

# The ISIS School of Holistic Health Newsletter



**Issue 70: April 2022**

## **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*)



our world is changing and this change affects all aspects of your life. At this time of transition, it is very easy for the conditioned mind to become overwhelmed, and for you to lose your centredness. The dramas of the world can quickly seize your attention and shake you out of your place of strength. When this happens you lose your inner stability, and may experience fear, hopelessness, anxiety, and anger.

At times it can be difficult to move away from these unhealthy energies into a positive state of mind. For some it can feel as if they are in a vortex that is trying to pull them apart. Unconsciously, the majority of people feed these unhealthy states. They are unaware that what they focus on, grows and manifests.

The fear, poverty, and illness you see around you more and more, are generated by the state of the collective consciousness. The conditioned world is unable to find good solutions to the problems that your society faces. This is why so many incredible souls have been incarnating on Earth. Some of them have woken up from the conditioning and are accessing the skills that you collectively need. They will remember how to heal your world and introduce a better way of being. Other souls will be seduced by the conditioning and the corrupted ways. Every soul has their own journey.



To contact [The ISIS School](http://The ISIS School) or join the mailing list and receive the monthly newsletter,  
please email: [info@isis-school.com](mailto:info@isis-school.com)

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## Where am I right now?

Where are you in this time of transition? Are you in your centre or pulled in different directions by the outside? This is a question to ask yourself throughout your day.

"Where am I right now? Am I worrying about the future, feeding the fear and lack? Or, am I in my body and my centre, creating my own reality, moment by moment?"

The spiritual practitioner can find the place of stillness irrespective of the external conditions. This is one of the key spiritual lessons a soul incarnates on Earth to discover—how to be the Presence even as the world experiences change and upheaval. Becoming present whilst surrounded by turmoil, is a continuous practice. The Earth's programming will continually try to pull you away from your centre. This is what the conditioning does. 'Look what is happening,' it will say to you. 'Feel the shock and fear, and lose yourself in the mind's chattering.'

Sometimes you will follow the egoic mind, find yourself worrying about the world situation, and feel helpless, for there is little you can do to change things. At those times, bring your focus back into your body, find the silence within, and cut the cords with the world. Ask your infinite spirit to rise from the centre of your heart chakra and expand inside your body. Your infinite spirit can create a buffer of love and compassion between you and the outside world. All you need to do is keep bringing yourself back in touch with your Divine self in the moment.

There can be a misconception within the spiritual community that being in Presence and in stillness, means in-action. This is not so. Being in your centre does not mean avoidance of life. The opposite is true. As you continually bring yourself back from the external world, you engage with the peace that you are, and give yourself the opportunity to answer life's challenges from the place of stillness in Divine timing and in synchronised action. This may lead you to act in ways you have never considered, and unseen doors and opportune moments may present themselves. You may start to listen to your inner voice and act accordingly. Your life may change. And all you have to do is keep bringing your attention back from the world and into yourself.

## Reclaiming your Life-force Energy

The conditioned world has created a way to absorb your life-force energy by generating fear and anger in you. When you find yourself in these states you expend a lot of energy. Where does this energy go? (Nothing is ever lost, energy does not dissipate). The energy you expel feeds the conditioning. This means you and the collective are stuck in a never-ending cycle of unhealthy energy exchange.

When you pull yourself back from the conditioned world, you are pulling your energy back into yourself and depriving the world of this etheric energy source.



It is important to understand and appreciate the value of choosing to step back from the world's dramas, and stop feeding the conditioned reality. As you step back and consciously detach from the external world, and reconnect with your centre, you will find another way of being. Instead of living in fear, you discover that you are totally supported by life. No matter what happens outside, you can be stable. In a world of chaos, you become a pillar of light. This is one of the key learning experiences that the soul has incarnated in a human body to discover.

## Working to Heal Your Body with Etheric Energy

In this practice you experience a flow of etheric energy through your crown. Above your crown lies your eighth chakra. This is the chakra where your etheric wise self 'lives' as a seed of light. This etheric self was called the double, or the KA, in the ancient Egyptian spirituality of the Living Light. As you connect with the etheric light flowing through your crown, you channel the infinite light of your multi-dimensional self.

