

Newsletter – the ISIS School of Holistic Health Ltd



Issue 102: May / June 2025

**ISIS (ISET)
Divine Mother of All
offers words of wisdom to
support our soul's evolution**



This is ISET (ISIS) the Divine Mother speaking (*channelled by Fotoula Adrimi*)

The Great Mother opens her arms for the children of the Earth to walk home.

Humanity has been endowed with wonderful gifts of the soul, mind, and body. You can achieve miracles. You are incredibly gifted. You have the power of the Universe flowing through you and the attributes of Source that manifest through your being.

These incredible gifts lie dormant until you start to uncover them. You respond to a deep calling that opens a path for you to embody the gifts that you bring in each incarnation. You have many gifts and many lifetimes to bring each one into fruition. Once you actualise a gift in one lifetime, it will flow from you naturally in the next lifetime. For example, if it took you a lifetime to become an accomplished artist, in the next life you are born as one. It is as if your art flows innately through you.

In many of the lifetimes you have lived, you have managed to actualise the soul gifts that you carry. And slowly in this lifetime you become these gifts. They are part of who you are. In different cultures your gifts are seen as more or less important. To illustrate, in a culture that values spiritual connection, a psychic ability to communicate with the higher realms is both respected and



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encouraged. However, in another culture which follows a dogmatic religion, this gift may be seen as anathema, or even a curse. The environment and the place where you live puts a judgement on your gift that you may also adopt.

When that happens a spiritual block is created that separates you from your gift. Your soul may still wish you to access the gift, but you may find that when you think about pursuing it, fear rises within you. People you know may also try and persuade you to give up your gift. They are placed there by a deep resonance created by the block.

In order to clear this block, you are asked to walk the path of the hero, and in your own way surmount what appear to be insurmountable obstacles that are attempting to stop you. These obstacles can be both internal, such as fear, doubt, and judgement, and external, such as the discouragement of family, friends, and loved ones.

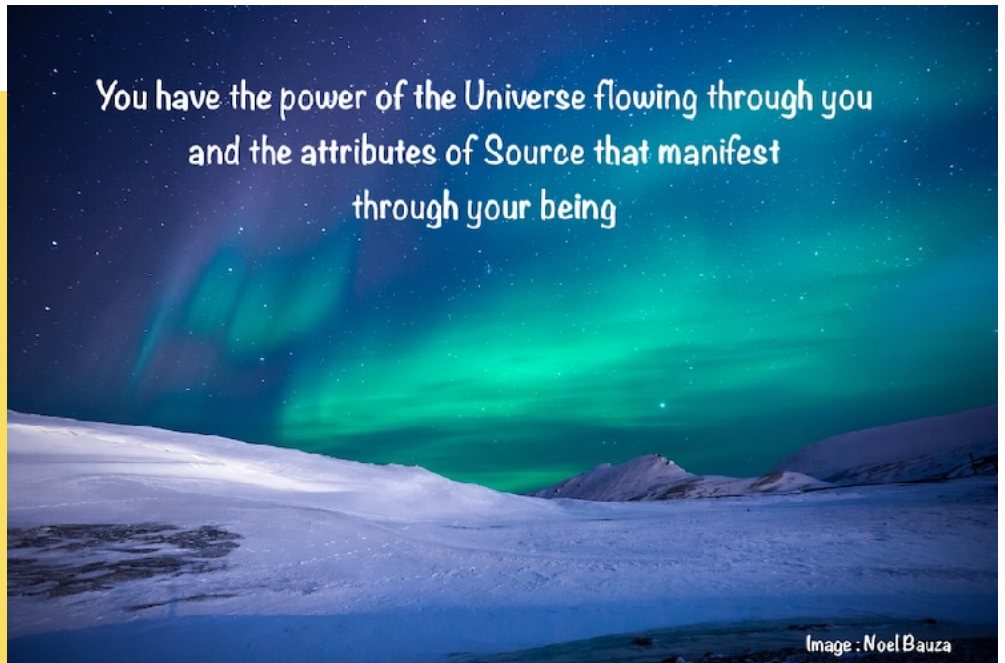
In order to heal the chasm that appears between you and your gift, you need to first understand what caused this chasm, and then reclaim the soul essence and life-force energy that was trapped in a previous life. You can do this through past life regression work.

