

The ISIS School of Holistic Health Newsletter



Issue 76: November 2022

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 time has come to make a choice. Will you follow the conditioned fear-based mentality, or soar in the wings of light that are available to you through the high vibrational energies that are flowing to the Earth?

A great illness plagues your world. This is the mother of all diseases and catastrophes. Its name is spiritual disconnection. It has various symptoms and manifests in the outside world through the destruction of the natural environment, depletion of natural resources, droughts, floods, wars, famines, and the collapse of systems and structures.

It manifests inside of you through fear, worry, pain, emotional instability, and the various mental and physical maladies that afflict your mind and body. This disease, and its various external and internal symptoms, infects people to a higher or lesser degree.

The high vibrational energies flow into your world to help you see things with more clarity and develop a higher truth and understanding about the conditioned reality. Yet, the energy work is not enough by itself. It is vital for you to engage with your sacred heart, have compassion for yourself and the outer reality, and bring everything into your heart centre. This is the place of unity, the place where the outer and inner world meet, where the physical and spiritual merge.



To contact The ISIS School or join the mailing list and receive the monthly newsletter, please email: info@isis-school.com

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Let your spirit guide you

Many people are trying to manifest a different reality, but their manifestation is based on fear of lack and the wishes of the egoic self. They focus on the material side of manifestation, seeing the world as it is now. Instead, I invite you to surrender to the experience of the light vibrations and dream a higher reality which is based on spiritual connection. Let this be your primary focus. Allow your spirit to emerge and guide you. Allow your intentions to be formed and energised through your spirit, like an 'a-ha moment' that arises suddenly, and you see how life begins to make sense.

This is a pure intention that comes directly from your spirit. It can form the basis for Divine creation to enter your life, and become a guiding light in the physical reality, and in your spiritual path.

As you focus on your spiritual calling you realise that you are standing at a crossroads. The world as you know it makes little sense, and it may be tempting to walk away and erase that part of your life. This may or may not serve you. Instead of rejecting the outside world, you may wish to focus on transforming yourself from within. Gradually new ways of being will emerge that reflect your inner reality.

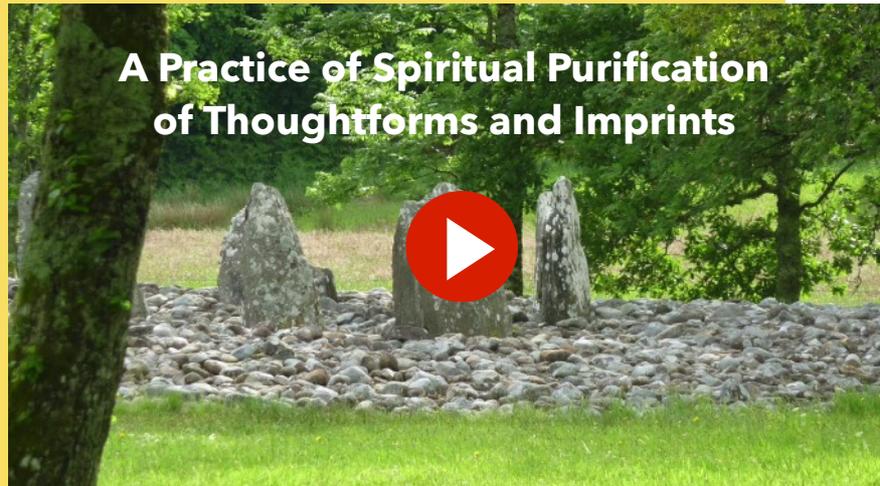
This unfolding takes time, and it is more sustainable. It involves a process of change that is guided by an inner flow of energy that bypasses your mind. And situations transpire through synchronicities and small and large miracles. Your mind may have wished a particular outcome, but the universal energy of light that you have opened up to, creates a different way. This is why it is important to continue your deep spiritual work - healing the inner self and surrendering the ego will to the Divine will, even if the latter is unknown.



The changes in your world are accelerating

The choice between following your spirit or the conditioning will become more pronounced, the duality state between spirit and ego more noticeable - like a split where one side cannot comprehend the other. In order to stay in the calm waters, create a buffer of spiritual practice, a safe haven from the conditioned states of the third dimensional world.

One of the most powerful practices you can do at this time is to develop awareness of your inner light whilst you release the energies of the world. In 2020, just before the first lockdown, the enlightened spirits offered a practice of purification of thought forms and foreign energies, that is still relevant. (See video on right) .



A Practice of Spiritual Purification of Thoughtforms and Imprints

Another important practice is to continue healing your inner self by embracing all that you are, and retrieving the parts of you that are stuck in the past due to shock, trauma, disappointment, and pain. Earlier this year we gave you a practice for soul retrieval that was also recorded (see below). This can also help you in your journey towards healing the inner self.

