:** 19.00-21.00 [Shamanic Circle](#) – **In Person** – Open to all
- 10th:** 19.00-20.00 [Rays of Divine Consciousness Transmission](#) – Open to all
- 11th:** 19.00-20.00 [ISIS Energy Transmission](#) of the Living Light – Distant Transmission open to all
- 12th:** Fotoula Adrimi Mini workshop, [Watkins Book Shop London](#) – Open to all
- 14th-15th:** 10.00-17.00 2-day In-depth [Introduction to Shamanism Course](#) – **In Person Glasgow**
- 16th:** 19.00-21.00 [Shamanic Circle](#) – **In Person** – Open to all
- 18th:** 19.00-20.00 [ISIS Energy Transmission](#) of the Living Light – Distant Transmission open to all
- 19th:** 19.00-20.30 [Online Meditation](#) and Chanting Circle – Open to all
- 20th-22nd:** [Shamanic Practitioner Course](#) – Second Gathering
- 23rd:** 19.00-21.00 [Shamanic Circle](#) – **Live Online** – Open to all
- 24th:** 19.00-20.30 [ISET Initiate Circle](#): for Initiates of the Path of ISIS
- 25th:** 19.00-20.00 [ISIS Energy Transmission](#) of the Living Light – Distant Transmission open to all
- 26th:** 19.00-20.30 [Online Meditation](#) and Chanting Circle – Open to all
- 28th:** 14.00-18.30 [The Healing Art of Shamanic Drumming](#), Part 1, Introduction – Open to all

March 2026

- 1st:** 10.00-16.30 [The Healing Art of Shamanic Drumming](#), Part 4 – for participants who have already attended Parts 1-3.
- 6th-8th:** 10.00-17.00 Path of ISIS Gate 2 Course, next Course for Initiates who have attended The Healing Path of ISET, Part 2
- 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-22nd:** [Shamanic Practitioner Course](#) – Third Gathering
- 28th:** **In Person** [Advanced Shamanic Practitioner](#) – Ancestral shamanic healing practitioner
- 29th:** **Online** [Advanced Shamanic Practitioner](#) – Ancestral shamanic healing practitioner

April 2026

- 4th:** 14.00-18.30 [The Healing Art of Shamanic Drumming](#), Part 2 – for those who attended Part 1
- 11th:** **In Person** [Advanced Shamanic Practitioner](#) – Ancestral shamanic healing practitioner
- 12th:** **Online** [Advanced Shamanic Practitioner](#) – Ancestral shamanic healing practitioner
- 17th-19th:** 12noon-18.30(uk), Path of ISIS, [Spiritual Path of ISET, Part 1](#) – **Online.** (*The Introductory Course for the Path of ISIS Teachings*)
- 25th-26th:** 14.00-19.00 2-day In-depth [Introduction to Shamanism Course](#) – **Live Online**