When you do this, you may discover a wall of resistance both from within yourself, and from your environment. This resistance is part of your path towards reclaiming yourself. In the same way that you use resistance to grow muscle in your physical body, the inner and outer resistance builds your inner power.

The Consequences of Unhealthy Pride

The next challenge on this journey of reclamation is when you allow the pendulum to swing the other way and you become egotistical about your gift. Unhealthy pride is another way that stops the flow of the river of life. Unhealthy pride and the ego attempt to control life circumstances, and sometimes leave you open to harmful influences from spirit beings who resonate with unhealthy egoic

You have the power of the Universe flowing through you
and the attributes of Source that manifest
through your being



See yourself through the eyes of the Great Mother
and appreciate the miracle that you are



states, and who can attach to you. These beings do not have your interests at heart. They pursue their own agenda through you, and will drain your life-force energy until you are no longer of use to them.

*When the ego dominates your life, you can no longer work
for the highest good, and your decisions can be destructive
for yourself and others.*

You also start to lose access to a pure expression of your soul gift, which seems to diminish instead of flourishing. When that happens the egoic mind tries to find short term solutions to support a worldly expression of the gift which also causes the gift to diminish. This is a big challenge for the soul. So many souls start well with a clear and pure expression of their gifts, but if through their journey their ego takes over, their gifts decline.

Releasing Expectations

The next stage in embodying your gift is to release all expectations and attachments to how your gift should manifest in the world. These attachments that you create can close the doors of a manifestation that is most pure and fulfilling. Unless you surrender to the highest good with a sense of humility and gratitude, you may find yourself disappointed by what you consider to be a lack of progress.

Remember that life is always listening to your words whether they are spoken or silent. Manifesting your gifts and embodying your essence is a huge journey. The bigger the gift you carry, the longer the journey may appear. Even if you lose yourself, do not despair, make those lost years part of the journey – for in the

bigger picture there is no time. And no matter how many times you get lost, you will always get there. It is the path and the journey you discover by walking it that makes up your treasure, not what gold you will find at the end of the rainbow.

The Support of the Divine Connection

The Great Mother holds her arms wide open for you, no matter where you have been, what you have done, and what dark paths you have travelled. Divine love flows to you unconditionally and it is the only power that can truly heal you. When you find yourself walking in the night of the soul, call the guiding light of the sacred Divine heart to embrace you.

The Divine may not tell you what to do, or fix your life, but through this sacred connection you have the opportunity to drop deeper into a pool of love and light that helps you see things differently, and awaken out of the stickiness of the egoic mind that despairs, judges, and condemns. The Divine holds you in a space of awe and sees you as the hero of life, for walking this path is not easy. Know that you are supported by the invisible realms, even though it is your feet that take the steps. You are held even in the dark times, for you are the precious Divine child of the Universe.

Know that you are supported by the invisible realms. You are held even in the dark times, for you are the precious Divine child of the Universe

Image : Jolanda Legeer

See yourself through the Eyes of Spirit

When the Divine Mother lays her eyes on you, she sees an incredible beauty manifesting in form through the miracle of life. She looks at your life and sees a blessed life which enables you to embody the gift that you are. The Great Mother invites you to also see yourself through her eyes and appreciate the miracle that you are. She also invites you to see your life through her eyes and find the perfection and Divine design in the path you have travelled. She invites you to make peace with life and make peace with yourself, so you can embody the spirit that has come to Earth to truly live and experience this miracle of Divine creation you are.