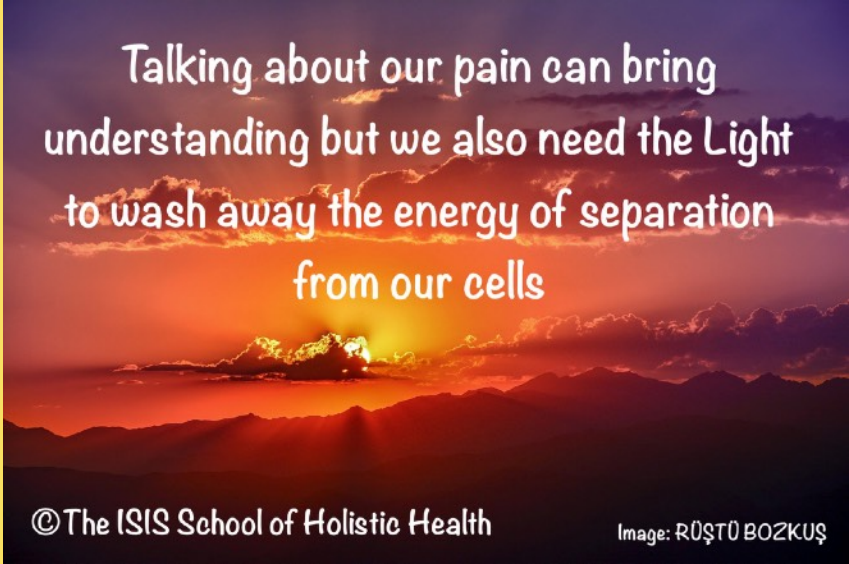


### The Practice

- 1) Start the practice by inviting and welcoming your infinite multi-dimensional self. This wise part of you will be your ally. You may also wish to invite any other helping spirits and guides of the light you work with.
- 2) Then connect with the Earth. Imagine that you have roots under your feet that go deep into the centre of the Earth. Visualise the Earth's energy surrounding you and your feet, holding and nurturing you as you do the practice. At the same time, the healing energy you generate will be shared with the Earth and all life.
- 3) If you are a healing practitioner you may be familiar with channelling light through your hands or eyes. This is a different way. Ask for the infinite light of your multi-dimensional self to now flow into your body through your crown.
- 4) As a result of your intention the light flows inside your body. Stay in a quiet space to experience this light flowing inside.
- 5) After a little while, track the flow of energy in your body. You may feel tingling sensations in different areas. Or, you may see colours as the light flows through your meridian channels. Observe all that happens. (Each of us will experience the energy flow differently. Stay with the process that evolves within you.
- 6) As the energy continues to flow, you may experience some pain, discomfort, or pressure in your body. Your mind may wish you to disengage from the practice to stop any soreness. With compassion for yourself, allow the light to continue to flow.

The energy is showing you the areas where your body is holding heavy energy and needs to heal. Consciously focus on the parts of your body that are drawing your attention, or where you experience the discomfort. Imagine channelling the light from your crown to this part.

- 7) If possible persevere, even when your mind thinks this is too difficult. You may experience emotions releasing, and memories surfacing. As you channel the energy these emotions and pains will gradually be replaced by a peaceful state. Stay with the process, if you can, all the way through to this peaceful place.
- 8) When you feel the process is complete for now ask the energy to stop flowing. Thank your body, your etheric wise self, the Earth, and yourself for this gift of energy healing.
- 9) Slowly bring yourself back. And then, with your hands, brush down your body disengaging from the energy. If you find yourself burping, sneezing, coughing, or yawning either during or after the practice this is another way for your body to release heavy energy.
- 10) Close your sacred space. Thank all the enlightened guides you invoked and ask them to close, seal, and protect you, your space, and your home before they go. Afterwards you may wish to drink plenty of water to help with any further releasing.



Talking about our pain can bring understanding but we also need the Light to wash away the energy of separation from our cells

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Image: RÜŞTÜ BOZKUŞ

### **Note:**

This is a beautiful practice that you can do to allow your body to self-heal through spiritual light. In the beginning you may only be able to focus for 5 minutes. As you continue with this practice you can train your mind to become more relaxed during the process so that you can extend the healing time to 15 minutes, or 30 minutes.

