

# The ISIS School of Holistic Health Newsletter



Issue 78: February 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** have come to you beyond time, for I exist outside your world, the world of duality. I am larger than the cosmos. There is no limitation, no boundary that can envelop me; I surround the world with my wings of Light. Human beings and the forces of ignorance, tried to erase my name from the sacred monuments, remove my face from the temples of Light, besmirch my identity as the Great Mother. Now I am in my power once more for the human heart is seeking the truth and Light.

I never left this world. My energy signature has always been connected with the Earth realm. It opens a path for souls who seek to understand the evolutionary process, embrace Oneness, and overcome the concept of duality.

*I am the Teacher of the Path that is called the Living Light,  
the Path that guides you out of the night of the  
conditioned ways and into your Divine nature.*

Never before has such a gift been offered so easily. A gift that can support you to enter the high states of consciousness that can heal the fragmented self and transform the conditioning. This is a time when wondrous Light energies flow to the Earth



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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## Step into your Light, eternal traveller

from the cosmos, shaking the old conditioned world and inviting you to go deeper into yourself, and discover and radiate the light of our soul.

These energies of Light activate the old wisdom, the codes of power, that are hidden in sacred sites which were closed down to safeguard them from misuse by the egoic cultures. Activation of these codes helps remove the heavy imprints of the past and the misuse of Light by humanity, and dispel the shadow of the chaotic forces. This frees the sacred sites to once again work for the Light.

This shift, this change, that also brings a sense of personal freedom is just beginning. It is still in its infancy, even though it has been dreamt about for a long time. Beings of Light have been working in the Earth realm for this turning of the wheel.

At this time it is important for human beings to access their own light and power, grow their awareness of Divine connection, and work for the highest good. This requires a personal movement away from the collective conditioning towards the awakening of the inner Self. We encourage you to continue walking the spiritual path of Light and embodying the Divine Self.

We, the Enlightened Ones, support the evolutionary process on this planet. We know that these changing times are hard for human beings to navigate. The conditioned culture tries desperately to control and dictate, while paradoxically, the conditioned forces are losing their power. The more they try to control, the more chaos they create. You will see manifestations of this chaos in the years to come.

### **Chaos does not need to be your reality**

The outside world can only create chaos in your life, if you allow yourself to slip deeper into the conditioned ways of fear. Inside of you lies such a great power – your Light. This power remains dormant unless you purposefully engage with it. The vast majority of people are ignorant of this power. And a large majority

of light workers, even though they may have felt their light at some point, still do not engage with it. They know it is there, but do not actively work with it, and cannot then become it.

It is not enough to say, "I am the Infinite Light." This shift asks you to embody your Light and live your life from that state, rather than the conditioned mind. It is a process, a journey, that you are on. These changing times do not resolve quickly - they gradually come to pass.

The Enlightened Ones see you as an Enlightened One. We beseech you. We invoke you. We ask for your help. Step into your Light, eternal traveller. We thank you for being here on Earth at this time and we bow to you.

*May you find your way back to yourself*



## **Path of ISIS Introductory Course - Spiritual Path of ISET, Part 1: In Person**

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.

This 3-day course is a wonderful opportunity to connect with this ancient lineage, receive practices and teachings that will empower your spiritual and personal development, and soul evolution.

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

**10.00-17.00, Friday 24th - Sunday 26th March**

**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 Circle - Friday 10th March**

These Circles are 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, visualisation, chanting or ceremony, as well as a message from ISET.

**Circle Date:** 19.00-20.30 (uk time) Friday, 10th March

**Investment:** £15.00



## **ISET Initiates Circle - Subscription Plan**

ISET has asked us to create a Subscription Plan whereby Initiates of the Living Light can now pay a monthly investment of £15.00 and receive :

- Access to the live Online ISET Initiate Circles; and,
- Unlimited access to the audio recordings from previous ISET Initiates Circles

### **Accessing the Subscription Plan:**

- Create an account (become a Site Member) through the **LOG IN** button at the top right of the [ISIS School website](#) *(if you are already a Site Member through doing other ISIS School Courses there is no need to re-register)*
- Email us ([info@isis-school.com](mailto:info@isis-school.com)) to let us know you wish to Subscribe - we will send you the password that allows you to access the Subscription Plan
- Then go to the Subscription Webpage - go to **MORE** on the [Website's Main Menu](#) and select ISET Circle Subscription, enter the password and sign up to the plan

This will give you access to the ISET Circle Recorded Meditations webpage with a playlist of the Recordings from previous ISET Initiate Circles. We will also send you the zoom link for the upcoming Live ISET Initiate Circle. If you cannot attend the live Circle you will have access to the recording when it is uploaded to the page.