The Path of ISIS Teachings



ISSET 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 - Themes and Dates for May & June

Theme for May: The White Lotus of HAT-HOR - The temple of the White Lotus opens again its doors to the Initiates of the Living Light. We walk as pilgrims on the road back to the purity of our spirit. We lift the veil to meet the five destroyers who obstruct our path and speak the words that disempower them. We cut the cords so that they can no longer affect us. HAT-HOR becomes the gateway for transformation and the releaser of chaos.

Theme for June: Rebirth - In this third circle of working with HAT-HOR we experience our rebirth as a cosmic being who carries all the attributes of the universal divine soul, as we emerge from the sacred womb of the Great Mother. This is a time of deep healing and re-alignment with the Divine soul that we are. We then listen to HAT-HOR through a channelling on our evolutionary process.

Circle Dates: 19.00-20.30 (uk) ,Tuesday, 20th May, and Tuesday, 17th June

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



The ISIS Retreat 5th-9th November

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

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

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



[The ISIS Retreat - Read More](#)

*A Second Message from ISET, the Divine Mother – channelled by
Fotoula during the Spiritual Path of ISET, Part 1 Course
at the end of March 2025*

The Mystery School Teachings

I am ISET, the Divine Mother of All. I have come to you to welcome you into the Temple of Light. You are the Lotus flower that has grown through all the harsh circumstances until your roots that were floating, touch the ground and you blossom. You open your petals. You open your wings. When you open your wings, we, the Enlightened Ones, come through you. We flow through you. We flow through your heart centre because you are here. And we are also here, and even though we are not embodied, we work with your body.

Your body is sacred. You are sacred. Your body is a wonderful gift. Your body knows these teachings. And when you open your wings, your body responds. Your body is not separate from your spirit. You are one - body and spirit. In this reality you are both.

You say 'I'm one with everything, with all life.' Yet, all life is in your body. You are one.

And something in you awakens. This awakening happens in stages, because the awakening is so profound that it can only be felt in stages. Otherwise your body cannot hold it. It has to happen this way. The awakening process has been designed to happen this way so that your body transforms step by step. Your body transforms as you release the conditioning of the world that you took on for this journey. And you do not just release the conditioning from your spirit and mind, you also release it from your body, and your body is also becoming light.

In the ancient times you knew this. You knew the ascension process. You knew the path. This knowledge is still within you and now it is being re-awakened. And

there is no timeframe for this. There is no schedule. Allow the awakening process to take place in whatever way that is for you.

The Great Pyramid

Inside the Great Pyramid the portal of ascension still exists. This portal is shared with you each time you open



Image - Marcin Chud

sacred space – the Great Pyramid's portal is here with you. It's on your altar. It's in your space, because the energy now on the Earth has made it possible.

As you work with these spiritual practices you are embodying the teachings of the Living Light for they are not separate from you either. They are within your inner knowledge. There was a time when human beings were the gods and goddesses. And that time is also within you. You are in the process of unlearning the conditioned past and relearning the ancient, ancient teachings that are now offered to you.

The Living Light Teachings

These teachings are offered to you by the Enlightened Ones, but you have to actualise them. The Enlightened Ones do not need them. When you are enlightened, you are the Living Light. There is no teaching – you are the teaching. Until then your life is the teacher. And when you fully awaken, you are the teacher, the teacher of life, because life holds no secrets from you any more. You see all for what it is. There is no mystery. In the meantime the mystery school, or whatever name you have for this work, is taking you to that point where there is no mystery any more, and everything falls into its place.

This is the journey of the mystery school and during this journey a lot of things will start to fall into place for you. And this journey has a beginning and an end, and another beginning and another end, and another, and another... because the soul wishes to learn, expand, experience, live, become the mystery, and then forget it all. There is such a gift in this journey.

Your steps are on this path. They have been for a while, for so long. And yet, what is time? This life is a very important life, and at the same time, it is only a dream. When you pass to the other realities you awaken out of your body and think, 'that was a dream, but a significant dream.'

