

# The ISIS School of Holistic Health Newsletter



Issue 88: January 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*)

**In the human world** you measure time through the movement of the Earth around the Sun and the cycle of the seasons. This is the Earth year. At the end of this cycle, another one commences. You celebrate what happened before and generate hope for the new cycle that begins.

A cycle has no beginning, and no end. The Earth moves around the Sun without stopping, and so do you. You move through time, through eternity, without stopping.

The cycle holds you, taking you to familiar places, places where you have travelled before, but have no conscious memory of. Many lifetimes pass and the journey continues. How can you measure these endless years of existence?

In the bigger picture we do not measure life in years but in eras. Each era has a different vibration, a different energy signature, and a different purpose. The current era is one of self-discovery where you emerge out of the chaos of the conditioning and into your Light.

This era teaches you about yourself. When the layers of the conditioning start to fall away, what you will find is the real you.



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](mailto:info@isis-school.com)

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This era is one  
of self-discovery.  
You emerge out  
of the chaos and  
into your Light

The ISIS School of Holistic Health

Image : Leopictures



The real you is not your shadow. The shadow is the deeply hurt part of you that has forgotten that it is loved and develops ways to defend itself in what it perceives to be a limiting, cruel, and unfair world. The shadow is a pattern, a behaviour, a belief, that keeps you stuck. Yet, as a human being, you have adopted this belief. You have made it your own. And you see it playing out repeatedly in your life and in the world.

The infinite part of you remembers without a doubt, that all there is and ever will be, is Divine Love. The infinite part of you is Divine Love and it has compassion for yourself, others, and the world. Your purpose in this era is to once more remember and embody the infinite part of you.

Many of you are trying to manifest a different reality for yourselves. This would be so easy for your infinite spirit to manifest. The being that you are within is an instant manifestor. Yet this being may care little for what you think you need to create, for this being is a wise manifestor.

The infinite Self waits for your human self to acknowledge it and seek it. It does not shout at you or demand your attention. It gives you a choice. "Come to me when you are ready," it says. "I will always be with you and I will wait for you, for I am eternal, and there is no time."

The human self is limited by this one lifetime that appears linear. The infinite Self knows this life is a cycle that never ends.



## Building a bridge

During these changing times, you can observe the shadow and the infinite part of you, and create a bridge between them. You can really build a bridge between the physical self and the spirited infinite Self that you are. And this bridge becomes more solid, the more time you devote to building it through your spiritual practice.

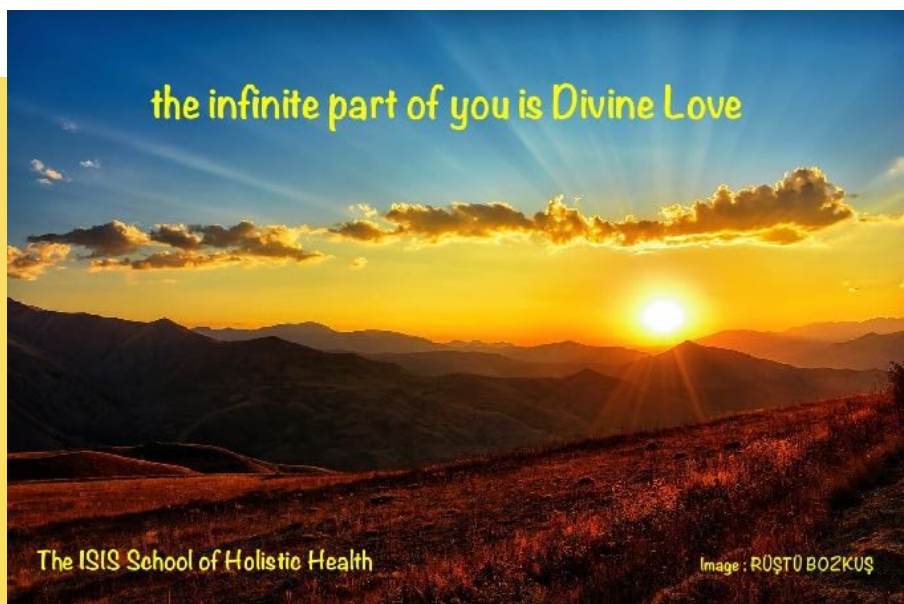
This bridge will help you move towards the spirit and, at the same time, bring the spiritual Self towards you. It is a two-way process - the ascension of the physical to the spiritual and the descent of the spiritual into the physical.

