

The ISIS School of Holistic Health Newsletter



Issue 85: October 2023

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*)

I surround you with my wings of light and hold you during this time of soul evolution. I support you to reclaim and open your own wings. See yourself as a light being, walking a spiritual path in the physical reality; a being that is both body and spirit.

I surround you with my wings of light, so that you can spiritualise your body. You can only do this by inhabiting your body fully, and by seeing it as a body of energy, a body of light, that appears physical. At the same time, I invite you to embody your spirit by bringing your spirit fully into your body.

I invite you to live a physical life with awareness:

- Awareness of who you are: the Divine Spirit incarnated,
- Awareness of what this world is: the Divine Spirit incarnated,
- Awareness of what this human life is: a journey where you recognise yourself as the Divine Spirit incarnated.

I do not offer these words to your ego. I offer them to your heart. In order to become awake, the journey takes you through a deep surrender of the ego, a letting go of the



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](https://www.isis-school.com) please email: info@isis-school.com

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identity of the little self into the birthing of the Divine Self, the All That Is. The journey takes you through twists and turns, through heart openings and heart closings, through love and forgiveness, fear and anger, until you see yourself as the All.

In the All there is nothing but you. In the All everyone is an aspect of you. This is why, when you forgive another, you forgive yourself. When you dislike another, you dislike yourself.

A profound, yet simple, way of becoming aware is to see everyone, including yourself, as the Divine Light. You can begin with your family, your loved ones, and those you have challenges with. See a person beyond their appearance, beyond their behaviour and words, as Divine Light. Also, see yourself as Divine Light. Any time you love someone, do the same. Any time you have an issue with someone, see them as Divine Light. And keep remembering to see yourself as Divine Light.

In previous centuries and even today, healers learned that dis-ease is caused by foreign energies of lower vibrations. These energies may appear as dark coloured blobs in a person's body which energy healers can sense or see. Shamans perform extractions to remove these from the body. Yet, in the Golden Times, and in your future, there was/will be another way of healing, that is also effective: see the energies that cause illness in their Divine Light. Even the lowest vibrations contain the Divine Light that can never harm.

You can practice this way of healing for yourself. Take your awareness into your body and notice where you feel any pain or aches. Then see your body as Divine Light. Do this exercise each time you feel any discomfort.



“One day you will become the Divine Self, because this is what you have always been.

I surround you with my wings of light”

*Channelling from Isis
by Fotoula Adrimi*



And do it from your heart, thus accessing the power of your spirit, and not your conditioned egoic mind that wishes to keep you stuck in the limited identity of the little self.

You can do this exercise for a few minutes everyday, connecting with your enlightened Self. And one day, you will become this Divine Self, because this is what you have always been.

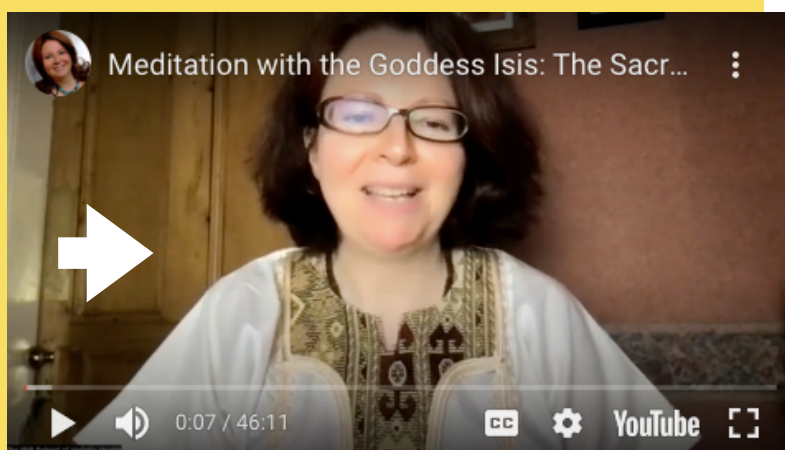
Thank you for being on this journey of Life.

Meditation with the Goddess Isis: The Sacred Wings of Isis

In this video Fotoula speaks about the Path of ISIS / the Path of the Living Light (<https://www.youtube.com/watch?v=WmKMhPek4I8>)

The Living Light spiritual courses focus on the awakening process through personal and spiritual development.

Fotoula also guides us in a spiritual practice where we invoke the power of the Wings of ISET (ISIS) through chanting, and connect with the inter-dimensional portal of the Star Sirius through meditation.



Path of ISIS Introductory Course -

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 aim to open us to the Light of the World, so that we can become that Light.