Sometimes the body may ask you to work with areas that you did not realise needed healing. Trust your body. Your body holds so much, much more than just the physical reality. The energy flows organically to where we need healing for our highest good. This means that the energy might flow to known areas of pain, and also reveal blocked emotions, memories from this and other lives, and spiritual hindrances that limit your experience of life.

ISSET's advice is to allow your body to communicate with you and direct the healing rather than focussing on where the mind thinks the energy should go.

We wish you well with your self-healing.





# ISET Practitioners' Community

*(The information on this page is for ISET Practitioners who have taken initiation in a Path of ISIS / Path of the Living Light Course)*

## **Online ISET Practitioners Circle - Tuesday 12th April**

A beautiful way for our growing community of ISET practitioners to come together and share teachings and practices. Each session is guided by ISET through her channel Fotoula.

The Circle usually includes a meditation, journey, visualisation, chanting or ceremony, as well as some guidance from ISET.

**Date:** 19.00-20.30, Tuesday 12th April

**Cost:** £10.00 (*practitioners who are unable to attend the online Circle can also pay for and receive an audio recording of the session*)



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## **The Path of ISIS / Path of the Living Light Upcoming Course Dates**

Course dates for all the Path of ISIS Courses for 2022 are on our [website](#).

**Healing Path of ISET, Part 2, in person** (full) – 10.00-17.00, 02-03 April (Glasgow)

**Spiritual Path of ISET, Part 1, online** (places available) – 12.30-18.30 (uk) 20-22 May

**Path of ISIS, AUSIR 3** – 3 days, 10.00-17.00, 13-15 May (Glasgow) (*Initiations for this course will take place on Thursday 12th May*) (This is the next course for Initiates who have attended Gate 4)



## Path of ISIS Introductory Course – Spiritual Path of ISET, Part 1: Online 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, also known as The Path of ISIS, aim to open us to the Light of the World, so that we can become that Light—the Light of our Divine Self.

The course is a wonderful opportunity to connect with this ancient lineage, receive practices and teachings that will empower your spiritual and personal development.

### **The Course will be taught Online – Dates & Times**

**12.30-18.30 (uk time), 20th - 22nd May**

**Cost for 3-day Course:** £285.00; dep: £140.00 (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)

## Spiritual Empowerment Circle – 5th April

This is an Online Circle that is open to all spiritual practitioners. It will be facilitated by Fotoula Adrimi to help us:

- make sense of life, the human predicament, and what it means to lead a spiritual life, and
- to empower ourselves and break through the patterns of many generations that limit us

It is a Circle where we can share and discuss in a safe space. A Circle where we help each other and co-create a new reality for ourselves. A Circle of love, compassion, and connection, where we go deep within to unveil the hidden treasure, polish the gems, and allow them to shine.

The Circle meets online from 19.00-21.00 (uk time) every 6-8weeks. *(There is no obligation to attend every Circle).*

**Date:** 19.00-21.00 (uk), Tuesday 5th April

**Theme:** Calling the Dream into Reality

**Cost:** £25.00 – payable through bank transfer or PayPal using email – [info@isis-school.com](mailto:info@isis-school.com)



To book email The School –  
[info@isis-school.com](mailto:info@isis-school.com)

Next Circle Date –  
Tuesday 17th May –  
Theme: Support Networks

## Connecting with Plant Spirits

**A**t the coming of spring, plants start to burst out of the ground and grow. They utilise the energy stored in their bulbs and roots and thrive. Instead of remaining hidden in the soil, they make use of the vital life-force energy and emerge into the open. They know it is time to step out from the Earth's protection and take their place in the world.

Plants do this organically. Growth is inherent within them. The bulbs that do not emerge will probably die. Unless the plant takes in the sun's energy, develops their stems, grows, blossoms, and if appropriate bears fruits, the majority cannot survive. Growth ensures their survival.

