

# The ISIS School of Holistic Health Newsletter

Issue 55: January 2021



## ISIS, the Mother of All Beings, offers these words of wisdom



### **The Enlightened Star Beings speak** (*channelled by Fotoula Adrimi*)

**T**he time has come to unite as One.

In the previous centuries you looked to your leaders, priests, shamans and elders for answers. It was the decision makers who were responsible for the way life was organised and structured, as this was the order of things.

In the new era we encourage you to develop awareness. With awareness comes an increased capacity to step out, and continue stepping out of the conditioning, and third dimensional thinking.

The third dimension was about individuality, friends and enemies, and borders and protection from an alien, hostile world. The new dimension invites you to find a community of like-minded souls who, as equal partners, co-create a different reality for their lives.

### **ISIS, the Divine Mother of All, Speaks**

**I** invite you to embrace the flow of change that is happening in your lives, as this is a shift in awareness that may change the way you view the world. What was important before was individual growth, whereas right now what is important is achieving balance and harmony.

Competition and recognition are less of an issue in this new dimension, as everyone can be seen as a valued member of a community which comes together with a common objective, and co-creates its own reality.

Accordingly, we invite you to ask yourself -

- What is my soul's objective?
- What is my community?



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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- What do I create and co-create?

You will see many people coming together under a common cause based on their beliefs. Some may still be caught by the issues of the conditioning that have yet to be resolved. Even those who walk a spiritual path may speak about love, then come together to 'fight' an enemy - such as injustice, poverty, a virus - various issues that they wish would disappear.

If you find yourself fighting, you are still controlled by the conditioning. Fighting and 'going to war' against something perpetuates the conditioned third dimensional thinking of an outside enemy over which you must win to survive.

If instead you look to thrive in this world, it may be more beneficial to establish a new state of being where you come together to radiate peace, joy and harmony, within yourselves, and as an energy field that is offered unconditionally and flows around your world to All.

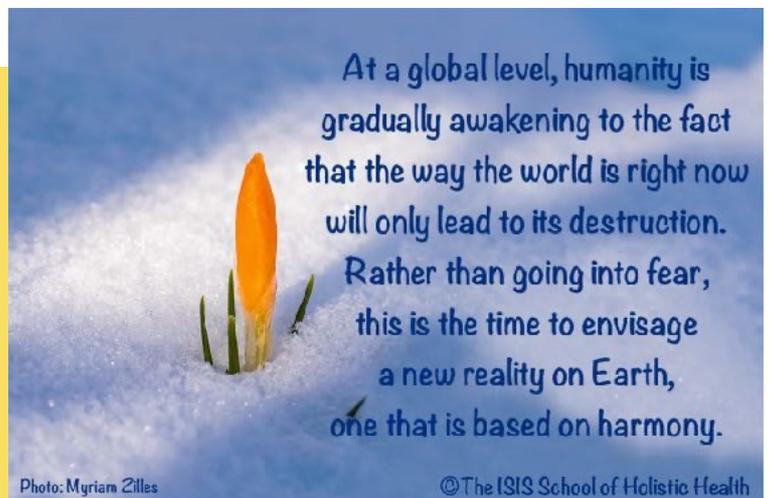
It is through the offering of unconditional love that you can change your life and affect universal consciousness in a positive way. Unconditional love can touch everyone at some level, no matter how hurt, traumatised, angry, difficult or destructive someone may appear to be in your eyes. Release all judgement and allow love to flow wholeheartedly.

Every being in this physical and spiritual universe was co-created through unconditional love. And everyone's essence is pure, Divine love. When you radiate this state of being, even for a few seconds each day, or during your meditation, you emit a beautiful vibration of the primordial state of Oneness around the cosmos.

As you radiate this vibration, inherent within you, it may touch all those who are open to it. Some people may find great help from this offering. Others may be touched by it, but their conditioning is too strong, and they ignore it. Everyone has their own path and their own soul's lessons in the Earth school. And everyone's soul's journey is unique.

