

Newsletter – the ISIS School of Holistic Health Ltd



Issue 91: April/May 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*)

I have come to you, to this Earth reality, carrying the vibration of the Divine Mother energy. There is a misconception that I am a 'Goddess of Magic.' This is because early archeologists translated the ancient Egyptian word HEKA meaning Divine power, as magic. Rather than being a magician, I am an Enlightened Being carrying Divine power that heals, transforms, and awakens. This is my gift to the world – a path that enables you to transform your reality by accessing the Divine power that flows to you from the cosmos. It is also the same Divine power that exists within your heart centre. This power can illuminate the world like a sun illuminates the universe.

Divine power cannot be controlled by the ego mind. It cannot be brought under the control of a human regime to fulfil the wishes of the conditioned self. Divine power carries the seed of awakening of the Divine consciousness. Instead of being guided by the ego, this power shows the ego another path, a noble path of the heart based on the 'Rule of Ma'at,' the way of Divine justice and Divine order. If someone tries to use this energy for selfish reasons they will hinder their spiritual progress and access to the



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Light of the World will be withdrawn until their karma has been sufficiently rebalanced. Our advice is to:

*Let the Light teach you, rather than trying to use the Light
for the ego's desires*

This is the way of the Initiate, and the way of the spiritual seeker – empty your mind of all egocentric desires and allow yourself to drop into the deeper states of consciousness where the Light, the Divine energy, reveals your gifts and helps you manifest them in your life and in the world.

There are many seekers who are trying to grasp and manifest spiritual gifts, and who expect the enlightened ones to grant them access, as if this is their right. This is the ego at work, the ego that expects, demands, and attaches to what it thinks, in order to find validation and acceptance. Genuine spiritual teachers and light beings do not feed the human ego. Instead, they offer you a mirror and ask you to look deep within.

Sometimes when you look into the mirror of truth you see a distorted image, manifested by the ego. You may see yourself in your greatness or see the shadow and all the judgements it carries. These distorted images are made by the mind, and are ultimately a lie. As you continue your personal work, the mirror will clear. The shadows will disperse. And

you may realise that the judgements you hold about who you are, are only thoughts that can be carried away by the wind, unlike the true self which is ever present. The deeper you work on yourself, the deeper the transformation. And you will discover that the Divine Self is complete and whole, a radiant being carrying all the gifts that you could ever wish for. In this state of the Divine Self you have no desire to seek these gifts externally, because they are already present within you.

This transformation is what creates the foundation for inner growth that can serve the world. It is the oldest story of the dismemberment of the ego and the re-





memberment of the authentic Self that was always there. This is the story of the human journey – from the conditioned self to the Ascended being.

For many lifetimes in this journey of self discovery, life held the knife that performed the dismemberment, leaving you to pick up the pieces, clean them, heal them and, through a process of understanding and increased awareness, stitch them together and create a new tapestry. In this lifetime there is a possibility for you to awaken through working with the Light, by becoming aware and following your inner guidance, dismembering, and re-membering your own life, and at the same time, accessing the deep wisdom of the wise Self. In order to do this, you need to be able to dive repeatedly into the pool of Light of the universal energy that lifts you out of the conditioned thinking.

The Ancient Egyptians created temples perfectly aligned to very high vibrational frequencies of the universal energy of Light. These temples became living sanctuaries from the everyday world of the conditioned reality. The high vibration of these spaces can quieten the ego mind and touch the sacred heart, so that the sacred heart opens and reveals its inner knowledge. This universal energy is once again available to you through a process of initiation that lifts your vibration into a higher state each time you consciously choose to connect with its Light.

May the Living Light of Source find you and may you walk the path that brings you home to your Divine Self.

The Living Light Three Pre-recorded Webinars (available to purchase and watch online)

Dipping a Toe: IM-HOT-TEP

Introduction to the spirituality of Ancient Egypt: An Introductory Webinar with an overview of the Path of the Living Light that includes a spiritual journey to the Pyramid Complex.