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

10.00-17.00, Friday 22nd - Sunday 24th March 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 Circles - Tuesday 10th October

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

Theme for 10th October's Circle

In the Circle we will work to bring harmony to personal relationships, and this will include bringing peace and harmony to the planet.

First, we will go through a purification process, including psychopomping, and then we will work with NEFER-TEM, the spirit of the Lotus.



Circle Date: 19.00-20.30 (uk time) Tuesday 10th October

Investment: £15.00



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

Dates for all the Path of ISIS Courses for 2023 are on the [website](#).

Gate 5: 3 days, 10.00-17.00, 29 Sept-01 Oct

(this is the next course for Initiates after AUSIR 3)

(Initiations for Gate 5 will take place on Thurs 28th Sept)

Gate 1: Healing Path of ISET, Part 1 - 2 days, 10.00-17.00, 21-22 October

(this is the next course for Initiates after Spiritual Path of ISET, Part 2)

Gate 1: Healing Path of ISET, Part 2 - 3 days,

10.00-17.00, 24-26 November

(this is the next course for Initiates after Healing Path of ISET, Part 1)



The Shaman's Journey

by *Fotoula Adrimi*

My introduction to shamanism was instant. The first time I journeyed with the drums it was as if someone had lifted a veil between the physical and spiritual worlds. Suddenly I was in front of a spirit guide who appeared as a Native American Chief. The guide welcomed me and spoke about my life and how it was opening in a new direction.

Years later when I trained as a shamanic teacher, Sandra Ingerman told us that in her experience of working shamanically for 40 years, everyone has the potential and inherent ability to journey. Sometimes, as in my case, it happens immediately, and sometimes people have to work for months with the drums and spirits to open the channel. There are now many wonderful shamanic teachers and practitioners working in communities all over the world, training others to journey.

Shamanic journeying is a natural way to connect with the enlightened spirit beings who work with us. It also helps us evolve and grow spiritually and help others. These spirit teachers offer us their help unconditionally. However, there are many spirit beings who may wish to work through us, and we need to know who is who and what the spirit beings' agenda is. Some of these spirits may be lost souls, looking for help. Some may be tricksters and malevolent entities that it is best to avoid.

In the human world it is unwise to open our spirit doorway without discernment and protection.

Traditional Shamanic Training

In the traditional societies the way to work shamanically is passed from the teacher to the student, after a period of dedicated study. The spirits initiate the apprentice shaman, not the teacher. However, a human teacher is essential, so that the student understands how to work with the spirit beings in a safe and protected way.

My spirit helpers say, "An apprentice without a teacher is like someone sailing a boat without a map and compass. They wait for the wind to come and take them some place. It may be the right place for them to go, it may not. And they may travel back and forth to many places before



Shamanic Courses UK with Fotoula Adrimi

they arrive at their destination. Or they may be stranded at sea enamoured by the beauty of the sunrise and sunset.”

The teacher offers the student a map that has been created through the work of all the preceding shamans. The shamans tracked the course that allows the student to get to where they need to be. And this way has been so well travelled that there is a helpful current of energy supporting the student.

The Spirit Bird of Wisdom

To enter the shamanic path, the spirits call you. They invite you through messages, synchronicities, or, as in my case, you are in the right place at the right time. In some traditions they say that a Spirit Bird of Wisdom looks for you and, at some point, brushes your face with its

wings, showing you something from the spirit world. The first encounter is a calling, which we may, or may not, answer. It is our choice, we have free will. Most of us have no idea what this calling is, or what it will mean for our life, and how it will unfold.

Touched by the Spirit Bird and an experience of the mystical realms, we may feel a surge of joy and enthusiasm that is strong enough to overcome any conditioned uncertainty and doubts.

It is also said that the Spirit Bird does not wait for long. If we ignore it, it may fly away and take many years to return.

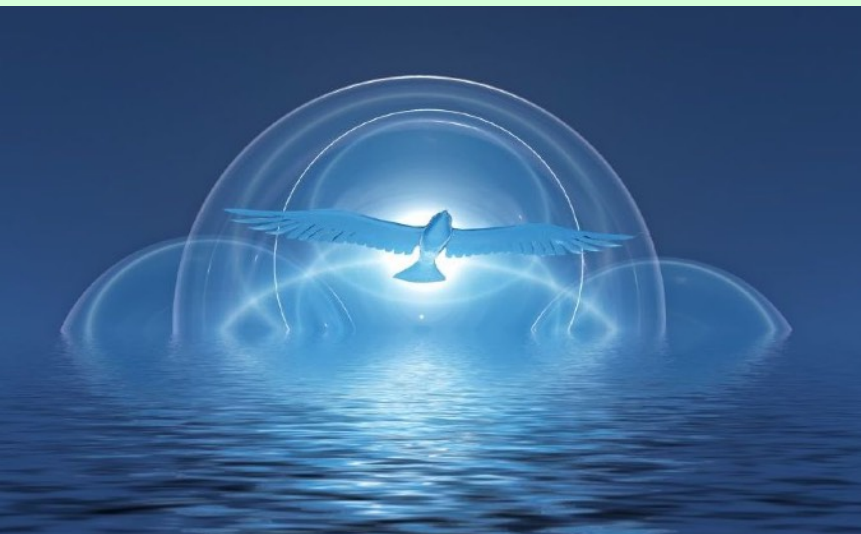
Others say it calls three times and if the person does not respond it leaves for good.

