

Newsletter – the ISIS School of Holistic Health Ltd



Issue 109: February 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*)

Instead of looking to the future for answers stay grounded and take action in the present moment. It is in this present moment that the seeds of the future are planted.

Your soul has chosen to incarnate during these uncertain times. These changing times that you are going through hold a promise for the future, which you are

manifesting now. Yet the soul cannot see the future, it only decides to take a step towards it. What is to come awaits you at the end of the road, but the road you walk is covered by the mists of time. There is no way to clear these mists. Only the clear light of your soul can guide you into the unknown.

The path of life is designed for the soul to lose and then find its way. In the bigger picture there is no wrong path, only an experiential way for self-realisation. The soul learns about itself through travelling the path of life.

The path becomes a mirror for the soul to become aware and awaken.



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Please do not teach this material as your own, as this is unethical.

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Guided by the Inner Voice

For those who walk a spiritual path, you have the opportunity to clear the mirrors and open your awareness to the soul light that you always radiate. This deep connection helps you find a way that is right for you, so that the experience of your soul light can continue to grow and become richer. At some point this light consciously guides you. As you listen to and hear the whisperings of the inner voice, your connection becomes stronger.

*The more you act from the inner voice,
the more your connection grows.*

There are times when the inner voice becomes almost silent and difficult to hear. *"What should I do when this happens?"* You ask yourself. *"There is nothing coming to me. Even when I set my ego aside, no solution or course of action appears."*

When you cannot hear the inner voice, it may be because there is nothing for the voice to say. The soul is saying to you – 'Use your critical mind. What is it that you want to do?'

This life of being human is largely lived by the personality. The inner spirit speaks and acts when the time is right. At other times it is silent and you have to decide what you feel needs to happen.

Moreover at times, the silence is important. There may be no need for the silence to be filled. In those times linger, and allow the rhythm of life to carry the soul to the next stage.

The Increased Speed of Modern Life and the Consequences

Each soul has its own pace. The conditioned world has increased the speed of life, consequently you may feel hurried and unable to act from a higher place. When this happens you can easily lose yourself in the fast rhythm that does not allow for the important step of inner contemplation.


There are needs that have to be taken care of. Basic needs that create a sense of safety. In the past those needs took up much of your time. In this current era, many of your basic needs are met. You no longer spend hours foraging or planting the land. However, you have lost a deep sense of being as the cloud of the conditioned reality has become even thicker. The free time you have generated is dedicated to conditioned activities, taking you deeper into a state of separation that seeps into your psyche without you realising it.

Lessons from the Past

The previous era was a time when an advanced human civilisation, even more advanced than your own, lived on Earth. In the beginning this civilisation was created on solid principles based on the respect for the self and all life. It also had a deep connection with the natural world.

As the subsequent civilisations became more and more sophisticated the people devoted their time to entertainment. There was nothing more important than excitement. People sought the adrenaline rush, no matter the cost. The respect for the Earth, life, even human life, was somehow lost. A hunger for more, an unpalatable greed, rose in the human heart, and people lost sight of what was happening around them and within them. Before they realised it, the inner peace, the goodness of the soul, and the Divine connection were being gradually obscured.

In this state some people, desperate for connection and power, felt a deep excitement by practicing magic. Some of them realised they needed more power

A white rose in bloom, positioned in the lower right quadrant of the image. The rose is delicate, with its petals fully unfurled. The background is a dark, out-of-focus green and blue, suggesting foliage and light filtering through. The overall mood is contemplative and serene.

**When we do not heal
the past, the past
becomes the present**

and attracted unskilful entities, non-human beings who came to them. These beings are very seductive. They trapped, and continue to trap, many souls who are serving their agenda, even unknowingly.

In these times, these patterns from the previous era are being repeated. Humanity never healed from the past, so the past becomes the present. In your world the balance between the two states of duality; light and dark, changes every day. As the pendulum continues to swing, you are called to become that point of stillness that accepts, releases, and heals the past, and plants the healthy seeds for the future.



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

Read More

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



Sacred Mysticism of Egypt: Awakening the Living Light with Michelle Fisher and Fotoula Adrimi

In this deeply evocative episode of *Haunted History Chronicles*, Michelle Fisher is joined by Fotoula to explore the hidden mysteries of Ancient Egypt beyond the monuments, pyramids, and hieroglyphs. Drawing on profound initiatory experiences and the teachings of the Goddess Isis, Fotoula shares how the ancient HEKA traditions and Living Light of Egypt can still be accessed today as powerful pathways to spiritual awakening, healing, and self-realisation.