The Seeker of Knowledge: THOTH

Living Light 1: Teachings on the esoteric knowledge of the spirituality of Ancient Egypt. A Seven Module Webinar series with theory and guided spiritual practices.

The Activator of the Living Light: OSIRIS/AUSIR

Living Light 2: Through a series of practices based on the Teachings of Death and Resurrection you activate your multi-dimensional self and gain access to the Living Light frequency. A Seven Module series of energy work.



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: Tuesday 16th April

In this circle, we will access the planes of existence of the first era and retrieve the spiritual diamond they contain.

Circle Date: 19.00-20.30 (uk) Tuesday 16th April

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



May ISET Initiate Circle: Friday 10th May

In this circle we continue our spiritual work. We journey to the Great Pyramid and receive an initiation.

Circle Date: 19.00-20.30 (uk) Friday 10th May

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](#)

Gate 1 Courses - 2024

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 - 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)*



Introduction to my Shamanic Drums

- by Fotoula Adrimi

I now have four shamanic drums all of which hold very different energies. The first, and biggest, is an 18inch drum. It has a painting of a cobra, rising with its hood open, and brings protection, light, and the energy of the Earth. Next to the cobra is the sun which offers life-giving light to all creation in accordance with the Divine order, symbolised by the feathers of Ma'at, that governs the whole of the cosmos. I worked with this drum for many years before it was painted. And then when it was painted, the drum has stayed in my sacred space holding the energy rather than asking to be played.

The second drum came to me in a dream. I was participating in a shamanic workshop and on one of the night's I saw myself holding a 16inch drum and drumming in a thoroughfare filled with people. The message was that this drum would be working with me as I shared the shamanic teachings in the world. And so it has been. This drum rarely has a day off. For many years it did not want to be painted, and then out of the blue it showed me an image of the shaman transfigured into the spirit bird that carries the light, supported by the bones of the ancestors. This vision came when Gill Hastie, craftswoman and incredible artist, asked to study the shamanic teachings with me.

The third drum chose me. It called me and made sure that I bought it and brought it back to my home in Scotland. And it taught me how to work with it. It was the drum of a deceased Nepalese shaman. I gradually discovered that the spirit of the drum is very wise and powerful. At first it was daunting working with the spirit, and a western teacher intimidated by its power suggested I buried it. I am so glad



that I never did. Five years after buying the drum I met Nepalese shaman Bhola Banstola, who showed me how to work with the spirit of the drum and everything changed.

This drum is very particular. If I do not do the preparation for the shamanic work exactly, it will not sing. However, when everything is complete, this drum does the most amazing work. with its speciality being extraction. This is also the drum I work with in Online Circles and Workshops.



And the fourth drum arrived today, 31st March. It was created by Alistair McPherson-Brown, Star Onyx Drums & Shamanic Crafts, who had a three phrase brief to work with – Eye of Horus, Fire, and Community. The drum came to me in a shamanic journey and asked to be created by Alistair and that I should take it to Santa Fe when I go later in April. I am going to Santa Fe to assist in the Advanced Shamanic Course that will be taught by Sandra Ingerman.

The power of the drum is still to reveal itself, but the spirit has already told me that it loves to hold ceremonies and share the heart beat of Mother Earth. It is a drum that invites people to gather around the fire, listen to the calling of their heart, and the call of spirit. I have only sat with him for a few hours but I can already feel the warmth and the transformative power it holds. Alistair said that the style of the design on the drum is unlike any he has drawn previously and he was inspired to bring into the drum the energy of the ancient temples. He has also painted the inside of the willow frame with gold leaf and this brings in a beautiful light, especially when I play it under the sun.