And all these experiences, all these dreams are the treasure. The Temple of Light holds you and anyone who wishes to serve the highest good. And that starts from you engaging with the sacred so you become the sacred being once more. You are the pillar of Light that holds this Temple together. The pillar, the channel, that holds the Light between the Earth and the sky.

We give great thanks to you for your path and all that brought you to this moment. We are in awe of your journey. Thank you.



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

Fotoula Writes

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



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

Past Life Soul Retrieval

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

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

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



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

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

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

Past Life Regression Therapy Course

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

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

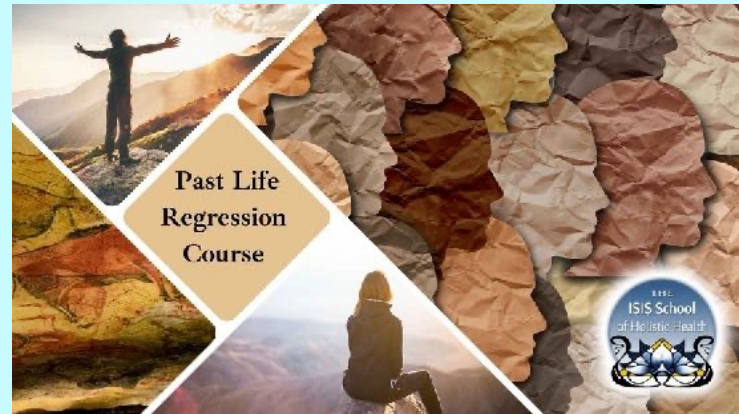
This is why the course is over six days and that the people who come to us genuinely wish to be able to help others rather than just 'gain another certificate.' Each time we facilitate the Course we are so grateful for the people who join us and for their stories. And it is also fascinating to read their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

Past Life Regression Therapy Course

Tuesday 13th - Sunday 18th May 2025

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

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



What are the Key Themes for Past Life Regression?

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

Learn about the Past Life Regression Practitioner Certification

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

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

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

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

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

Check the [website](#) for more information

Walking the Path of the Shaman in the Modern World

by Fotoula Adrimi

The Spirits call us and we answer their invitation. Joy and excitement surges in our heart at the sound of the drum, revealing a hidden memory buried deep within. We wish to practice these ancient ways, and somehow they feel familiar. We may even feel how right and natural it is for us. And there is a inner wish to put both feet on the shamanic path.

Yet so many questions arise. Where do I start? How do I become a shaman? How can I practice this art in the modern world. When you search for answers, there are many conflicting views, many voices of authority, many indigenous traditions with their ways that are not our own. For example, some say that only the people of Siberia may call themselves shamans, as 'shaman' is a word of the Tungusic language of Siberia.

The shamanic path does not belong to one tribe or one nation. The word 'shaman' was used by early academics and anthropologists as a universal term, to describe not only the practices of the Siberian people but also all the shamanic ways they observed around the globe. The anthropologists discovered a variety of methods being used in every continent, depending on culture and local resources, and when they examined the fundamental shamanic beliefs they found more similarities than differences. In my view, this points to a common ancient heritage of shamanic knowledge, that was then adapted in the various locations by the different nations.

Remembering Ourselves as Multi-dimensional Beings

The resurgence of shamanism in the west is not a fashion or coincidence. Shamanism can touch us so deeply. Through shamanic ceremony, we begin to remember our essence as spiritual beings living in a multi-dimensional universe, of which the physical dimension is only one aspect of the picture. We discover that we have the natural ability to connect with alternative realities in order to bring balance, healing, and deep connection to our physical life on Earth.

