

The ISIS School of Holistic Health Newsletter

Issue 54: December 2020



ISIS, the Mother of All Beings, offers these words of wisdom



These are the words of ISIS (*channelled by Fotoula Adrimi*)

My ancient Egyptian name, ISET, means, 'The One who is beyond SET.' SET in ancient Egypt was the power of the conditioning, the programming, the mind that operates in this human experience. ISET is the state that is beyond the mind. The state you can access through my teachings.

By adopting the way of the mind, SET can teach you about the world and about being in a third dimensional reality. In this place of duality, where everything has a positive and negative aspect, you learn to work with SET. If you can view the workings of the mind from the place of the independent observer, rather than being caught by it, Set has much to show you about yourself. When you regard SET as a tool that you can engage consciously, you will learn much from your life experience.

When you look at your life and your choices with no attachment, you can discover the threads that your soul has woven for you - what you manifest and experience. These invisible threads bring you the unique circumstances that shape your way of responding to life.

However, for most people the way they respond is governed by the conditioning, the earthly mind. This can be positive and negative. If SET is a power that engulfs you, and you find yourself overwhelmed by the conditioning, you may wish to overcome SET.

The way to overcome and go beyond the conditioning is through developing a relationship with the inner Divinity, the infinite spirit that you are. SET obscures the pathway to your spirit, and keeps your attention out in the world. I teach you how to find your way back into the expression of



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you that is the living light. And although you are the light, emerging as the rising sun out of the dark night of the soul, this realisation is not something that most people experience spontaneously.

Withdrawing from the conditioning, taking power back from the programming, and developing the 'clear light' thinking that comes from your inner wisdom, is something that emerges gradually when you decide to walk a spiritual path of light.

There are some key principles that can help you do this -

- *develop self-awareness.* Life is a teacher. Ask, 'What has this day taught me?'
- *develop deep listening.* Wisdom comes from within. Your inner voice has been silenced. Start to meditate and welcome back the voice of your spirit.
- *develop healthy detachment.* Observe the world without being caught by it. No matter what happens try to see a bigger picture rather than only the view in front of your eyes.

- *develop gratitude.*

When you give thanks you fill yourself and the world with a positive force. Gratitude is an expression of your spirit, which is grateful for this opportunity of human life. Gratitude shows life that you wish to engage with it. The invisible threads that your soul weaves will return this expression of gratitude to you.



- *establish a regular spiritual practice* that takes you into expanded states where you can feel the incredible energy of the living light, and develop its qualities. The cells of your body will start to resonate with the higher vibrational energies that are coming to the Earth, and your physical, emotional, mental, and spiritual realities will transform.
- *bring the spiritual connection into all aspects of you life.* The secret of being the living light is to apply spirituality to your everyday life. As you follow your inner guidance about what is right for you in each moment, you transform yourself. And then your life will gradually transform and align with the wishes and wisdom of your soul.



- *be patient.* The path of transformation and ascension to the higher vibrational spheres of existence is progressive, so it can be sustained. Know that each step you take is one more step on the journey of soul evolution.
- *stay grounded and present.* The way into the light goes through the body. Earth and nature are your allies on this path. The more grounded and connected to nature you are, the higher you can climb the tree of life. And the higher you climb the more you can develop your spiritual gifts - the fruits you bring to this life and to the Earth reality.

ISET, beyond SET, is a way of transformation. It is a path of soul evolution where you embody your Divinity here on Earth, and transform the physical reality into the living light that you are.

The Path of the Living Light - The Path of ISIS Introductory Course - Spiritual Path of ISET, Part 1

The **Spiritual Path of ISET, Part 1** is the introductory course for the Path of the Living Light teachings. Through eons of time, these teachings have been a spiritual path to Awakening and Ascension. This course is a wonderful opportunity to connect with this ancient lineage, receive practices and teachings that will empower your spiritual and personal development. **Next course: 9-11th April 2021.**

For more information email Fotoula: fotoula@isis-school.com

Online ISET Practitioners Circle: 6th December

This is a beautiful way for the community of ISET practitioners to come together and share teachings and practices.

Date: 11.00-12.30, Sunday 6th December

Cost: £10.00 per person (UK), £11.50 (overseas) Pay via bank transfer, or through PayPal using - info@isis-school.com



Join us in Meditation - Let us connect to the Light of our spirit

Every Wednesday morning from 7.30am-9am Fotoula and Fi invite you to meditate with them from your own home and create a global network of Light. You can do whatever meditation practice you choose and you may meditate for half an hour, an hour or 1.5 hours. If this time is not convenient for you for whatever reason, you can meditate at another time and intend to connect with us - our practice is beyond space and time.

Winter Solstice - The Birth of the New Light

During this last year we have found ourselves in the midst of changing times. And we will soon arrive at a crucial point in our astrological calendar - the Winter Solstice and the great conjunction of Jupiter and Saturn at 0° of Aquarius. At this auspicious time we celebrate the coming of the new light, and let go of what has been.