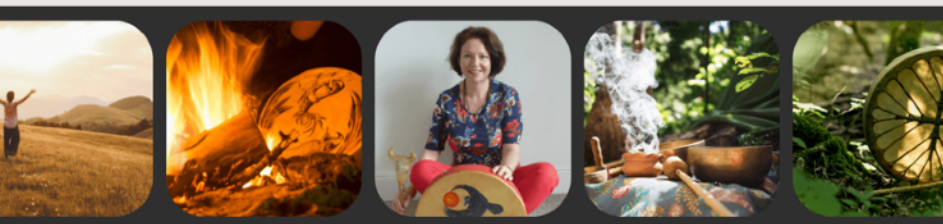
This new drum is birthed for community work and it is unlike any of my other drums. I hope it will come and be with us in our next shamanic circles as we gather with our helping spirits.



with Fotoula Adrimi

Shamanic Circle –The Way of the Drum

with Fotoula Adrimi



Fotoula's Shamanic Circle & Online Course

If you wish to walk the Shamanic Path and are wondering where to start, Fotoula's In Person **Shamanic Circle, the Way of the Drum**, is on in Glasgow on Monday evenings. And, when guided by the helping spirits, the Circle also meets Online.

The next Circle is an **Online Circle** and meets tomorrow **Monday 1st April**. The theme is – A Fire Ceremony. If you wish to join us please email Fotoula – fotoula@isis-school.com

Thereafter the Circles in April and May are In Person – **8th April, 15th April and 13th May** in the Library of the Glasgow Theosophical Society

Join us in the Shamanic Circle

[More Info](#)

Our New Facebook Group: Spiritual Awakening

Our new 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

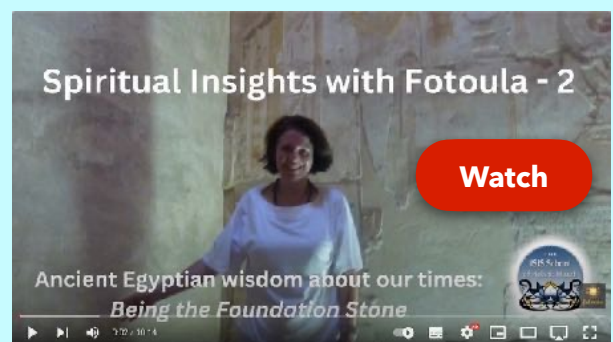
[Facebook Group](#)

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.



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

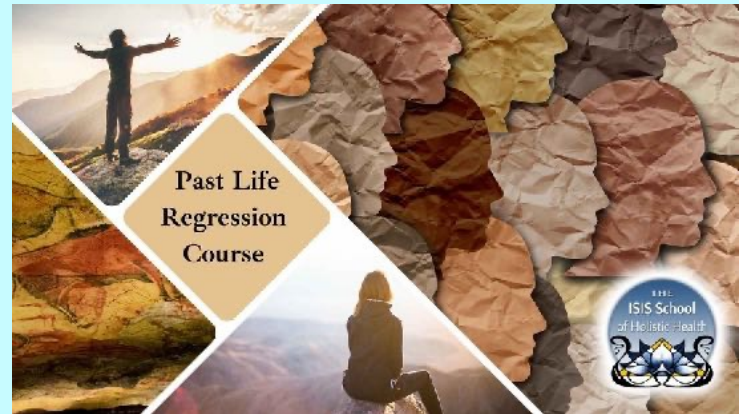
Spaces are limited. Please let us know as soon as possible if you wish to attend

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 – April & May

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 concession). Dates for the Circle for April & May:

1st April (Online) – Fire Ceremony

8th & 15th April – In Person – Glasgow Theosophical Society

13th May – In Person – Glasgow Theosophical Society

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: 4th, 11th, 18th & 25th Apr; 2nd, 9th, 16th & 30th May

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 – April & May

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): **3rd, 10th, 17th & 24th Apr; 1st, 8th, 15th & 29th May**

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 – April & May

Each 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)**

Friday 5th April and 11.00-12.00 (uk) Sunday 26th May.

Please check your time zone if connecting from overseas.

There is no need to let us know you are connecting with the Rays Transmission.