This is the gift of these times.

*Earth is the place where the spiritualisation of matter and the embodiment of spirit can take place.*

This unique path is open for you to walk and discover its gems.

We give thank to you travellers of the universe for walking this path of knowledge. May it bring you its fruits and help you rediscover yourself.



## Egyptian Mystery School Teachings - The Path of ISIS

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](mailto: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 - Next Circle: Friday 26th January

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 26th January Circle

Teaching from Djehuti (Thoth) - embodying the radiance of the Central Sun of Creation

**Circle Date:** 19.00-20.30 (uk time) Friday 26th January

**Investment:** £15.00



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

We now have all the dates for the Path of ISIS Courses for 2024  
See [ISET Initiates Community Page](#) on website for all the details

### Gate 1 Courses - 2024

**Gate 1: Spiritual Path of ISET, Part 1** - 3 days, 10.00-17.00, 22-24 March 2024  
*(this is the introductory course for the Path of ISIS teachings)*

**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)*

### Courses for other Gates - April to June 2024

**AUSIR 1** - 3 days, 12-14 April *(Next Course after Gate 2)*

**Gate 2 Course** - 3 days, 7-9 June *(Next Course after Healing Path 2)*



# The Shamanic Medicine Wheel

by *Fotoula Adrimi*

**Shamanism** enables us to find our place on the Earth, in the here and now. The Medicine Wheel represents many things:

- The wheel of the seasons through the year - spring, summer, autumn, winter
- The wheel of the seasons of human life - child, teenager, adult, elder
- The wheel of the directions - east, south, west, north
- The wheel of community - self, family, community, Earth consciousness
- The wheel of the elements - fire, wind/air, water, earth
- The wheel of all life - plants, animals, humans, stones and minerals
- The wheel of the cosmos - Earth, Sun, Moon, Star nations

## Walking the Medicine Wheel

*The wheel is a tool and practice to understand, accept and create a clear connection with life*



Fotoula Adrimi, shamanic teacher, and best selling author, shares foundation teachings of the shamanic healing practices

All these wheels are one and the same. They create a framework, a map for shamanic work, and for a shamanic way of life.

Each place on the wheel is a door that brings different energies to us. We can discover our place on the wheel at any time so that we can uncover life's influences on our journey.

When we work shamanically with the wheel, we allow the wheel to speak to us. This is a very ancient practice that helps us see life beyond the obvious. For example, even although we may be an adult the wheel may show us that the energies of the teenager are flowing to us.

Every door has a teaching - providing an opportunity, a gift, and a challenge. And a guardian helping spirit that supports, guides, and nudges us in the right direction for our highest good.

An overall teaching of the wheel says that we travel the wheel many times in one lifetime. And, in order to move to a different door we must first accept, learn, and integrate the teachings of the place on the wheel we are now.

Fotoula has worked with the wheel for over 13 years in her shamanic practice. And she will include an introduction to its medicine in the forthcoming 2-day workshop - **Introduction to Shamanism and Shamanic Journeying 24th-25th February** - see next page for more details.

# 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



## Introduction to Shamanism - Overview

This is a unique workshop and teaching to help you access your inner mystic, visionary and oracle and discover the non-ordinary reality. You will have the opportunity to connect with your power animals and spirit guides. Through the ancient art of shamanic journey we grow our power and access our essence of love. We meet our spirit teachers and receive valuable insights on issues we may face and evaluate our personal life. We realise that we are not alone but part of a multi-dimensional universe that supports our growth. In our experience of over 17 years, shamanism has helped many overcome fear, sadness and gain confidence. People who attend this two-day Introduction to Shamanism course may feel that they are finally coming home.