# Past Life Regression Therapy Course – Practitioner

New Course 14th – 19th February 2023



In this six-day 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.

*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.*

Since graduating as a Clinical Hypnotherapist from the University of West London and the London College of Clinical Hypnosis, Fotoula has found that people sometimes carry issues, patterns and spiritual blocks from other lives into their current life. Some experience physical conditions, the root cause of which originated in another life. She has developed this course from her extensive experience of working with clients and with the help of her spirit guides.

## Key Themes of the course:

- ♥ Learn how to carry out past life regression to resolve what hinders your clients in the present moment.
- ♥ Take part in 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 Healing work for the collective, humanity and life on Earth
- ♥ Past Life soul retrieval therapy.
- ♥ Life after healing: how you can integrate the healing into your life and direct the energy for your highest good.

**Prerequisites:** Experience in meditation and therapeutic work

**The Course is certified.** A certificate is issued following successful submission of casework

**Date:** 10.00-17.00, Tues 14th Feb - Sun 19th Feb 2023 **Venue:** Glasgow

**Cost:** £750.00. **Deposit:** £250.00, to book your place **More info:** See [website](#)

## Light Activations – 5 Modules of Lightwork with Star Beings

Five Modules – Five Light Activations in the states of high consciousness : 13th Jan, 20th Jan, 27th Jan, 24th Feb, 3rd March

Since 13th January, Star Beings - a collective term for the Beings of Light of a higher intelligence based on Divine Love, have been working with us and offering a series of Five Light Activations. We have already received two of these Activations through Online Modules. During the webinars the Star Beings offer information on the evolution of life on Earth as well as the soul's evolutionary journey through the Earth reality. They explain life and spirituality from a deeper perspective and then take us into an inter-dimensional portal where we receive a Light Activation based on what they spoke about.

**In the First Activation** the Star Beings said that life on Earth was not accidental. It was planned with the arrival of an etheric / physical structure called the 'Seed of Life.' They emphasised the importance of the Cycles of Life that the physical body is attuned to and the egoic mind is ignorant of. They differentiated our current state of consciousness, dominated by the conditioning, to the natural state of the Cosmic Dancer through whom the Universal Power flows. The First Activation was a realignment with the original intention of the Seed of Life before the conditioning ever existed in the Earth plane.

**In the Second Activation** there were so many gems to consider and meditate upon, inviting us to open up to a higher understanding of what our spirit is. Some of the concepts they mentioned were - the obstacles that arise in our life are the old karma of the human race which can be overcome through the awareness of the infinite; when we fully align with the physical and spiritual realities then we will be able to activate our own hidden qualities; the ultimate soul purpose is awakening which is shared with all beings as this is also the purpose of the Universal Soul we all are; our authentic Self is a radiant being of love that exists beyond all incarnations; and, the only authentic and pure expression of love is our spirit. The Second Activation was an attunement to the Cosmic Power of Love which we then channelled for the highest good of All.

**More Light Activations** on 27th Jan, 24th Feb, and 3rd March. If you are interested in this series of Light Activations you can still enrol in the programme and access the first two Light Activation via video recordings on our website, and then join the live Modules.

**Investment:** £125.00 for 5 online modules. **To book:** email [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). If paying with PayPal the investment is £133.00. (Use [info@isis-school.com](mailto:info@isis-school.com) for PayPal)

***For more information see the [website](#)***

# Shamanism - Returning to Basics and Flying with the Drum

## Shamanic Circle and Introduction to Shamanism

Our Shamanic Programme for 2023 began with the [Shamanic Circles](#) and the [Seven Module Course - Introduction to Shamanism and the Medicine Wheel](#). Both of these are online to give people from overseas and different parts of the UK an opportunity to join our Shamanic community.