As we rediscover ourselves as spirited beings, we also understand one of the key principles of shamanism, that all beings on this physical universe are spirited. The rocks, mountains, flowers, trees, and the distant stars are all alive and have consciousness and we can communicate with them. This is why Shamanism is currently being linked to the environmental movement, and a new term, "eco-shamanism," has been created. However, all shamanism is eco-shamanism, as it evokes a sense of reverence for the Earth and all life. Another key principle in shamanic teachings is that the world we see



around us is only one reality. There is so much more we can see with our inner vision. In shamanic practice, the unseen is as important as the seen. The Earth and the cosmos are inhabited by formless spirit beings, which may interact with us, whether we are aware of it, or not. Some of these interactions can be harmful, for example, if there is a spirit who is steering people towards addictions. Other types of communication are beneficial. For instance, communication from a helping compassionate spirit guide. A shaman becomes aware of the spirits around them and the unseen worlds in order to perform a healing or a ritual of transformation of the every day reality.

Shamanic Heritages

Indigenous cultures retain their link to an ancient shamanic heritage, and are able to recognise a shaman from an early age. Once recognised, the shaman to be, becomes an apprentice to an elder shaman for many years. They learn the ceremonies through assisting the elder shaman and through observation. In this way, it is common for the helping spirits of the elder shaman to become the helping spirits of the apprentice. Thus, the shamanic knowledge, the magical power, and the unseen helpers may be transferred within the same family, or tribe.

In the west, we no longer have these ancient traditions. Yet there are western people who have travelled to indigenous cultures and been recognised for their gifts and calling, and then taught the shamanic arts. Also, some of us were born into a shamanic family, but due to the westernisation of society, much of the knowledge was lost and now we are being called to rediscover and preserve what remains.

In my case, I studied classic and core shamanism with Sandra Ingerman, and completed teacher training with Sandra in 2013. As well as training with indigenous shamans in Nepal, and USA, I have also embraced and studied my Greek shamanic heritage through my late great Aunt and my father's lineage. These were two different branches of shamanism from the Thessaly region in Greece, that were almost completely lost.

In studying different indigenous, as well as my own, traditions, I realised that there are fundamental differences in the practice of shamanism from our classic core teachings. The indigenous ceremonies are very deep, but they are mostly community based and they take a lot of time, preparation, and resources. Some of these ceremonies are linked to certain times of the

year and can only be done on a particular day or night. These practices require a huge commitment and dedication, as well as a daily spiritual practice to keep the channel to the spirit world as pure as possible. They ask us to develop our awareness about ourselves and approach the work with a sense of humility, compassion, gratitude, and commitment that the western mind cannot easily comprehend or even follow. These practices are sacred, and they need to be honoured and done with a great deal of focus and care. If people disrespect these ceremonies and the shamans, they may commit hubris or negative karma, and then the helping spirits may become tough teachers for them.



Shamanic Practitioner Training in the West - the Bridge

Alternatively, the core and classic shamanic ways in the west are designed to offer us the essence of the teachings and enable us to work as a shamanic practitioner, without being as onerous. We can do great work, in a way that is compatible with our western life. We have to accept that we may no longer have the time and access to specific resources that the indigenous practices require, but the work is still being done. However, as we continue to practice, we may well develop the qualities found in the indigenous shamans, of humility, commitment, daily practice etc, that can take our practice into an art and increase the effectiveness of our work.

My helping spirits have been teaching me how to be a bridge between the old ways and the modern world. Even in the core shamanic teachings, I have introduced the depth of the indigenous traditions that I carry. The ancestral shamans have shown me how the knowledge can be transferred, step by step, so the essence of the ceremonies remains. It is important to ensure that the path does not become lost, that we can continue to walk the shamanic road, and safeguard it for the future generations.

At the same way, the spirits ask us to approach this path with respect and realise that we cannot learn these ways through a book, or by contact with the spirits alone. There can be a great deal of arrogance in some westerners. We can believe that because we were an indigenous person in a past life, we can practice shamanism in this life without proper training. Or that a training in another discipline enables us to do shamanism as well. This is dangerous - when we travel an unknown land with no map and no teacher, we can miss the warning signs and succumb to many pitfalls along the way.

Walking the Path with Integrity and Humbleness

If Shamanism is our path, we must find the right teacher, devote our life to it, and make every sacrifice needed to walk it, so that we can truly serve ourselves, our community, and the Earth for the highest good. My teachers were not easy to find, I had to travel to the States and Nepal to learn the shamanic arts and follow my calling. And these were fundamental steps in my journey.