As you work with releasing the energies of the world, reclaiming your personal power, and doing your spiritual work, do not reject the world. The path of change comes through acceptance, understanding, and transformation. These times are asking humanity to do the inner work to evolve at soul level. In other

eras and civilisations, worlds were destroyed and humanity had to start anew. This current world is not like that. This is not a death and rebirth situation but an evolution to a higher reality. Life and the higher energies are guiding you in this process, and so is your infinite spirit.



Sandra Ingerman's Shamans Are Gardeners of Energy

February, 2022
with Fotoula Adrimi
Shamanic Soul Healing Ceremony

Path of ISIS Introductory Course - Spiritual Path of ISET, Part 1: In Person

The **Spiritual Path of ISET, Part 1** is the introductory 3-day course for the Path of the Living Light teachings. The Teachings of the Living Light are a path to Awakening and Ascension. These Teachings, also known as The Path of ISIS, aim to open us to the Light of the World, so that we can become that Light – the Light of our Divine Self.

This 3-day course is a wonderful opportunity to connect with this ancient lineage, receive practices and teachings that will empower your spiritual and personal development, and soul evolution.

The Course will be taught In-Person in Glasgow, Scotland - Dates & Times

10.00-17.00, Friday 18th - Sunday 20th November

Cost for 3-day Course: £285.00; dep: £140.00 (paid through bank transfer)

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

The Spiritual Empowerment circle Birthing into the physical



You were touched by the Great Mystery,
you dream a new reality packed with the wishes of your soul.
A reality that the outside world cannot comprehend, but one you fuel with
the fire from your heart. You have met fear, you have stepped over doubt,
and waited for the blessed birthing, the final push,
that spark of creation taking form.

This time of manifestation can feel so slow.

Pushing boundaries, we come together, share, empower and co-create.

Making sense. Supporting. Holding hands, birthing the new.

Friday, 4 Nov, 19:00-21:00. With Fotoula Adrimi

**Friday 4th
November**
19.00-21.00 (uk)

To book email
The School –
[info@isis-
school.com](mailto:info@isis-school.com)

Cost: £25.00

Pay either
through PayPal
using [info@isis-
school.com](mailto:info@isis-school.com) or
Bank Transfer



ISET Initiates Community Page

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

Online ISET Initiates Circle - Friday 11th November

These Circles are a beautiful way for our growing community of ISET practitioners to come together and share teachings and practices. Each session is guided by ISET through her channel Fotoula.

The Circle usually includes a meditation, visualisation, chanting or ceremony, as well as a message from ISET.

Date: 19.00-20.30, Friday 11th November

Cost: £10.00 (*practitioners who are unable to attend the online Circle can also pay and receive an audio recording of the session for the same cost*)



The Path of ISIS / Path of the Living Light Course Dates

Dates for the Path of ISIS Courses for the remainder of 2022 as well as some of the Courses for 2023 are now on the **website**.

ISET Initiates are welcome to repeat any of the Path of ISIS Courses provided there is space available. Initiates are offered a 50% discount for repeating courses.

Gate 1: Healing Path of ISET, Part 1 - 2 days, 12-13 Nov (in person, Glasgow)
(Open to ISET Initiates who have attended Spiritual Path of ISET, Part 2)

Gate 1: Spiritual Path of ISET, Part 1 - 3 days, 10.00-17.00, 18-20th Nov (in person)
(Introductory Course for anyone who wishes to step onto the Path of the Ancient Initiate)

Gate 1: Healing Path of ISET, Part 2 -
3 days, 09-11 Dec (in person, Glasgow)
(For ISET practitioners who have attended Healing Path of ISET, Part 1)