In the Circles and Course the helping spirits are inviting us to return to basics and find our connection to the animal spirit guide and the animal power we embody. These are two different powers. The former is a helping spirit, and the latter becomes part of us.

The helping spirits also spoke about how to build an altar, call in the spirits, journey to the lower worlds, and connect deeply. Before we can fly we need a good foundation, and revitalising our connection with our animal guide and power is key.

## Ancestral Shamanic Healing Practitioner Course *(see next page for more details)*

In February our journey with the drum continues - we will begin our Advanced Shamanic Training. This course is particularly relevant for anyone who wishes to train as an Ancestral Shamanic Healing Practitioner. It is an in-depth programme for people who have preferably completed the [Online Course: Path of the Eagle 3 - Shamanic Ancestral Work](#), or have trained, or are training, as a Shamanic Practitioner with the ISIS School. (The latter 2-year programme contains aspects of the Shamanic Ancestral Healing).

## Two-Year Shamanic Practitioner Training

Finally, for anyone who wishes to train as a Shamanic Practitioner, we have six spaces left on our two-year training course which starts in November.



*May the drum call us back to the Earth*

*May our feet find the dance of spirit*



Advanced Shamanic Course – Online and In Person  
Ancestral Shamanic Healing Practitioner  
Nine modules taught over ten months in 2023

This is a specialised aspect of shamanic practice that we are opening into. The Shamanic Ancestors are eager to support and empower us to do this work

The Shamanic Ancestors have asked Fotoula to facilitate a 9 module course in 2023 which will offer people the skills to become an Ancestral Shamanic Healing Practitioner. During the course the Ancestors will be working with each participant individually, and with the circle, to empower everyone to do this important work.

If your heart calls you to this path, we would love to share the work with you. The course requires commitment to continue to work on your own family line, and at the same time, carry out casework so that you can help others.

**Pre-requisite:** The Ancestral Spirits recommend that everyone has completed the Online Programme: Path of the Eagle 3 – Ancestral Shamanic Work, or, people have trained or are training to be a Shamanic Practitioner with the ISIS School of Holistic Health.

### **In-Person and Online**

The ancestors have asked Fotoula to teach this work in-person and online. People attending the in-person workshops can attend the online workshop if they miss a Saturday Module.

#### **In Person - Time: Saturdays, 10.30-17.30**

**Dates 2023:** 25th Feb, 1st Apr, 6th May, 3rd June, 1st July, 5th Aug, 2nd Sept, 7th Oct, 4th Nov

**Venue:** Library, Glasgow Theosophical Society, 17 Queen's Crescent, Glasgow G4 9BL

#### **Online - Time: Sundays, 12.30-19.00**

*(this is the UK time please adjust for your own timezone)*

**Dates 2023:** 26th Feb, 2nd Apr, 7th May, 4th June, 2nd July, 6th Aug, 3rd Sept, 8th Oct, 5th Nov

**Course Cost** (in person and online): £1,111.00 **Deposit** £211.00 to secure your place. Then pay £100.00 on the Monday before each training weekend. (Payment is through bank transfer. Please email the School for our bank details – [info@isis-school.com](mailto:info@isis-school.com))

*For more information about the Course and content of the 9 Modules visit our [website](#)*

# Online Circles & Energy Transmissions – February

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

Fotoula has been facilitating a weekly shamanic circle since 2009. Circle dates for February – **13th Feb & 20th Feb**

The Investment for the Circle is £15.00

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 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.

**Circle dates for Feb: 2nd, 9th & 23rd**

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 – February

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.

The Transmissions are from 19.00-20.00 (UK) and on: **1st, 8th & 22nd February**

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 – 27th February

Once a month The ISIS School offers a Transmission of the Rays of Divine Consciousness that is open to everyone, worldwide. The Rays Transmission in February is from **19:00-20:00 (UK) Mon, 27th Feb**. 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 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))*