Walking the shamanic path is very beautiful when we come from our heart and with integrity and humbleness. Then it can truly become our way of life. Our helping spirits and allies become closer than our earthly family. Our drum becomes our heart beat. The songs we sing carry the power of creation that manifested this wondrous universe. And slowly and gradually, as we follow our calling, we start to heal ourselves and bring the gifts of our work to our community.

More about our
shamanic Courses

Centre for Shamanic Courses



Shamanic courses UK
The Isis School of Holistic Health

The Rays of Divine Consciousness and the Spiritual DNA

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

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

The Harmonious Light of Lemuria

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

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

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



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

A Time of Change

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



Healing the DNA

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

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

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

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

The Rays of Divine Consciousness Retreat

Tuesday 27th May - Sunday 1st June 2025

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

In the Retreat we will:

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



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

Cost of the Retreat and Start and Finish Times

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

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

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

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

The Rays Retreat - More Info

Shamanic Dance of the Sacred Spirits

In Person, Glasgow – Monday 23rd June



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

The Enlightened Shamanic Spirits have asked us to hold the Shamanic Dance of the Sacred Spirits **every three months** at the time of the equinoxes and solstices. They say, "the Ceremony is a healing dance for the Earth, everyone taking part, and all beings. It is a dance to bring change to your world and increase the vibration of the Earth, healing disharmony and suffering.

This is a circle of service, for those with a pure intention to work for the highest good."

The Sacred Dance

In the dance we will merge with helping compassionate spirits to bring healing to ourselves and the world reality. We will journey to the spirits of the dance and then invite them to come through our body as we move to the sound of the drum, chanting, and tribal music. We will release heavy energy and bring in higher vibrational Light. At the end we will do a transfiguration practice to release the spirits. Fotoula has also found that just before the ritual ends, beings who have died but have not gone to the light can come to the altar for release. If this happens she will guide a psychopomping.

If you wish to come and cannot dance or dance for the whole time, do not worry. You can sit and participate with your intention, play your drum or rattle, and still be part of the ceremony. The dance part only lasts 30-45 minutes. There will also be time for a sharing space afterwards where we can speak the wisdom that comes through our wise heart.



Details about the Sacred Dance Ceremony

Time: 18:00-21:00 (Please note we start at 18:00 not 19:00)

Date: Monday 23rd June

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

Investment: £33/£28 concession (payment by bank transfer to The Isis School)

(Bookings essential to secure your place - email: info@isis-school.com)

Shamanic Dance - More Info

Shamanic Retreat in Scotland with Nepalese Shaman - UK Retreat

26th – 29th June 2025, Larbert, Scotland, UK

Theme - The Shaman's Kila / dagger: learn how to use the Kila to extract spiritual illness, clear spaces, charge healing waters, impart blessings, and hold the centre of the cosmos for your shamanic work.

Himalayan shamans work with the Sacred Ritual knife known as Kila to perform extraction, purification, and deep shamanic healing that removes unwanted energies from a person's body and also anchors the healing. At other times the Kila is used to bestow healing and blessings. In this Retreat, **Nepalese Shaman, Bhola Banstola**, offers a profound and thorough introduction to the Kila, the sacred ritual healing dagger, which was used by Dharmi-Jhankri-Shamans for many centuries before being adopted by Buddhism and Hinduism. The Kila manifests the world tree, the three realms, and the Jhankri's helping spirits. You will learn how to use the Kila to extract spiritual illness, clear spaces, charge healing waters, impart blessings, and hold the centre of the cosmos for your shamanic work.

For more info visit our [website](#)

Bhola Banstola, Nepalese Shaman

Bhola was born in the foothills of Mount Everest in the district of Bhojpur. At a young age, he was chosen by the ancestral spirits to carry their message and healing traditions. Bhola received his training from his grandfather who was a skilful and well-known local shaman. He has also studied shamanism with different teachers in Nepal, Northeast India, Bhutan and parts of Sikkim and Darjeeling.