Each plant has a spirit. And each has much to teach us. Some plants may resonate with us more than others. We may feel drawn to them and their characteristics may mirror our own in some way. Medicinal plants have properties that facilitate healing in people. In many indigenous traditions the spirit of the plants taught the shamans how to work with them and offer healing to their community. The plant spirits guided the medicine people on how to make tinctures, teas and potions that could be used to heal a person's body and mind.

There are other plants that are teacher plants that speak to our spirit. These plants share their wisdom about how we can live our life in a good way and about life on Earth in general. Different traditions identify different teacher plants, but what the plant spirits say is that they are all teacher plants. Even the tiniest marigold flower may have a word of wisdom for us.

The plant spirits wish to encourage us to work with them for they can support our shamanic path and spiritual growth. And at this time of the year when many plants are bursting into life you may wish to journey to them and connect with the plant spirit that is most aligned with you at this time. In the practice do not choose a plant beforehand. In all of this work the spirits choose us. Allow a plant spirit to choose you.



## Shamanic Journey

*If you know how, build a shamanic altar with the four elements.  
You can also have a glass of water with you.*

- 1) Create sacred space by calling in and welcoming your helping spirits.
- 2) State your intention: You wish to learn from the plant spirits an important lesson about growth. The plants know that anything that does not grow, stagnates, and eventually dies. You, like the plants, feel the power of spring calling to you. Ask to be taught how to grow, take in life-force energy, and thrive.
- 3) Drum, rattle, sing, or use a drumming track to take yourself into an altered state of consciousness where you start to experience the spiritual realities.
- 4) Then see what type of plant comes to you and what they share with you.
- 5) When you finish your journey thank the spirit of the plant and your helping spirits. Slowly and gently bring yourself back to ordinary reality.
- 6) When you are back drink some of the water that has been blessed by the spirits during the journey. (If you wish you can offer the rest of the water to nature as an act of gratitude for all life, the spirits of the land, and the plant spirits where you live.)
- 7) Close your sacred space by thanking all your spirit helpers. Say that you are now releasing them and ask that before they go, they protect, seal, and close you, your room, and home.





# The Path of the Eagle 3: Shamanic Ancestral Work

## A New Seven Module Online Course starting Tuesday 26th April

To develop a working relationship with the ancestors, through healing and empowerment, Fotoula and her helping spirits have put together this new online course that focuses on healing and clearing of the ancestral line, and opening to its power and gifts of light. This is a stand-alone course. Participants do not have to have done other Path of the Eagle Courses to take part. The only prerequisite is experience in shamanic journeying.



**Seven Modules:** times shown are UK, please adjust for your timezone

**Module 1:** 19.00-20.30, Tuesday, 26th April

Theme: Establishing a Link with the Shamanic Ancestors

**Module 2:** 19.00-20.30, Tuesday, 3rd May

Theme: Strengthening the Lineage

**Module 3:** 19.00-20.30, Tuesday, 10th May

Theme: Shamanic Initiation

**Module 4:** 19.00-20.30, Tuesday, 24th May

Theme: Learning from the Ancestors the Healing Ways of the Earth

**Module 5:** 19.00-20.30, Tuesday, 31st May

Theme: Ancestral Trauma Release

**Module 6:** 19.00-20.30, Tuesday, 7th June

Theme: Ancestral Integration Methods

**Module 7:** 19.00-20.30, Tuesday, 14th June

Theme: The Ancestors from the Stars and How to Connect with Them.



**Online zoom:** If you miss a module, you can catch up through the video recording

**Video Recordings:** Each Module is recorded. The video recordings will be available on our Website to participants after each Live Webinar. We ask participants to register with the website prior to the Course beginning using the Log In button at the top right of the webpage. (If you are already registered as a site member there is no need to re-register.)