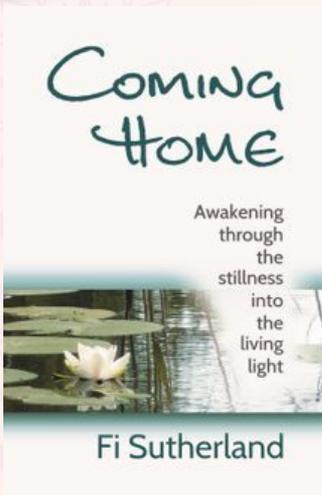
The zero point, is the point between the breaths, the point between the ending and the new beginning. It is also the place of emptiness, the void, where the old is stripped away and a space of new possibility opens.

The zero point gives us a precious moment to re-establish the balance within, to release what we have outgrown, and receive the energy, strength, power and light that we will need in the next part of our soul's journey.

Online Winter Solstice Ceremony

On 21st December Fotoula will facilitate an online Ceremony to celebrate this special time. The Ceremony is open to all. To book a place please email The School - info@isis-school.com Entry is by donation. All proceeds will go to a fund that supports Nepalese children to attend school.

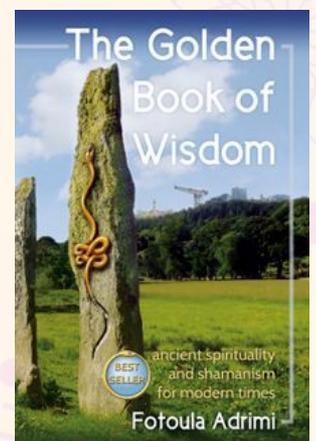
Books by The ISIS School's teachers



Fi's Book - Coming Home - awakening through the stillness into the living light

"Fi is one of those who guides us to question our limited reality, and open to our spiritual nature, which is a birthright of all humanity, and all of life." (Meredith Little, Co-founder The School of Lost Borders)

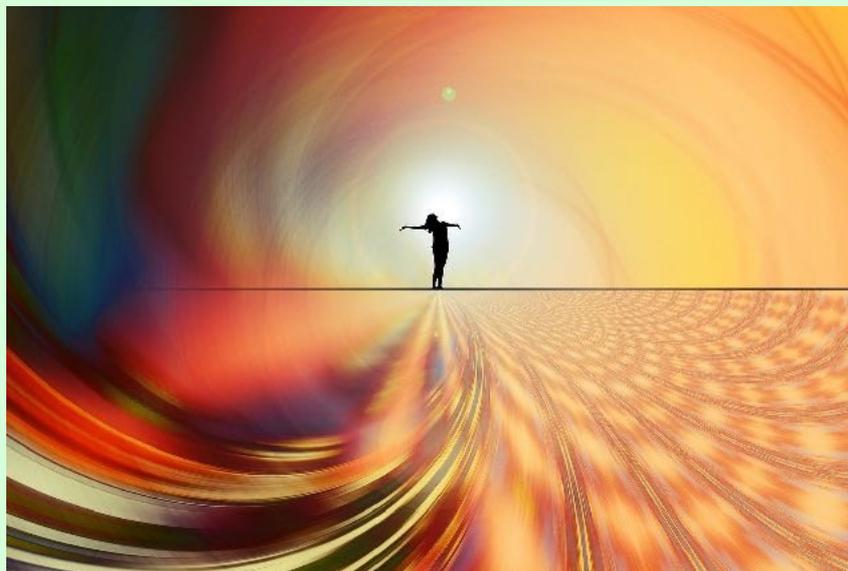
Fotoula's Book - The Golden Book of Wisdom - ancient spirituality and shamanism for modern times



"A cornerstone for spiritual learning... exciting and illuminating... a must read for spiritual and shamanic practitioners." (Sandra Ingerman)

Finding the Way Back Home with Soul Retrieval

Prior to incarnation our spirit, our consciousness, is aware, and its luminosity has been compared to that of 100,000 suns radiating at the same time. The incarnated soul, which is part of the infinity of our spirit, or higher Self, carries the same luminous state. However, this clear light state starts to diminish as the soul comes into the body. At incarnation the soul meets the different energy of the ancestors through the cells of the body. These cells carry the genetic make-up and memory imprints of the ancestral lineage, and these other energies are now incorporated into the being that is born. Further, the energies of the world are absorbed into the body as the soul experiences different life situations, some of which may be very sad and painful.



All these energies are external to the inner being, the soul. Yet, while in the body, the person does not realise this and thinks that all these energies, and the mental processes, thoughts, beliefs, emotions, and ways of being generated by the energies, belong to it. These vibrations are all from the outside and have found their way into the body. They have been incorporated.