In the Greek mountain tradition, the art of shamanism was passed down through the family and only to the first born child. No-one else was allowed to know about it. Consequently, much of the tradition that could be traced back to ancient times, was eventually lost. Fortunately, we now live in an era where the ancient teachings are re-surfacing and are calling people from all over the globe. The Spirit Bird is flying across the continents asking us to remember our soul's gifts, climb on its back, and travel once more to the mystical lands.

Shamanic Practice - Calling the Spirit Bird

If you are called to the path of shamanism and you wish to place yourself on the energy currents created by the ancestral shamans, you may wish to do this Ceremony and call the Spirit Bird to you.

The Spirit Bird of Wisdom will, it is said, open the doors of your shamanic path, guiding you to places and circumstances that offer you spiritual growth and deep learning. Even if you have been walking the shamanic path for many years, the Spirit Bird ceremony can bring in new energy and direction, and affirm your commitment to yourself as well as to spirit.



In order to do this ceremony, you have to become 'empty,' meaning that you have to leave behind expectations, desires, doubts, and the constant stream of thoughts that usually drift through our mind. The best way to do this is by drumming or rattling.

The Ceremony

Choose a place in nature that feels welcoming. Look at the place and acknowledge the spirit in everything - the plants, stones, flowers, trees, birds, animals etc, whatever you see and hear in the physical world. Acknowledge too the spirits of the land. Give thanks to the Earth and ask permission from the guardian spirits of the light of this place, "May I do this ceremony for the highest good in this place, and call the Spirit Bird of Wisdom to me."

If the answer is 'yes,' proceed. If no, you can find another place. Sometimes a 'no' can change to a 'yes,' if you say that you are doing this ceremony from your heart and reiterate that it is for the highest good of All.

Create an Earth altar by using materials that you find around you. For example, fallen leaves can be your altar cloth. Or you can draw a rectangle or square on the earth with a stick to mark the altar and add any symbols or patterns that come to you. Even a stone can be your altar.

Then create a circle on the altar made of small stones with slightly larger stones at the top, bottom, and sides. This is your medicine wheel. The four larger stones signify the directions. You can use a compass to ensure your medicine wheel is correctly orientated. The east represents new beginnings/the new born baby, the south is the teenager, the west the adult, and the north the elder.

Then call in your helping spirits who work totally and wholly for the light to be with you, even if you do not know who they are. Welcome Mother Earth and any other light beings you work with. And ask them to create a safe and protected space around you and this space for the Ceremony.

State your intention to connect with the Spirit Bird of Wisdom, and to be carried through life by the Spirit Bird as you walk your spiritual / shamanic path.

Introduction to Shamanism & Shamanic Journeying
with Fotoula Adrimi
24-25 February 2024

*For more details –
check [website](#)*

Our Earth Our Home
The ISIS School of Holistic Health

Drum or rattle, and sing for a while until you raise the energy and you become 'empty' and a true conduit of spirit. Keep singing until you let go of any expectations, fears, doubts, and thoughts, and your mind is quiet.

Then using your drum/rattle or hand, move it clockwise over the circle of stones on your altar, until you feel a pull from a place in the circle. Then place a stone inside the circle at this place to mark it. This stone represents you and where you are in your journey with shamanism.



Imagine that you are inside this circle, where the stone is. Feel the support and protection from all the other stones. The wheel turns and you see yourself walking it step by step. When you feel ready, call in the Spirit Bird of Wisdom. Affirm your commitment to walk this path and ask for the Bird to come and carry you on its back. Keep calling and praying for a while and then stay quiet. Feel, notice, or see the Bird appearing and listen to its message. (You may have a vision in your mind's eye or you may see a bird or another sign in the physical world.)

After the Bird comes and you receive a message, give thanks and close your sacred space. Say to your guides that you release them, and ask them to close, protect, and seal you and the place before they go.

Take your altar apart. Return the stones and all the materials you used to the place you found them. Keep the stone that represents you. If you have an altar at home you can put it there. This is your shamanic stone. Thank your guides, the Earth, and the spirits of the land.

