

Newsletter – the ISIS School of Holistic Health Ltd



Issue 92: June/July 2024

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*)

How can I change this world? How can I change myself?

The answer to both these questions is the same. It is through love and acceptance that real change takes place within you and in your world. When you see and accept all aspects of yourself, the path to transformation truly opens. Otherwise, you will continue to manifest the characteristics of the egoic self that you try and distance yourself from. The egoic self needs your love. And when love is offered unconditionally, the ego does not need to find it outside of itself, claim it from others, or project its hurt and disappointment onto the world, acting out the pain held within.

The suffering in your world is a mirror of the suffering held within the collective. It plays out repeatedly - victims become perpetrators, trapped in a vicious cycle where the suffering is the cause, and only the faces of the people change. Or, the suffering is internalised, directed inwards through judgement, self-hate, and unforgiveness, which creates distress and dis-ease in the body and mind.

Humanity is held captive in the state of suffering by the conditioning that fosters an addiction towards hardship and drama.



The channellings, practices and ceremonies contained herein are for your personal use.

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

To contact The ISIS School please email: info@isis-school.com

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And yet, each one of you can break this cycle through the power of love, compassion, and forgiveness.

The first step towards liberation is to own the suffering no matter the cause. Own and honour the suffering held in the body and mind because it is trying to teach you something. It is showing you the space within you where there is an absence of love.

Loving Yourself Unconditionally

This is your challenge – to offer unconditional love to yourself in such a way that you can overcome the pain held in your body due to the conditioning. This is not an easy task as the conditioning does not wish you to be free. It will do anything to stop you working on yourself, so that nothing changes. The conditioning puts up invisible barriers, made of thoughts that distract you from focusing on the most important person – yourself.

When you are filled with the power of love, there is nothing that you need to take from anyone else, or need from the world. You discover that everything you ever needed is within you.

And you have no desire to be part of the power games that have trapped the human race. You are in flow and trust with life, knowing that the Universe is always supporting your experience in each moment. When you look at the mirror that life holds for you, you become aware of a perfect order.

This is difficult to do in your world which is focussed on a belief that you have to strive to achieve. The mystic knows that there is a hidden road to happiness that goes through the wise heart. This pathway towards transformation releases all neediness and desire, and fosters acceptance.

Engaging with High Vibrational Energies

These words that I offer you may not make sense if you are immersed in the mind and the conditioned reality. Your mind can only take you so far. The mental level is





limited and will only show you the peripheral circle of knowledge. If you wish to attain the gifts offered by the words you need to work with them spiritually, outwith the conditioning. You can comprehend their deeper meaning if you sit with them in meditation. When you engage in spiritual practices that harness high vibrational energies, the light lifts the veils of the conditioning and understanding emerges from within.

The wise heart holds the key to the doors of awakening, The wise heart is truly free. It needs nothing from the external world. It knows that all it will ever need is offered by the wisdom that holds together an ever evolving Universe.

The light flows in ever increasing high frequencies in your world right now, lifting the veils that have obscured the deep connection with the wise self. Yet for anyone who wishes to awaken there is one essential prerequisite - you have to engage with the energy consciously. To illustrate - you have electricity in your home, unless you turn on the switch your home will remain in darkness. Turning on the switch means engaging in spiritual work with the energy itself, in whatever way the soul is guiding you.

Egyptian Mystery School Teachings - The Path of ISIS - The Path of the Living Light

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.

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

10.00-17.00, Friday 11th - Sunday 13th October 2024

Investment for 3-day Course: £325.00; **Deposit:** £165.00 (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



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 - Next Circle: Friday 14th June

In this circle, we meet the mighty Sekhmet, destroyer of the illusionary world. Sekhmet speaks to us about the rule of Ma'at whilst we work with her breath of fire to burn the conditioned ways that no longer serve us. Sekhmet empowers us with a spiritual gift that we are ready to receive and manifest in our lives.



Circle Date: 19.00-20.30 (uk) Friday 14th June

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

ISET Initiate Circle: Tuesday 30th July

In this circle ISET speaks to us about spiritual protection and why it is essential. She shares ways to invoke protection in different aspects of our lives.