Soul Loss - Loss of our Light

At some point we may also experience trauma and difficult situations that we find hard to cope with. These situations affect each of us differently. Some may be severely impacted by what others may deem insignificant. Even our mind may judge us for the way we react to an event. It may say, "Don't be ridiculous, this is a small thing compared to what other people are going through." No matter what the mind thinks, it is important to acknowledge all the situations we find hard to cope with. When we do not acknowledge the pain, a numbing or freezing can take place within us.

In some shocking situations our only option may be to freeze and we may not be able to express our feelings because the trauma is too overwhelming and we do not feel supported enough to express ourselves. Or, it may be too dangerous for us to do so, for example, in abusive relationships.

Sometimes after a traumatic event, or even regular exposure to stressful situations, we may lose interest in life, lose our ability to feel joy and be spontaneous, and be unable to change our circumstances. When this happens we may become like an automaton. Some part of us, the inner sparkle, has dimmed. In shamanism we say that life has become too difficult and part of our soul, our light, has switched off or withdrawn. In indigenous traditions this is called 'soul loss.'

Part of our soul has left the body because life or the situation was too hard, and that soul part did not want to be there. The part that leaves can be 'frozen in time,' remaining stuck at the

age when the trauma took place, while the rest of our soul goes on with life. In other situations, such as co-dependent or abusive relationships, part of our soul may be attached to another person, or alternatively, we may carry part of someone else's soul.

Soul Retrieval - A Way Back to Wholeness

In the shamanic way, as soon as someone experiences shock or trauma, the person has a soul retrieval. However, in the West we do not have the understanding and we can be left living life in a disassociated state, feeling an emptiness inside without knowing what to do about it. Living in this way can lead to more soul loss, as we become less able to deal with further trauma or difficult situations. According to the shamanic paradigm, people in the West may experience years of multiple soul loss.

As we said above, in the bigger picture the soul is complete and whole. The Divine light within us is everlasting, the radiance of 100,000 suns. In the human experience we have no conscious awareness of this light. Our inner vision has been obscured by the lower vibrations from our ancestors and the collective, which have shaped our reactions to life experiences.

A soul retrieval(s) can help us to come back in touch with the luminosity of our spirit, where everything we need exists. By bringing our soul essence back into the body the parts of us frozen in time are thawed. As the energy of these soul parts integrates within us, in an organic and natural way, we start to change from within. We may develop inner strength, and stability, and we are much more grounded in our approach to life, as we learn to rely more and more on our inner resources.

Shamanic Practitioner Training

The ISIS School of Holistic Health offers a Shamanic Practitioner Course that includes soul retrieval. See below for details. We also have a [list of shamanic practitioners](#) who offer soul retrieval and shamanic healing work.

Shamanic Practitioner Training - Jan 2021

The ISIS School, through Fotoula, offers a **Shamanic Practitioner Course** that enables personal expansion and the ability to work with clients. The course is based on the Circle of the Year and a Day, with 12 powerful weekends that cover all aspects of shamanic practice, and a graduation day that closes the Circle. The Circle begins on 23-24th January 2021.

The course is designed to take participants through the initiations of the shamanic path and teach the healing and spiritual 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.

The course will cover: cord cutting and dismemberment, ceremony, power retrieval, soul retrieval, shamanic journeying and divination, shamanic healing, shamanic transfiguration and medicine for the Earth, ancestral healing, death and dying, de-possession, extraction, moon and sun rites and shamanic re-birthing.

For more information or to book a place email Fotoula - fotoula@isis-school.com





December dates for Circles and Energy Transmissions



Online Shamanic Circle - Monday Evenings: 19.00-20.30 (UK time)



Fotoula has been facilitating a weekly shamanic circle since 2009. The Circle meets three times in December: **7th, 14th and 21st**. The fee for each circle is £10.00 and you can pay either by Bank Transfer or via PayPal using the email address - info@isis-school.com. (Email info@isis-school.com for our bank details). The PayPal fee is £11.50 for overseas participants. For more information and to see the programme [click here](#)

Online Chanting and Meditation Circle - Thursdays 18.50-20.30

The meditation circle, facilitated by Fi, is open to beginners as well as experienced practitioners. In sacred space we bring together the wisdom from different spiritual traditions and weave it in a way that supports us at this time.

December dates: 3rd, 10th and 17th

The cost of the circle is £5.00 / £5.50 overseas - payment is by bank transfer or via PayPal using the email address - info@isis-school.com. For programme details [click here](#)



ISIS Energy Transmissions of the Living Light - December 2020

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

The December dates for the ISIS Energy Transmissions - **2nd, 9th, 16th, 23rd and 30th**. 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 - 6th December

Once a month The ISIS School offers a Transmission of the Rays of Divine Consciousness. Everyone can experience and receive the Rays, through this distant transmission.



The next Rays Transmission is on **Sunday, 6th December from 16:00-17:00** (UK time). 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 donations@isis-school.com)