

# The ISIS School of Holistic Health Newsletter



Issue 84: September 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*)

**T**he world is changing and the states of duality are becoming more pronounced. This is a time when you can see and choose the way of the heart, the way of higher consciousness, and the Light state, versus the way of separation, corruption, and the conditioning.

However, things are not always straightforward. The two faces of duality intermingle. This is why it is important to do your spiritual work and transcend the conditioning.

For example, if you are trying to generate high states of consciousness and you judge, blame, and send negative energy to others through unskillful actions, words, and thoughts, it will be difficult to lift yourself out of the lower states of separation.


In the high state of consciousness you are called to detach from the dramas of the mind and the pain of the perpetrator/victim paradigm, and heal the Self through self-love, forgiveness, and kindness.

Many interpret the teaching of self-love as one where in loving yourself, you are justified in being unkind to others. This is a huge distortion of the essence of self-love. In generating love you see everyone through the eyes of compassion.



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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through the offering of  
unconditional love we can  
change our life

The ISIS School of Holistic Health

Image : Melk Hagelslag

You come to understand that there is no 'you and them,' and that you are all players in the theatre of life where evolution and growth are the key objectives.

### **A Bigger Perspective to Life**

Some of the players may have been tough teachers for you and they showed you a different view of life, one you did not know before. Even if they 'lost their way' in your eyes, they are fulfilling a purpose that is beyond what the mind alone can perceive. It is the soul that knows it was important for you to meet these people and circumstances. Further, the soul knows that these people are only a projection of the Divine essence and thus they are not separate from you, they are part of you. They have met you on your path so that you can know yourself.

By letting go, releasing, and detaching from those who reside in the deep states of the conditioning without judgement but through love, understanding, and where appropriate, forgiveness, you open your spiritual path towards the transcended states. If you judge, condemn, and send negative energy through your thoughts and words, you are still attached to them. You are not free.

Your attachment becomes a burden that prevents you from moving forward and experiencing the higher vibrational states of love, and the incredible light of spirit. You remain stuck in the egoic state of the conditioning.

Whatever grudges you may carry, now is the time to let them go and bring peace to yourself. Otherwise the negative thinking becomes a vicious cycle that takes you deeper into the lower vibrational states of separation, anger, pride, and jealousy, until the doors of your heart close so tightly that you only see this one view of duality.

## Searching for the Perfect Path

In your world there is so much you can look into. There are so many teachings presented in many different ways, old and new. And each of them may take you along the road of soul evolution, or may keep you stuck in the same place.

If you truly wish to open the doors of your heart, allow life to guide you through synchronicities, and lead you to the road that is best for you at this time. Your job is to walk the road that life shows you for as long as it is conducive for your higher purpose.

Many times life can show someone a path and the mind quickly rejects it. The mind is looking for something else, listening to other people, trying to find a road that is faster, more promising, more appealing, and more popular. This is the trap of the mind.

The ancient teachings say that life will present you with your path, and few will follow it the first time. Years may pass as you search here and there, until life brings the path back to you. The teachings also say that the spirit bird of high knowledge calls you but if you do not climb onto its back it can quickly fly away, and before you know it, it is gone.

If you truly wish to follow your path, call in the powers of life and make a commitment. You can do this through ceremony, even if it is just lighting a candle and speaking your prayer into the fire.

After the ceremony your soul may start to speak to you, show you a way of being, bring you to places where you will find something important for you. You may experience significant dreams and synchronicities. What can help are four key tools:

- **Patience** - wait for life to respond and keep energising your intention by repeating it to yourself daily,
- **Trust** - that life is looking after you,
- **Gratitude** - give thanks, even for the smallest insight that comes to you. The more gratitude you have, the more the doors will open,
- **Awareness** - stay aware, and quieten your mind through spiritual work.

The road leading you to the infinite spirit is a process of continuing discovery. There are few fireworks and more deep work. Your job is to find the beauty in everything and keep walking.





# The Spiritual Path of ISET

## The Path of the Living Light

This is ISET speaking:

*“The Path I teach is the path of millions of years. It is not easy to find this path, it finds you. And when it does, it invites, it never forces. You are invited.”*



## 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 5th September**

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 5th Sept - Sekhmet: Healing Ourselves through the Power of Destruction**

In the Circle we will share the myth of Sekhmet as the fiery eye of RA and invoke her power of destruction, in order to heal deeply. Sekhmet destroys the chaotic forces from ourselves, our lives and the world reality, in a way that serves the Highest Good. We will share the mantra of Sekhmet and go through a process of change and renewal.

**Circle Date:** 19.00-20.30 (uk time) 5th September

**Investment:** £15.00



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## **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](#).