Circle Date: 19.00-20.30 (uk) Tuesday 30th July

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



The Path of ISIS / Path of the Living Light Courses 2024

The dates for all Path of ISIS Courses in 2024 are on the website in the [ISET Initiates Community Page](#)

Upcoming Path of ISIS Courses

Gate 2 Course - 3 days, 7th - 9th June
(Next Course after Healing Path of ISET, Part 2)

There are spaces available if any ISET Initiates which to repeat Gate 2

Gate 1: Spiritual Path of ISET, Part 2 - 3 days, 10.00-17.00, 30 Aug-1st Sept 2024
(this is the next Course after Spiritual Path of ISET, Part 1)

Gate 1: Healing Path of ISET, Part 1 - 3 days, 10.00-17.00, 8-10 November 2024
(the next course after Spiritual Path of ISET, Part 2)

Gate 1: Healing Path of ISET, Part 2 - 3 days, 10.00-17.00, 13-15 December 2024
(the next course after Healing Path of ISET, Part 1)

Our Facebook Group: Spiritual Awakening

Our group is a sacred space for like-minded souls to explore their soul's journey and the spiritual arts, raise their vibration, and share the radiance of their Divine authentic self. This is a group for the world community to come together as one and share their experiences on the journey of awakening.

This group is dedicated to the work of the Isis School. There is no advertising permitted apart from the School's events.



Join us in Spiritual Awakening

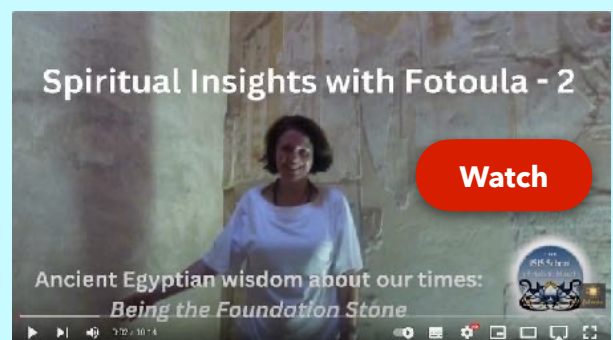
[Facebook Group](#)

Spiritual Insights on YouTube

We have been answering questions about spirituality and shamanism for many years and it is amazing how some fundamental questions keep coming back from different people. So we decided to make short videos and offer answers from our experience.

We currently have four videos on The ISIS School of Holistic Health YouTube channel.

Watch the videos on youtube and if you wish to stay in touch, press the button to subscribe.



Accepting and Loving the Angry Wolf

The Rays of Divine Consciousness Shamanic Retreat

We have just returned from facilitating the most beautiful Rays of Divine Consciousness Residential Retreat in the sacred land of Kilmartin, Scotland. There are no words to describe the depth of community, the essence of grace, the deep release of the past, and the empowerment through the path of the heart - that each of us experienced. As the Retreat came to an end, no-one wanted to go. We truly touched a way of living in spiritual community that we had never experienced.



At the end of the Retreat Fotoula shared the story of the Angry Wolf. This is a well-known story, told and retold by many. This time the words that came through Fotoula from the Enlightened Guides, told the story in a different way.

The Angry Wolf Story

In the story a little boy in a native village goes to his wise grandfather with a question. "Grandfather, inside me there are two wolves. One is kind, generous, loving, and playful. The other is angry, jealous, bitter, and resentful. What can I do?"

The grandfather replies, "It is up to you which wolf you feed."

The boy goes away and tries to feed the loving wolf and starve the angry wolf. The starved, angry wolf then becomes ever more demanding, ever more aggressive. It is not the boy's fault,

he is trying to follow his grandfather's advice and feed only the kind wolf.

The next day the boy goes back to his grandfather and shares his predicament. "Grandfather I tried to only feed the nice wolf, but the angry wolf is so hungry. I feel him all the time and he tries to take over me. He is now even more angry and aggressive. It's as if he wants to bite me and everyone else."

The grandfather thinks about this and says to his grandson. "I am sorry grandson, you are right. The angry wolf is starving. But he is not

in need of food and all the external things. He is starving from your lack of love and acceptance of him. I forgot to tell you that you cannot ignore and starve this angry wolf, you need to acknowledge him, play with him, laugh with him, and love him so much that he is not angry any more. He does not know he is loved by you and becomes angry with everyone, including you."



Reflections

Contemplating this adaptation of the story, we can find ways of transforming our shadow:

- We all have an angry wolf that needs to be acknowledged;
- Starving the angry wolf only makes it more aggressive;
- The way to feed the wolf is not by becoming it. Playing out the shadow still keeps us stuck. This was the predicament of the little boy right at the beginning when he sought his grandfather's advice;
- Accepting and loving the angry wolf, is accepting and loving ourselves;
- The wolf is angry because it does not know it is loved. Offering unconditional love to every part of us helps us heal.