Bhola was educated in Nepal and India and holds a Master's Degree in Cultural Anthropology from Delhi University. He has spent long periods with Shamans in India, Nepal, Bhutan, and Tibet. He has been working and teaching all over the world.



Residential Retreat

The retreat is residential, with shared accommodation. Meals are vegetarian.

The cost of the retreat includes Bhola's teachings, accommodation, and food.

Venue: Carronvale House Conference & Rec Centre, Larbert, Scotland

Date: 18.00, Thurs 26th–13.00, Sun 29th June
(finish at 1.00pm and then lunch is provided)

Cost: £565.00 / **Deposit:** £295.00 – deposit (non-refundable) secures your place

To Book: Or if you have questions, please contact Fotoula: info@isis-school.com

Spaces are limited. Please let us know as soon as possible if you wish to attend

New One Year Shamanic Practitioner Courses

Study with us In Person or Online

Both Courses start in October 2025

A shamanic practitioner is a bridge

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

The ISIS School offers powerful and in-depth **In Person and Online Shamanic Practitioner Training Courses**, designed to take participants through the initiations of the shamanic path and teach the healing work of a shamanic practitioner. Participants will work with spirit guides and teachers of the light, to become the bridge between the worlds and bring the spiritual light into the physical reality.



How is the Shamanic Practitioner Course designed?

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

What will the Shamanic Practitioner Training cover?

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

How long is the Shamanic Practitioner Course?

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

About the Shamanic Practitioner Course

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



Fotoula Adrimi - Shamanic Teacher

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

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

In addition, there may be spaces available for anyone who has already completed the Shamanic Practitioner Course with The ISIS School of Holistic Health, and wishes to repeat the course.

Shamanic Teacher - Fotoula Adrimi

Fotoula Adrimi is a highly experienced shamanic teacher who radiates the light of compassion to her students. She has been holding weekly shamanic circles and workshops since 2009 and teaching shamanic practitioners since 2012.

[Fotoula Adrimi - More Info](#)

In-Person Shamanic Practitioner Training

The first weekend training for the In-Person Shamanic Practitioner Training is **19.00-21.00, Fri 31st Oct & 10.00-17.00 Sat 1st & Sunday 2nd November**.

[In Person Shamanic Practitioner Training](#)

Online Shamanic Practitioner Training

The first weekend training for the Online Shamanic Practitioner Training is **3rd-5th Oct** - we meet **19.00-21.00 (uk) Friday evenings, and 12noon - 18.30 (uk) Saturday and Sunday**

[Online Shamanic Practitioner Training](#)

A photograph of a person with a red backpack walking away on a forest path, surrounded by tall trees. The image is used as a background for the top section of the page.

Shamanic Retreat Medicine Walk Ceremony

Thursday 9th – Sunday 12th October 2025

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

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

The Web of Life

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

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

Omens

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

Rite of Passage

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

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

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

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



The Venue

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

Booking Details

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

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

Venue: Dollar, Clackmannanshire, Scotland

Booking is essential as spaces are limited



Fotoula and Fi - the facilitators

[Medicine Walk - Read More](#)

Circles & Energy Transmissions – May / June

Shamanic Circle – The Way of the Drum

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

We will facilitate a special event – **Shamanic Dance of the Sacred Spirits in Person** in the Library of the Glasgow Theosophical Society on **Monday 23rd June from 6.00-9.00pm** (See Newsletter page 17)



Fi's Online Meditation and Chanting Circle – Thursday 19.00-20.30 (uk)



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

Circle dates: 1st May, 22nd May, 5th Jun, 12th Jun, 19th Jun

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 – May & June

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.