NEPAL HIMALAYAN SHAMANIC PILGRIMAGE

September 23 - October 6, 2022

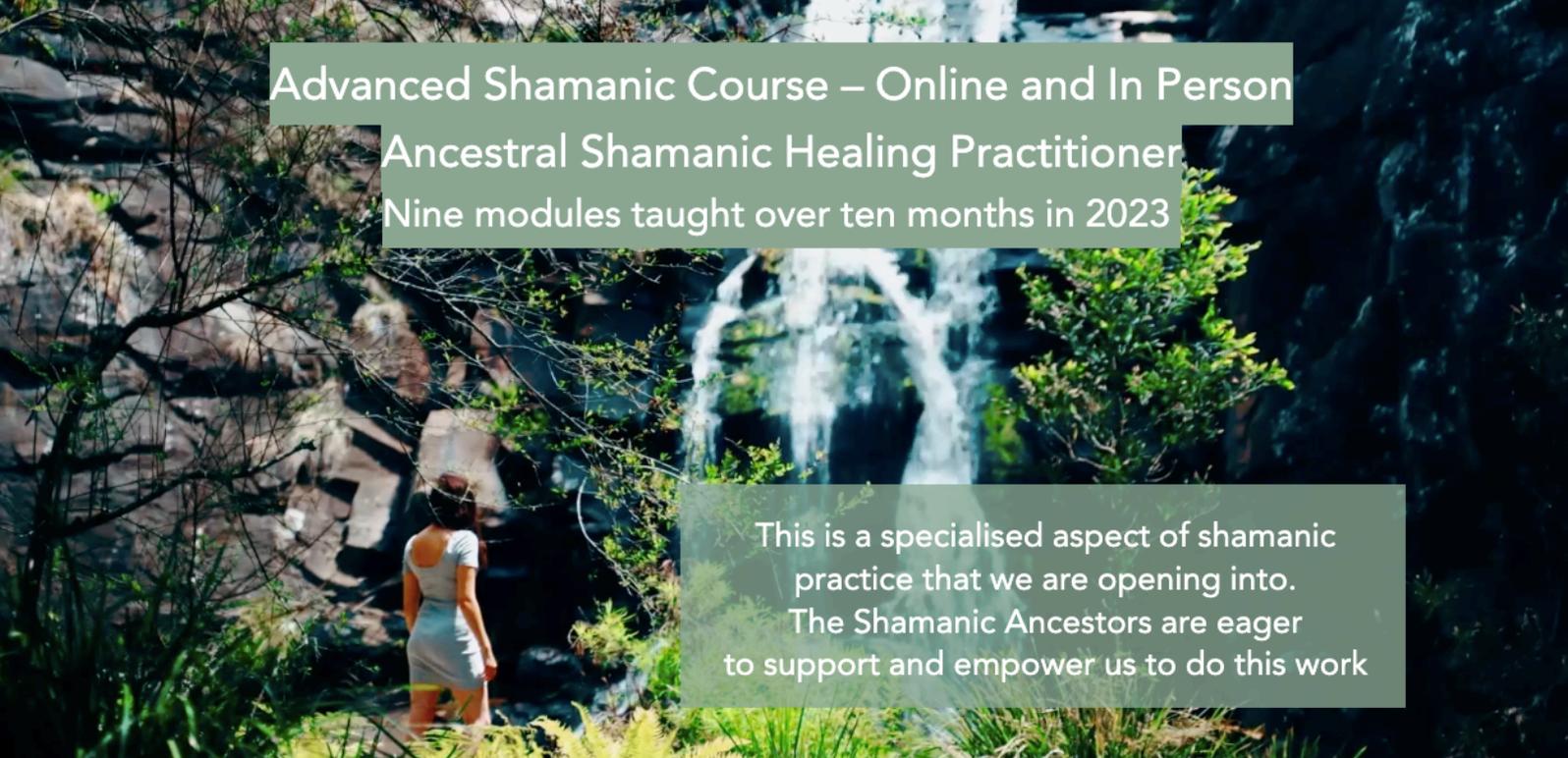


On 12th October we returned from a most wonderful Spiritual Pilgrimage to Nepal organised by Nepalese Shaman, Bhola Banstola. During the Pilgrimage we visited Pashupatinath Temple; Boudhanath Stupa; Guru Rinpoche caves at Pharping, and the Monkey Temple

amongst other sacred sites. In Nagarkot - we sat in Shamanic Ceremonies for three days with many Shamans who shared their ceremonial work with westerners for the first time - it was such a privilege. We trekked in the mountains accompanied by more Shamans singing and drumming, stayed in the Shrine Room of a beautiful Temple for two nights (see below), and sang and danced with six other Shamans (left).

It was a time of deep spiritual work, purification, and expansion. And a time of joy, meeting new people, and experiencing the beautiful Nepalese people and their sacred land. We are grateful to Bhola Banstola for his heartfelt assistance and spiritual guidance, to our beautiful group and to our friends from Scotland who joined us in this life-changing pilgrimage.





Advanced Shamanic Course – Online and In Person
Ancestral Shamanic Healing Practitioner
Nine modules taught over ten months in 2023

This is a specialised aspect of shamanic practice that we are opening into. The Shamanic Ancestors are eager to support and empower us to do this work

The Shamanic Ancestors have asked Fotoula to facilitate a 9 module course in 2023 which will offer people the skills to become an Ancestral Shamanic Healing Practitioner. During the course the Ancestors will be working with each participant individually, and with the circle, to empower everyone to do this important work.

If your heart calls you to this path, we would love to share the work with you. The course requires commitment to continue to work on your own family line, and at the same time, carry out casework so that you can help others.