Fotoula's Shamanic Stone

In 2006 I signed up for a workshop about connecting with nature. I had no idea why I was doing it and had joined on impulse after listening to a talk by the facilitator, Donald McKinney. The workshop took place in a hotel in Glasgow and 'nature' was the Glasgow Botanic Gardens.

In the workshop Donald talked about nature spirits and asked us to close our eyes and see if a vision appeared. I closed my eyes and saw an ancestor. I was surprised as he was wearing a wolf's hide across his shoulders. I came out of the vision not knowing what to make of it.

The other people in the group seemed to have beautiful visions of the fae, flowers speaking to them, rainbows, and angels. When it came to my turn to share I said what I saw and how it felt strange. One of the participants said that the man I saw was a shaman. In Greece we do not use this word, so I just nodded and said nothing.

Later when we went to the Botanic Gardens, the same participant came to me and said that I should not dismiss my vision, and that I had to find out about shamanism. He gave me a shamanic stone to accompany me on my journey. Alas, I ignored his advice until another synchronicity put me firmly on the path. I am glad the Spirit Bird came twice for me and I have been on its back every since.

My life changed and I have had no regrets only immense gratitude for being carried on the wings of Spirit. I hope you too find your carrier bird and have the most beautiful flight.

Fi's Online Meditation & Chanting Circle



Fi Sutherland

Each session is facilitated by Fi who will gently guide you into the heart through the use of silence, visualisation and sacred sound. Previous experience of meditation is not necessary.

What is Meditation and Why is it Important for Soul Growth

Fi speaks - Meditation is a spiritual practice of focussed awareness. Ancient cultures created meditation practices to harness the power of the Divine inside the body and the universal life force energy. These practices were designed to unite the body and mind, awaken the Divine heart and evolve the non dualism of mind. Thus meditation is a way of rediscovering the truth of who we are, of building a bridge to our authentic Self.

Meditation is a tool for personal growth—to gain insight and clarity, and develop awareness and authentic power. In the silence of the meditation space, we intend to become the observer, the one who is aware of all that is happening in the continually unfolding now. We learn to detach from our everyday thoughts, to listen, and to act in alignment with the flow of life, the universal power of Divine order.

We meditate to find the place within ourselves where the ego mind ceases and the voice of the wise Self, can be heard. The egoic mind disconnects us from our true Self, and meditation helps to overcome this, so that we can experience the grace of the connection with our Divine essence and clear the path to the authentic Self.

Throughout your life you may have built relationships with family, friends, partners, animals, and the Earth. You have given yourself to the external world. Meditation asks you to bring your awareness inside, build a relationship with yourself, and reconnect with your inner light.

Mantra Chanting - the Healing Power of Sacred Sound

Chanting is a way of restoring harmony within the body on a physical and a psychological level. It can also synchronise our brain waves so that we achieve profound states of relaxation that open access to higher states of consciousness. When we chant sacred mantras we activate the enlightened qualities that lie within us. In meditation afterwards these qualities expand and take us into higher vibrational states where we may experience union with our Divine Self.

Fi's Online Meditation And Chanting Circle - Thursdays 19.00-20.30 (uk)

Time: 19:00-21:00 (uk) Thursdays

Circle Dates in October: 5th, 12th, 19th and 26th

Investment: £10.00. Pay via bank transfer or PayPal using info@isis-school.com

Book your place by email: info@isis-school.com

Circles & Energy Transmissions - October

Fotoula's In Person Shamanic Circle - Mondays: 19.00-21.00

Fotoula has been facilitating the Shamanic Circle, the Way of the Drum, since 2009. The Circle will meet four times in September - **2nd, 9th and 23rd October**

Fotoula has been guided to offer the circles in-person in the library of the Glasgow Theosophical Society. The Investment for each Circle is £18 / £15 concession. Payment can be made either by bank transfer or PayPal using - info@isis-school.com.

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



Fi's Online Meditation and Chanting 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 transform the conditioning that prevents us from experiencing our Divine Self.

Circle dates for October: 5th, 12th, 19th and 26th

The investment for the Circle is £10.00. Payment can be made either by bank transfer or via PayPal using - info@isis-school.com. For more information and programme details [click here](#))



ISIS Energy Transmissions of the Living Light - October

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.

Transmissions are from 19.00-20.00 (UK) and on: **4th, 11th, 18th and 25th**

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 - October

Once a month The ISIS School offers a Transmission of the Rays of Divine Consciousness that is open to everyone, worldwide. The Rays Transmission is: **19:00-20:00 (UK) Tues 17th October**. Please check your time zone if 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 wish to make a donation. You can donate through PayPal using the email address info@isis-school.com)