## The Course Covers

- foundation teachings on how to journey shamanically and access the different etheric planes in the lower, middle and upper worlds; how to open sacred space and work safely with your spirit guides and power animals;
- how to build a shamanic altar;
- what is classic shamanism and shamanic healing
- how to retrieve your inner power and carry out power retrieval for others.
- power songs and healing chants, working with the drum/rattle.
- how to work with the Medicine Wheel for deep alignment and direction.

## Fotoula Adrimi



Fotoula is a highly experienced shamanic teacher and practitioner. She has been holding weekly shamanic circles and workshops since 2009 and teaching shamanic practitioners since 2012. Fotoula teaches ancient methods of classic and cross cultural shamanism that have been practiced on the Earth for thousands of years.

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The Course requires advance booking with deposit

**Investment:** £261.00

**Deposit:** £81.00, to secure your place  
(*non refundable and non transferable*)

(Please email - [info@isis-school.com](mailto:info@isis-school.com)  
for our bank details)

**Dates:** 10.00-17.00, 24-25th Feb 2024

**Venue:** Lecture Room, first floor  
Glasgow Theosophical  
Society, 17 Queen's Crescent,  
Glasgow G4 9BL

To book or for more information  
contact Fotoula - [info@isis-school.com](mailto:info@isis-school.com)

## 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](mailto:info@isis-school.com)

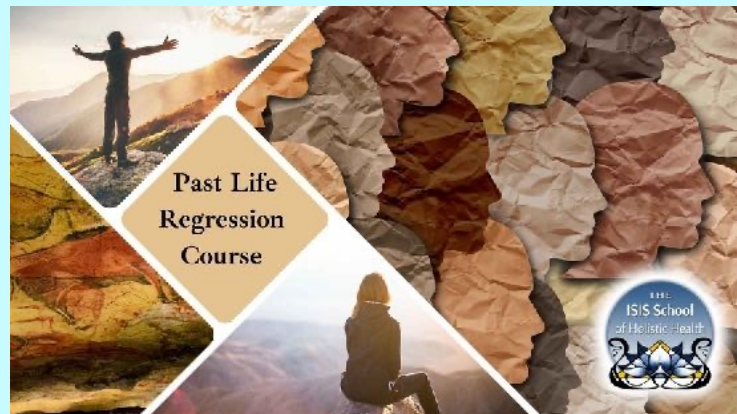
*Spaces are limited. Please let us know as soon as possible if you wish to attend*

# 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



# Thank you



## The ISIS School of Holistic Health in 2023

In 2023 we completed **two Shamanic Practitioner Courses** - the **Online** Course that began in November 2021, and the **In-Person** Training that started in January 2022. Both Circles touched our hearts and were amazing to facilitate. The highlight of the Online Circle was the appearance of an unexpected participant. One of the participants gave birth to a little boy just days before the graduation ceremony. The highlight of the in-person course was the Medicine Walk which for the participants has been truly life-changing. We are absolutely delighted to witness these gifted people embodying their shamanic calling in their own way out in the world and in their own life.

In 2023 we taught the **Ancestral Healing Practitioner Course** for the first time, both as an In-Person and Online training. This course incorporated ancient knowledge from the ancestral spirit shamans Fotoula works with. The power of this work was astounding. Everyone was so touched when we did the healing of the ancestral lands in Scotland, particularly around Culloden in the in-person group, and Wolf Island in the online group.




We would also like to extend our heartfelt thanks to the **ISSET Community**. The **Ancient Egyptian Mystery School Teachings** of the Seven Gates of Awareness and the Five AUSIR Ascension Circles continue to amaze us with their spiritual beauty, deep inner connection, Divine Power, and Divine Love. This is truly the Path of the Living Light that provides the foundation for everything we do in the ISIS School.

In February 2023 we opened another Priestess of the Moon Circle. As with the very first Priestess Circle in 2012, the initiation took place in the Stone Circles of the Sun and Moon in Kilmartin. This Circle is truly magical. It has been an honour to work with the amazing women who answered the calling to walk this path.

We also completed another **Past Life Regression Practitioner Course** in early 2023 and then a **Master Practitioner Past Life Training** later in the year. We give thanks to all who attended. Thank you for practising these ways and taking this work out to your communities.





And in 2024.....