Fotoula Speaks

Sometimes when I work with people, I listen to what the angry wolf says, and I ask the person, "How old are you?" Invariably the angry wolf is much younger than the person, as it's perception of reality has been skewed. What the wolf needs is acceptance and love. When this is offered the wolf can feel acknowledged and fed. And I have witnessed that the anger and hurt can gradually go. And in this way we heal.



For more information on the Shamanic Courses and Shamanic Circle offered by Fotoula Adrimi, Shamanic Teacher, please visit the website.

We offer a wide range of Shamanic Courses in the UK -

<https://www.theisisschoolofholistichealth.com/centre-for-shamanic-courses>

as well as a comprehensive series of Online Shamanic Courses -

<https://www.theisisschoolofholistichealth.com/online-shamanic-courses>

Shamanic Retreat in Scotland with Nepalese Shaman

- UK Retreat

20th – 23rd June 2024, Larbert, Scotland, UK

In the Retreat we will work with the ceremonies, rituals, mantras, and teachings of GARUDA – the Golden Healer, the Lord of Space. This is a rare opportunity to learn some of the most powerful healing practices used within Dhami-Jhankri Shamanism.

During the retreat, we will unfold the myths, rituals, journeys, mantras, rhythms, sacred songs, healing rituals and more, that relate to the self, family lineages and ancestors. The Garuda practice helps us look deeply into ourselves, beyond our limits. We become the observer that allows us to gain understanding at a more profound level. As with the Vishahari and Suparna form, Garuda's powerful spirit helps heal the inner wounds and the unknown circumstances we may be holding inside. Garuda rituals are also performed for the healing of others, especially if the condition is unable to be healed through working with the Nagas.

This is a very rare opportunity to learn some of the most powerful healing practices used within Dhami-Jhankri Shamanism.

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 20th–13.00, Sun 23rd June

Cost: £535.00 / **Deposit:** £275.00 – deposit (non-refundable) secures your place

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

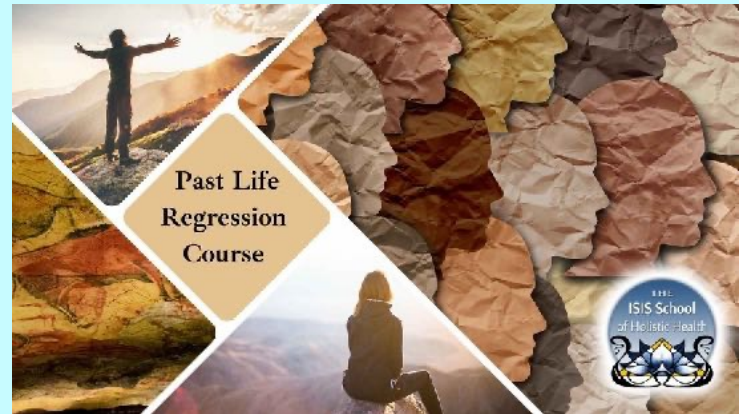
Spaces are limited. Please let us know as soon as possible if you wish to attend

Past Life Regression Therapy Course

Tuesday 15th - Sunday 20th October 2024

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, Tues 15th – Sun 20th October 2024 **Venue:** Glasgow

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

See the [**website**](#) for more information

Circles & Energy Transmissions – June

Fotoula's In Person & Online Shamanic Circle – Monday 19.00-20.30(uk)

Fotoula has been facilitating the Shamanic Circle, the Way of the Drum, since 2009. Investment for each Circle is £18 (£15 conc).

3 June (In Person) – Shamanic Drum & Rattle: Spirit and Lineage Activation

10 June (Online) – Earth Ritual of Manifestation

17 June (In Person) – Energy Rebalance and Cord Cutting

For more information [click here](#)



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 the enlightened qualities within us and transform the conditioning that prevents us from experiencing our Divine Self.

Dates: 6th and 13th June

The investment for the Circle is £10.00. Payment can be made either by bank transfer or via PayPal using – fi@isis-school.com.

For more information and programme [click here](#)

ISIS Energy Transmissions of the Living Light – 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): **5th, 12th, 19th and 26th 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 & July

Each month the ISIS School offers a Transmission of the Rays of Divine Consciousness that is open to everyone, worldwide. The Rays Transmission is: **10:00-11:00 (uk) Sunday 16th June** and **10:00-11:00 (uk) Sunday 28th July**. Please check your time zone if connecting from overseas. There is no need to let us know you are connecting with the Rays Transmission.