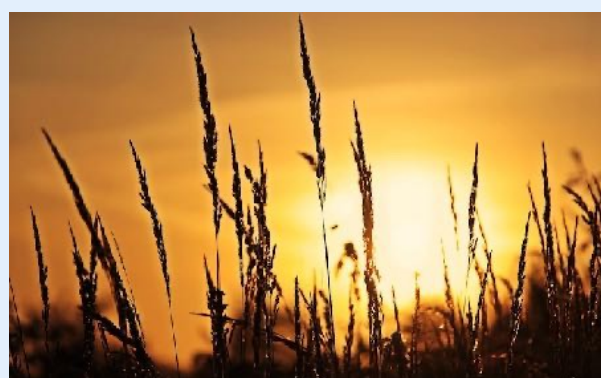
Transmission dates (19.00-20.00 uk): **21st May, and 4th, 11th, 18th and 25th June**

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 – June

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

The Rays Transmission is: **11.00-12.00, Sunday 1st June**. 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)

May 2025

- 1st:** 19.00-20.30 [Online Meditation](#) and Chanting Circle – Open to all
- 2nd-4th: The Path of ISIS - Gate 2:** Ancient Egyptian Mystery School Course
- 13th:** [Priestess of the Moon](#) Training Course – Online Circle
- 13-18th:** [Past Life Regression Therapy Practitioner Course](#) – In person
- 20th:** 19.00-20.30 [ISET Initiate Circle](#): Open to all Initiates of the Path of ISIS
- 21st:** 19.00-20.00 [ISIS Energy Transmission](#) of the Living Light – Open to all
- 22nd:** 19.00-20.30 [Online Meditation](#) and Chanting Circle – Open to all
- 27th- 1st June:** [The Rays of Divine Consciousness Residential Retreat](#) – In person

June 2025

- 1st:** 11.00-12.00 [Rays of Divine Consciousness](#) Distant Transmission – open to all
- 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
- 7th-8th:** Current **Shamanic Practitioners Training** Course 11th Meeting
- 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
- 17th:** 19.00-20.30 [ISET Initiate Circle](#): Open to all Initiates of the Path of ISIS
- 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
- 20th-22nd:** [Priestess of the Moon](#) Training Course – third weekend: Summer Solstice
- 23rd:** [Shamanic Dance of the Sacred Spirits](#) – Open to all
- 25th:** 19.00-20.00 [ISIS Energy Transmission](#) of the Living Light – Open to all
- 26-29th:** [Shamanic Residential Retreat](#) with **Himalayan Shaman Bhola Banstola**. Teachings on working with the KILA - the shamanic knife

July 2025

- 1st:** 19.00-20.00 [Rays of Divine Consciousness](#) Distant Transmission – open to all
- 2nd:** 19.00-20.00 [ISIS Energy Transmission](#) of the Living Light – Open to all
- 3rd:** 19.00-20.30 [Online Meditation](#) and Chanting Circle – Open to all
- 4th:** 19.00-20.30 [ISET Initiate Circle](#): Open to all Initiates of the Path of ISIS
- 29th:** [Priestess of the Moon](#) Training Course – Online Circle

August 2025

- 22nd:** [Priestess of the Moon](#) Training Course – Online Circle
- 30th-31st:** Current **Shamanic Practitioners Training** Course 12th Meeting

The ISIS School Calendar of Events cont.

September 2025

6th: Book Launch: Fotoula's new book – Sacred Mysticism of Egypt. 14.30-16.30, In Person, Glasgow Theosophical Society

7th: Priestess of the Moon Reunion – open to graduates of the ISOHH Priestess Training

13-14th: Introduction to Shamanism and Shamanic Journeying in person – Glasgow

19th-21st: Priestess of the Moon Training Course – third weekend meeting

26-28th: The Spiritual Path of ISET - Part 2. The second Course in the Gate 1 Ancient Egyptian Mystery School teachings / Path of ISIS Course.

October 2025

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

7th: Priestess of the Moon Training Course – Online Circle

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

25th: Current **Shamanic Practitioners Training** Course 12th Meeting – **Graduation**

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

November 2025

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

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

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

December 2025

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

January 2026

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

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