**Shamanism:** our next **In-Person Shamanic Practitioner Training** has already begun (Nov 2023) and will continue throughout 2024 and into 2025. We will be teaching another 2-day **Shamanic Introduction** in Feb. This is a beautiful and powerful introduction to shamanic work and journeying and we still have a few spaces left if anyone is interested. For the first time for a few years we will facilitate a **Rays of Divine Consciousness Retreat** in Kilmartin (full) and we thank everyone who signed up for the Retreat. Our connection with the Indigenous **Nepalese Shaman, Bhola Banstola**, continues. We are organising another Residential Retreat for Bhola in June which will offer participants further opportunities to experience Himalayan Shamanism. Fotoula's Monday evening **Shamanic Circle: The Way of the Drum** will also continue in-person and already there is a growing community of practitioners who are coming together for each of the Circles.

**Ancient Egyptian Mystery School:** The Introductory Course for the Path of ISIS teachings, the Spiritual Path of ISET, Part 1, is in the diary for March, and there are still some spaces available for this. We also have the dates for all the other Path of ISIS Courses in 2024 on the ISET Community page on the [website](#). **Fotoula's new book** on Esoteric Egypt is scheduled to be published by the end of 2024.

Our next **Past Life Regression Practitioner Course** will take place in Oct 2024. And we will continue with Fi's weekly **Online Meditation Circle**, the Online **ISET Initiate Circle**, and the weekly **ISIS Energy Transmissions** as well as the monthly **Rays of Divine Consciousness Transmission**.

We give thanks to everyone we have shared sacred space with in 2023. It has been truly an honour and a blessing for us to meet you, work in sacred space with you, and witness your soul's growth and unfolding over the year. The beauty and Divine power that we are co-creating is remarkable and may the light of our heart continue to guide each of us on our unique soul's path.

We thank everyone for a most magical year. And we thank you for your support of the ISIS School and all the teachings we have so graciously been given by ISET and all our Enlightened Guides.

We look forward to continue our work with you in 2024 and we wish you the most beautiful time over Christmas and the new year and a most blessed year ahead, filled with your own amazing Spiritual Light and the Light of Spirit.



with love  
Fotoula  
and Fi

## Fundraiser for Nepalese School - March

Since 2016 we have worked with the Glasgow Theosophical Society-Order of Service to gather funds to pay for the education of orphaned and impoverished Nepalese children. As a result many children have benefitted from the money we have raised over the years. Children who would not have been able to go to school were given access to education that has helped them in later life.

In **2023 we collected £1,950.00** and this was recently sent to the school in Nepal by the Glasgow Theosophical Society (TS). We extend our gratitude to everyone who contributed. It is truly incredible that so much money was raised and the school and the children are very grateful for all our efforts and we have been asked to pass on their thanks to you for your kindness and generosity.

In 2024 we hope to continue this much-needed work. Accordingly, we will facilitate a **Fundraising Ceremony on Monday 4th March from 7.00-9.00pm in the Library of the TS**. The Ceremony will be facilitated by Fotoula as a gift from the ISIS School of Holistic Health. The Ceremony is in person and open to all - bookings are essential. Entry is by donation and all proceeds will go directly to the Society's Nepalese Children Support Project. (more details to follow)

The **donations** are collected by the Glasgow Theosophical Society and sent to Nepal once a year. **To donate** via PayPal you can use this link - [https://www.paypal.com/donate/?hosted\\_button\\_id=XGWR2BPH344JC](https://www.paypal.com/donate/?hosted_button_id=XGWR2BPH344JC) or email us and we can send you the Society's bank account details.



The Shree Saraswoti School in the Sudurpaschim Province,  
Nepal



# Circles & Energy Transmissions – January



## **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 twice in January, on the **22nd & 29th**

Fotoula offers 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](mailto: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 January: 18th & 25th**

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



## **ISIS Energy Transmissions of the Living Light - January**

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: **17th, 24th & 31st January**

Please email the School: [info@isis-school.com](mailto: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 - January**

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) Tuesday 23rd January**. Please check your time zone if connecting from overseas. There is no need to let us know you are connecting with the Rays Transmission.