*ISET Initiates are welcome to repeat any of the Path of ISIS Courses provided there is space available. Initiates are offered a 50% discount for repeating courses.*

**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)*

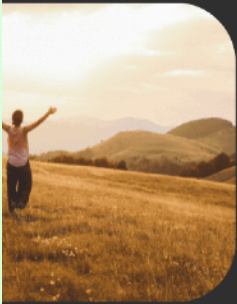
**Gate 5: 3 days, 10.00-17.00, 29 Sept-01 Oct**  
*(this is the next course for Initiates after AUSIR 3)*  
*(Initiations for Gate 5 will take place on Thurs 28th Sept)*





# Shamanic Circle –The Way of the Drum

with Fotoula Adrimi



**In Person Shamanic Circle - Monday Evenings - 19.00-21.00**  
**Library, Glasgow Theosophical Society**



Our shamanic circle is a community gathering where we come together as one tribe-one heart, to co-create a shamanic ceremony in a sacred space. We set intentions, journey with the drum, and explore different shamanic practices.

The circle is a guided, supportive space, for you to delve deep into the magic of shamanism. It is facilitated by **Fotoula Adrimi**, an experienced shamanic teacher, who has been running the circle in Glasgow since 2009. Fotoula holds a safe sacred space for both complete beginners and experienced practitioners.

Fotoula has helped hundreds of people find their calling through shamanism and alternative spirituality. She trained with some of the most well known indigenous and western shamans, including the Shamanic Teacher Training with Sandra Ingerman, and she is a member of Global Shamanic Teachers.

**Times and Location:** 19:00-21:00 Mondays in the Library, Glasgow Theosophical Society, 17 Queen's Crescent, Glasgow.

**Investment:** £18/£15 concession. Pay via bank transfer or PayPal using [info@isis-school.com](mailto:info@isis-school.com)

**Book your place by email:** [info@isis-school.com](mailto:info@isis-school.com)

## September's Programme

- 04 Sept: The Tree of Life. Reconnecting to all realities
- 11 Sept: Calling the Spirits
- 18 Sept: Equinox Shamanic Ceremony
- 25 Sept: Breaking Old Agreements
- 02 Oct: Plant Spirit Medicine

[Read more](#)



# The ISIS School Online Courses - available through our website

The ISIS School offers a comprehensive program of Online Courses covering **Ancient Egyptian Spirituality, Shamanism, Light Activations,** and Courses based on Fotoula's book - **The Golden Book of Wisdom.** This allows you to work with the teachings we offer in the convenience of your home and at your own pace.

[More information](#)

The screenshot shows the website's navigation menu and a grid of six course cards. The navigation menu includes: Home, Path of ISIS, Shamanism, Courses, **Online Courses** (circled in blue), Meditation, Rays/DNA, Live Online, Priestess Training, and Publications. Below the menu are five category tabs: All programs, Ancient Egyptian Spirituality, Shamanism, Light Activations, and Golden Book of Wisdom. The course cards are arranged in two rows of three. Each card features a circular image, a 'You're a Participant' tag, the course title, the price, and a 'View' or 'Learn more' button.

Course Title	Price	Action
Introduction to Ancient Egyptian Spirituality	£25.00	View
Living Light 1 : the Seeker of Knowledge – THOTH	£170.00	Learn more
Living Light 2: the Activator of the Living Light	£205.00	View
Introduction to Shamanism Course	£295.00	View
Path of the Eagle 1: Walking the Shamanic Journey	£160.00	View
Path of the Eagle 2: Shamanic Purification	£185.00	View

# Master Practitioner – Past Life Regression Therapy Course

New Course: Thursday 7th – Sunday 10th September

This four-day course, facilitated by Fotoula Adrimi, is a follow-up course for those who have completed the six-day Past Life Regression Course with the ISIS School

This is the follow-on course to the **Past Life Regression Practitioner Course** taught by the ISIS School. In this course we focus on different spheres of existence such as lives in parallel realities, realms outwith the physical world, planets and stars, and in what we call the future.

In this very important teaching we truly work multi-dimensionally. This teaching can transform your practice with others, and it is centred on offering a more holistic and rounded view of our multi-dimensional self. Below are some of the key themes of the course:

- The cycle of incarnation and cycle of time.
- Accessing the Akashic records and working with these records with your client.
- Accessing the Halls of Knowledge and the wisdom your soul is carrying.
- Lives in different realms, either parallel lives or past lives: A journey towards freedom and deep integration.
- Extraterrestrial lives. Are you still being influenced by them?
- Helping clients who have extraterrestrial experiences and severing unhealthy ties, while promoting the beneficial partnerships.
- Lives that you have lived in what we call the future.
- Next life: where do I go from here? Making sense of the journey.

These are just some of the themes and teachings we will explore experientially through regression. As we collect knowledge and energy from previous existences and parallel worlds, we have the opportunity to appreciate further our infinite Self and our Divine essence. At the same time we learn how to support others through past life work. The Course is certified. A certificate is issued following the course.

**Prerequisite:** Past Life Regression Therapy Course - Practitioner with the ISIS School of Holistic Health

**Date:** 10.30-17.30, Thursday 7th - Sunday 10th Sept

**Location:** Glasgow

[Read more](#)



# Circles & Energy Transmissions – September

## 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 – **4th, 11th, 18th and 25th September**

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](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 September: 14th, 21st and 28th**

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](#))

Online Meditation and Chanting Circle  
Thursdays 19.00 20.30 (uk)



## ISIS Energy Transmissions of the Living Light – September

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: **6th, 13th, 20th and 27th**

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 – September

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 19th September**. 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](mailto:info@isis-school.com))*