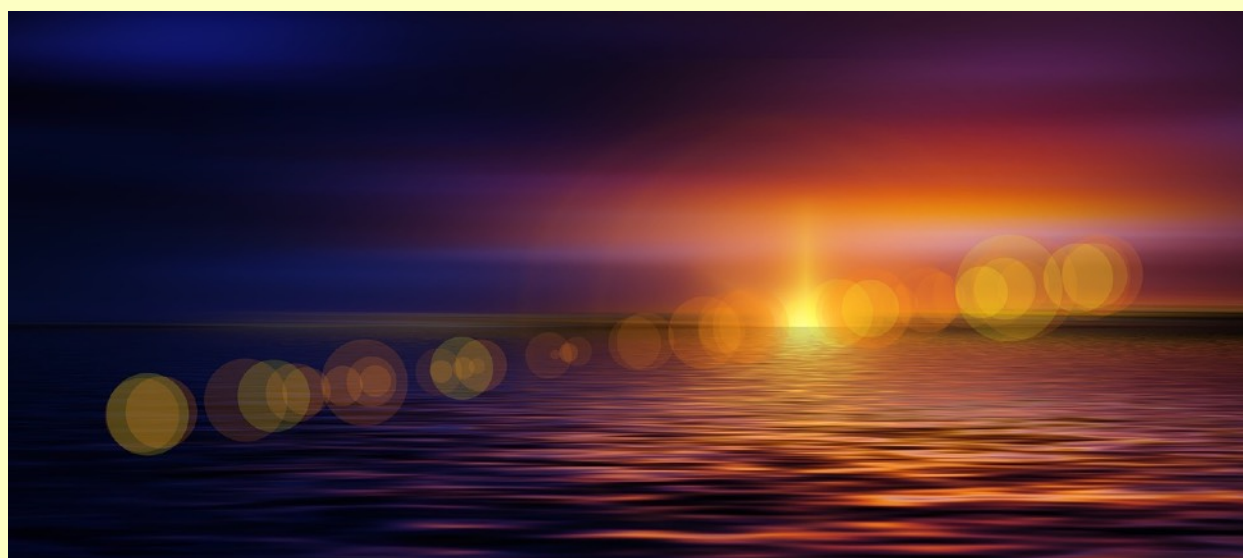
**Cost:** £210.00 for all 7 modules. Deposit £75.00 to reserve your place.

**To book:** email The ISIS School on [info@isis-school.com](mailto:info@isis-school.com) Payments can be made through bank transfer (email [info@isis-school.com](mailto:info@isis-school.com) for bank details). The total cost if paying with PayPal is £220.00, deposit £80.00. (Use [info@isis-school.com](mailto:info@isis-school.com) for PayPal)

**(For Shamanic Practitioners who have graduated** from The ISIS School of Holistic Health, or are currently studying a shamanic practitioner course with the ISIS School, there is a 50% reduction in the cost. Total cost –£105.00. Deposit £35.00.)

*All deposits are non refundable and non transferrable.*

# The Star Beings of the Light Speak



## A Message from the Star Beings

We wish to connect with you and speak to you once again. We have been waiting for the right time and it has come.

The Star Beings of the Light wish to connect with the Lightworkers of the Earth to help you heal spiritually and also help the Earth heal. Your Light has never been so important and so needed. Yet, in your world your Light is not acknowledged and appreciated. This does not matter as long as you yourself work with, acknowledge, and appreciate your Light.

Your world is changing and going through shifts of consciousness. At this time many people are being pulled into the conditioning of fear and anger. We wish to help you embrace a bigger reality based on compassion, forgiveness, and kindness. These qualities are part of your Divine nature, which is unconditional love.

We wish to help you remember. This is our invite to you to listen to the recorded three Webinar Series.

Through Fotoula we offer our words, transmissions of etheric cosmic energy, and teachings. You can listen to these through the Online Series of Three Light Activations.

## Online Series of Three Light Activations

In this time of deep transformation on Earth, the Star Beings of the Light have offered three activations to empower us to walk the path of the spiritual warrior, and overcome the chaos of the conditioning, and the states of fear and separation that exist in the human community. During the series we are strengthened to become a pillar of light for the New Earth that is built through the connection with our limitless wisdom and sacred heart. In this series Fotoula channels the high vibrational energy and words of Star Beings of the Light. The meditations and downloads are offered unconditionally by the Beings of Light to activate Light Codes of Power that are already in our energy field. These activations awaken what we already have inside. See the [website](#) for how to purchase the webinars