The conversation invites listeners to consider how ancient spiritual paradigms can support transformation not only for the individual, but for the world we are living in now. If you are drawn to sacred knowledge, mysticism, and the possibility that the veil between past and present can be lifted, this episode will speak directly to the soul.



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

Reserve your Place



**WATKINS
BOOKS**



ISET Initiates Community Page

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

Online ISET Initiates Circle - Tuesday 24th February

Theme : The Way of MA'AT (Divine justice) leading into the ascension process of RA-HORAKTI



Through becoming the creative power of the Cosmos, ATUM, we invoke MA'AT into our life and we generate the state of RA-HORAKTI, rising like the sun in the endless horizon

Circle Date: 19.00-20.30 (uk), **Tuesday 24th February**

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.



The Path of Shamanic Initiation

- by Fotoula Adrimi

Spiritual initiation starts with a transference of etheric energy which usually comes from a person who has already mastered the energy vibration, or from enlightened spirit beings, or from both. Some initiations may feel familiar due to past life experiences with the same energy.

Many people incarnate already carrying traces of a particular energy vibration in their etheric bodies. These traces lie dormant and may only activate when an

initiation takes place either by a teacher or an enlightened being. In certain circumstances it is also possible for the flow of energy in a sacred site to activate the memories from past life experiences that these energy traces hold.

At the same time, sacred sites that are etherically supported by spiritual beings of the light, may grant an initiatory experience to someone who enters the site. This happens in agreement with the person's higher self even though the human person may be unaware of what is going on.

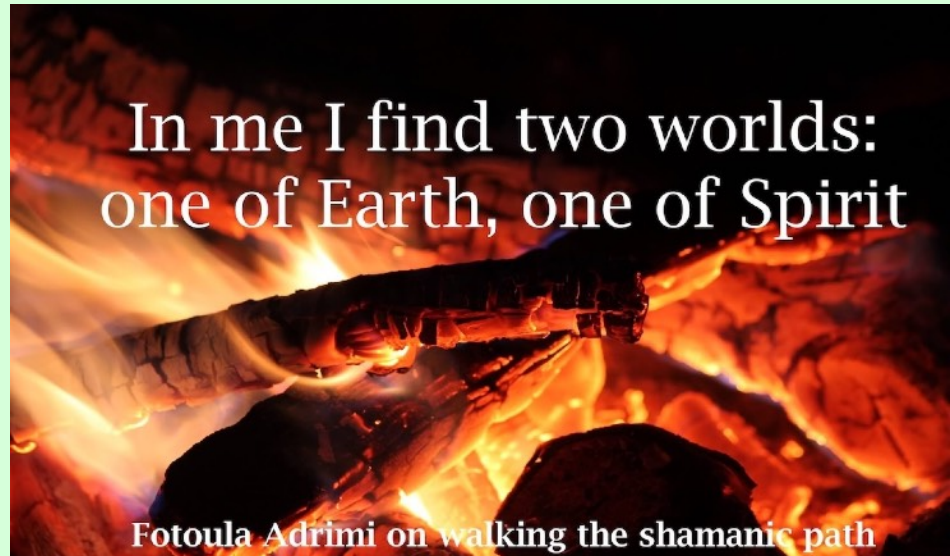
In shamanism, an initiation includes a transfer of power, knowledge, and vibration to open the path for those who wish to walk it. A spirit(s) grant the person the gift to work in alternative realities and they will also guide the initiate. These spirits stay with the practitioner for as long as they practice the art. If a shaman decides to stop practising, or the spirits feel they and the person are no longer compatible for whatever reason, the gifts may be withdrawn. Occasionally the spirits withdraw from the shaman towards the end of the shaman's life so that the shaman can retire and have a few years of enjoying life without the onus of healing others.

The Importance of Maintaining connection with your Spirit Helpers

Shamanism is not a career path, it is a way of life. This is why it is so important to follow the advice and guidance of the helping spirits. If people only journey every few months they might find their connection to spirit has weakened.

A good way to maintain the shamanic connection is by opening a sacred space daily where you drum, rattle, sing and offer gratitude to the spirits and also listen to what they say to you. Creating sacred space daily builds your protection and safeguards you from spiritual foes. You become stronger through your spiritual work.

Another issue that may arise when we neglect our connection with our helping spirits concerns our physical body. Our body is also a sacred space that needs to be continually looked after. When we invoke spirits the energies of light that they bring can help purify and remove





unwanted energy attachments from us. When we do not tend the sacred space of our body, etheric dust can gather comprising of many different types of unhelpful energies. This can result in us feeling heavy and lethargic.