Pre-requisite: Either, completion of the Online Programme: Path of the Eagle 3 - Ancestral Shamanic Work, or, you have trained or are training to be a Shamanic Practitioner with the ISIS School of Holistic Health. (The Ancestral Spirits strongly recommend that everyone has completed the Path of the Eagle 3 - Ancestral Shamanic Work. Fotoula will teach this course again live starting Tuesday 25th Oct or you can do the course in your own time through our Online Courses Program)

In-Person and Online

The ancestors have asked Fotoula to teach this work in-person and online. People attending the in-person workshops can attend the online workshop if they miss a Saturday Module.

In Person - Time: Saturdays, 10.30-17.30

Dates 2023: 25th Feb, 1st Apr, 6th May, 3rd June, 1st July, 5th Aug, 2nd Sept, 7th Oct, 4th Nov

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

Online - Time: Sundays, 12.30-19.00

(this is the UK time please adjust for your own timezone)

Dates 2023: 26th Feb, 2nd Apr, 7th May, 4th June, 2nd July, 6th Aug, 3rd Sept, 8th Oct, 5th Nov

Course Cost (in person and online): £1,111.00 **Deposit** £211.00 to secure your place. Then pay £100.00 on the Monday before each training weekend. (Payment is through bank transfer. Please email the School for our bank details - info@isis-school.com)

For more information about the Course and content of the 9 Modules visit our [website](#)

Past Life Regression Therapy Course

Tues 14th - Sun 19th Feb 2023

Since graduating as a Clinical Hypnotherapist from the University of West London and the London College of Clinical Hypnosis, Fotoula has specialised in past life therapy work. Through her work she has found that people sometimes carry issues, patterns and spiritual blocks from other lives into their current life. Some even experience physical conditions, the root cause of which originated in another life.

In this six-day course Fotoula will teach 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. In such cases, knowing what happened, may not be enough for the person to heal - they also need a soul retrieval.

Fotoula was given this important piece of work, which she calls 'Past Life Soul Retrieval' by her shamanic helping spirits. For more information refer to Fotoula's book, *The Golden Book of Wisdom: ancient spirituality and shamanism for modern times* - Chapter 15: Incarnation, and Chapter 16: Other Lives, Other Stories, One Light.

In the workshop participants will learn the relevant skills to work therapeutically with past life regression. The course can be taken by those interested in working as a Past Life Regression Therapist, as well as anyone who would like to delve deeper into understanding past life work.

Prerequisites: Experience in meditation 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, Tues 14th Feb - Sun 19th Feb 2023 **Venue:** Glasgow

Cost: £750.00. **Deposit:** £250.00, to book your place



Master Practitioner, Past Life Regression Therapy Course

Thursday 7th - Sunday 10th September 2023

Prerequisite: Practitioner of Past Life Regression Therapy

In this course we track and collect our essence beyond time and space. We see ourselves as part of a multi-dimensional universe where we have lived lives in other forms and in parallel realities. We travel beyond the human form, to what we call the past and the future. We bring everything into the moment of now to gain understanding of our soul's journey.

As we collect knowledge and energy from previous existences and parallel worlds, we have the opportunity to appreciate further our infinite Self and our Divine essence. At the same time we learn how to support others through past life work.

The Course is certified. A certificate is issued following the course.

For more information on these courses and terms & conditions see our [website](#)

Online Circles & Energy Transmissions – October

Fotoula's Online Shamanic Circle - Mondays: 19.00-20.30 (uk)

Fotoula has been facilitating a weekly shamanic circle since 2009. The Circle meets three times in **November: 7th, 14th and 28th**

The fee for each circle is £12.00. Payment can be made either by bank transfer or via PayPal using - info@isis-school.com. The PayPal fee is £13.00 for overseas participants. For more information and to see the programme [click here](#)



Fi's Online Chanting and Meditation Circle - Thursdays 19.00-20.30

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

November Circles: 3rd, 10th, 17th, and 24th Nov

The cost of the Circle is £7.50, and you can pay by bank transfer, or PayPal using email address - info@isis-school.com. (PayPal fee is £8.00 for overseas participants. Programme details [click here](#))



ISIS Energy Transmissions of the Living Light - November

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.

The ISIS Energy Transmissions are from 19.00-20.00 (UK) - **2nd, 9th, 16th, 23rd & 30th Nov**

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 - 25th November

Once a month The ISIS School offers a Transmission of the Rays of Divine Consciousness that is open to everyone, worldwide. The next Rays Transmission is on **Friday, 25th November, 19:00-20:00** (UK). Please check your time zone when connecting from overseas. There is no need to let us know you are connecting with the Rays Transmission.

(If you find the energy transmissions beneficial and you wish to make a donation, this would be gratefully received. You can donate through PayPal using the email address info@isis-school.com)