# Shamanic Retreat with Nepalese Shaman - Bhola Banstola

**30th June - 3rd July, Scotland - *limited places available***

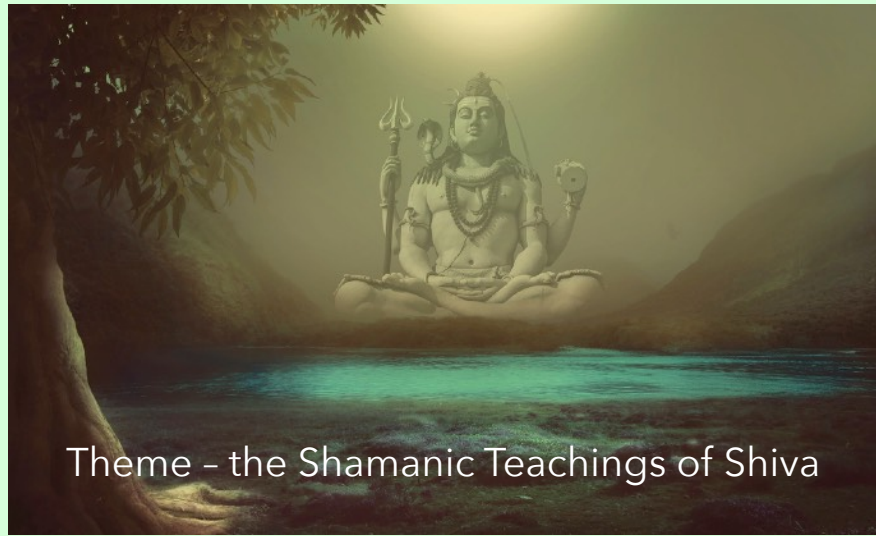
## Teachings of Shiva

Lord Shiva is the principal spirit teacher, mentor, and helping spirit for Himalayan Shamans, and spiritual healers in Nepal and the Himalayas.

In the workshop we will delve into ancient truths about cosmology and creation, and focus on how the Universe was born from the union of Prakriti (feminine forces) and Purusha (masculine forces). Prakriti refers to the primary cosmic material that is the root

of all beings. Purusha is the spirit or conscious energy governing life and reality. The cosmic entity, Purusha, exists beyond time and space and partners with Prakriti in the process of creation. These eternal, indestructible realities join to form the matter we perceive.

Bhola will impart sacred knowledge and conduct traditional shamanic initiations and empowerments to help us align with these sacred energies that work within and outside time and space. He will also offer the transmission of sacred mantras, mudras, and sacred geometry that takes the form of mandalas. This is a transmission of an authentic tradition, which is still practiced and respected throughout the Himalayas.



## 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 fee for the retreat includes Bhola's teachings, accommodation, and food.

**Venue:** Carronvale House Conference & Rec Centre, Larbert, Scotland

**Dates:** 18.00, 30th June - 13.00, 3rd July

**Cost:** £495.00 / **Deposit:** £250.00 - 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*



# Online Circles & Energy Transmissions – April

## Fotoula's Online Shamanic Circle – Mondays: 19.00-20.30 (uk)



Fotoula has been facilitating a weekly shamanic circle since 2009. The Circle meets twice in **April: 4th and 11th**

The fee for each circle is £12.00. Payment can be made either by bank transfer or via PayPal using – [info@isis-school.com](mailto:info@isis-school.com). The PayPal fee is £13.00 for overseas participants. For more information and to see the programme [click here](#)

## Fi's Online Chanting and Meditation 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 overcome the obstacles that prevent us from experiencing our Divine Self.

### April Circles: 7th, 14th, 21st and 28th

The cost of the Circle is £7.50, and you can pay by bank transfer, or PayPal using email address – [info@isis-school.com](mailto:info@isis-school.com). (PayPal fee is £8.00 for overseas participants. Programme details [click here](#))



## ISIS Energy Transmissions of the Living Light – April

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 ISIS Energy Transmissions are from 19.00-20.00 (UK) – **6th, 13th, 20th and 27th April**

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 – Tues 19th April

Once a month The ISIS School offers a Transmission of the Rays of Divine Consciousness that is open to everyone, worldwide. The next Rays Transmission is on **Tuesday, 19th April, 19:00-20:00 (UK)**. 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 [info@isis-school.com](mailto:info@isis-school.com))*