If your connection to spirit leaves you feeling very tired then it may be that you are not connecting regularly. In such cases, you may wish to seek a healing from another shamanic practitioner to clear the

stagnant energies and any intrusions that may have settled in your body.

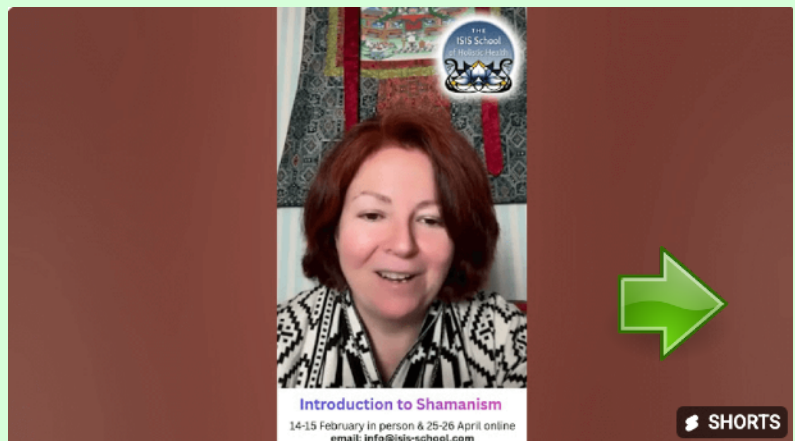
The Beauty of the Shamanic Path

In practising shamanism the most important thing is to have a clear intention each time you journey and allow yourself to be guided by the spirits, so that you can learn more about yourself, your spirit helpers and the shamanic ways. The shamanic path will allow you to manifest the spirit gifts you already carry and also help you evolve by teaching you about gifts you may be able to attain the more you grow. The gifts that come your way can only be truly mastered when you become the emptiness of spirit – a pure channel, the hollow bone. If you try to claim the gifts through the ego you will only regress rather than progress.

This is where some western people can lose their way and their connection with enlightened spirits. Enamoured by what indigenous shamans are able to do they may desire powers that are only accessible to those with a higher consciousness. The shamanic path is about becoming spirit, transforming yourself into the infinite, out of which all power, love and energy flows.

Sometimes the path presents as a calling. Many indigenous shamans have been called by spirit or by the spirit of a drum. And this is happening now for people in the west. The calling may be so strong that even if the person tries to avoid it, it keeps coming into the person's awareness. If that happens to you this is the time to find a reputable teacher who can guide you safely onto the path through an initiation that offers you knowledge, transmission, and empowerment as you explore the shamanic ways.

In this video Fotoula speaks about the two day **introduction to Shamanism Course** that she is facilitating in **Glasgow in February** – see next page for more details about the course



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

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

Priestess of the Moon™ Training

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

Priestess of the Moon Training

Answering the call of the Moon

A new Circle begins in Feb 2027

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

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

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

The Priestess Training Programme

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

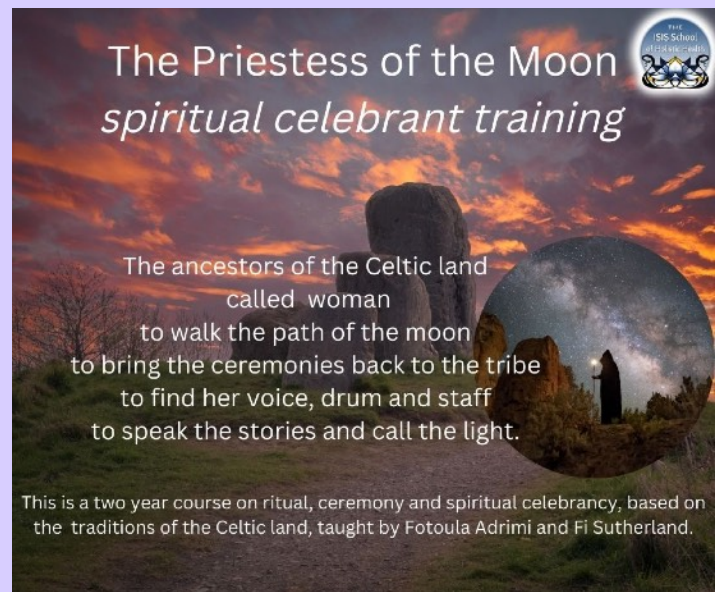


Participants can find their own representation of the Goddess in whatever way is suitable for them and their beliefs.

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

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

- the Sun Festivals – the equinoxes and solstices, and the Fire Festivals – Imbolc, Beltana, 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.



How to join the Priestess of the Moon™ Training

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

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

There is more information on the Course on the website as well as all the practical information

More about this powerful Training

Testimonials from women who completed the Priestess of the Moon™ Training with us



Connie

"These beautiful teachings will change you and your life in ways that is hard to put into words. They are exquisite as are the teachers Fotoula and Fi. I had never taken part in training like this before and never sat in Circle. To say I was slightly apprehensive would be an understatement. That all vanished from the very first weekend of coming together with the most amazing woman who are now my sisters and friends. Fotoula and Fi create the most beautiful, safe, and sacred space filled with love, respect, deep wisdom, and absolute integrity in all they do. You are held in this divine energy at all times. The journey can be a rollercoaster as you start to peel away the layers which are not you and never were. You just did not know. The reconnection to who you really are and your true essence begins. The person at the start, to the person you become, is a complete transformation. Your light shines brighter and brighter. You will never look back. I cannot recommend the Priestess of the Moon enough. Fotoula and Fi are the most gifted and amazing teachers."

Morven Carmichael

I can honestly not recommend this Training enough. I graduated in October 2024 and it has been the best experience working both on myself and for the land. I adore these teachings and have made the most wonderful relationships with my sisters. Fotoula Adrimi Author and Fi Sutherland are the most wonderful and genuine teachers. It has absolutely changed me as a person. It's no easy ride though so be prepared to do the work!

Laura Gurney

"A few years ago, you would not have found me anywhere near a 'women's circle,' let alone doing 'Priestess' training! The sound of it made my toes curl and I thought it would be cringey and self-indulgent. Plus I had trained with both Buddhist & Taoist Masters- what more could I want? I had absolutely no clue how nurturing the energy of the Sacred Feminine could be; nor how much softer and powerful a training it would be. Now I can't believe that women anywhere might not have access to such an empowering and supportive community. The Priestess of the Moon Celebrant Course has been beautiful beyond words; deep and profoundly therapeutic. I look forward to bringing some of these ceremonies to Yorkshire once I am practiced enough. And both Fotoula & Fi are highly recommended teachers with great wisdom, integrity and love!"





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**](#)



Circles & Energy Transmissions - February

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 - 9th February and 16th February

Live Online: 23rd February

[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: 5th, 19th and 26th February

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 - February

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.

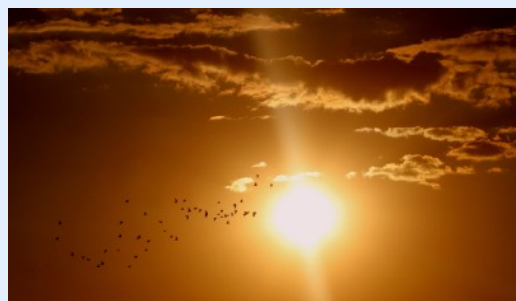
Transmission dates (19.00-20.00 uk): **4th, 11th, 18th and 25th February**

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 - February

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 10th February**. 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

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

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

The ISIS School Calendar of Events continued

March 2026

- 1st:** 10.00-16.30 [The Healing Art of Shamanic Drumming](#), Part 4 – for participants who have already attended Parts 1–3.
- 2nd:** 19.00-21.00 [Shamanic Circle](#) – **In Person** – Open to all
- 3rd:** [Priestess of the Moon Live Online Circle](#) – for participants in the Current Priestess Circle
- 4th:** 19.00-20.00 [ISIS Energy Transmission](#) of the Living Light – Distant Transmission open to all
- 5th:** 19.00-20.30 [Live Online Meditation and Chanting Circle](#) – Open to all
- 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
- 9th:** 19.00-21.00 [Shamanic Circle](#) – **Live Online** – 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:** 19.00-20.30 [Live Online Meditation and Chanting Circle](#) – Open to all
- 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*)
- 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 [Live Online Meditation and Chanting Circle](#) – Open to all
- 20th:** In Person and Live Online Path of ISIS [Pyramid Text Ceremony](#) – Open to all Initiates
- 21st-22nd:** [Shamanic Practitioner Course](#) – Third Gathering
- 23rd:** 18.00-21.00 [Shamanic Dance of the Sacred Spirits](#) – Shamanic Ceremony 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 [Live Online Meditation and Chanting Circle](#) – Open to all
- 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](#) – **Live 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**