During these times you are being called to look within and develop your own awareness and Light. This is as much an individual as a collective journey. In doing so you will find the means to come together and build your own Temple of Light, using ways that you could never have imagined. Flow through these shifts and changes that are happening, and hold on to what is important - the embodiment of the wise Self, individually and collectively.

We, the Enlightened Ones, witness this global awakening and support your evolution and growth as you embody the radiance of your spirit. We are here with you to help you manifest your spiritual nature of the Living Light.



# Radiating the Light of Unconditional Love to all Dimensions and Worlds

*ISIS, the Divine Mother, speaks:*

**A**t these times of soul evolution and growth, it is important to engage in spiritual practice for the highest good of all beings. Try not to define what the highest good means, as your mind cannot possibly know. Let your intention be as pure as possible.

## The Practice

To open your practice create a sacred space by inviting the Divine to be with you (in any way you understand this) and welcome any helping spirits of the Light you may work with.

Visualise yourself standing under the Tree of Life. The Tree of Life spans all dimensions and realities. Ask: "May I align myself with my higher purpose of incarnation."

Imagine placing your hands on the Tree of Life. Your intention has activated a response in the cosmic wheel, and a unique frequency of Light flows into you from the Tree.

Now place your hands on your heart chakra. Now, your inner Light radiates unconditionally throughout your body. Radiate this Light as you stand in front of the Tree of Life, and allow it to flow to all dimensions and realities as an offering of gratitude and unconditional love. Try to stay focussed for a few minutes, or as long as you can. Then slowly come back and open your eyes.

Give thanks to the Divine and your helping spirits. Close your sacred space by asking the spirit helpers to close and seal you and your space before they go.



## Online ISET Practitioners Circle: 17th January

This is a beautiful way for the community of ISET practitioners to come together and share teachings and practices.

**Date:** 11.00-12.30, Sunday 17th January 2021

**Cost:** £10.00 per person (UK), £11.50 (overseas) Pay via bank transfer, or through PayPal using - [info@isis-school.com](mailto:info@isis-school.com)



# Introductory Webinar: Spiritual Tradition of the Golden Times of Ancient Egypt Embodying the Living Light - 19.00-20.30, Friday 15th Jan

**I**n this **Introductory Webinar** on the mystical spiritual tradition of the Golden Times of Ancient Egypt, Fotoula will share wisdom teachings, knowledge and insights that have shaped her life and her soul's evolutionary path.

Fotoula has practised and taught the ancient spirituality of the Living Light in many lifetimes. Throughout these lives Fotoula's spirit guide for these enlightened teachings has been the Great Mother of Mysteries of 1000 names, known in this world as ISIS. In this life, **ISIS** has once again brought her teachings to the world through her channel Fotoula. And she has given Fotoula a way of teaching the Path of the Living Light that is relevant for our times.

We have incarnated at an important time of transition in the Earth's story. And, no matter how our life has been, or where we were born, there may be a deep soul yearning in us to find the ancient **Path of the Living Light**, and continue our journey with it. ISIS says that the Path towards the embodiment of the Living Light state, which we call enlightenment and ascension, spans many lifetimes. It weaves through various spiritual traditions. It is lost, and then it emerges once more. The last time that the Path was taught and practised in its entirety was during the Golden Times of Ancient Egypt.

During the Webinar Fotoula will guide us back in time, to the period before the fall of Atlantis, when the Pyramids were built. There, we will meet the Masters of Light who brought the etheric energy of the Living Light into the world. Fotoula will speak about how to walk the Path of the Living Light, until we become it. She will also share channellings from the Masters.



## Introductory Webinar - Online Platform

Fotoula will teach the Webinar through zoom. The Webinar will be recorded (no participants will be seen and no recording will take place during sharing time. Only Fotoula will appear in the recordings). The recording will be sent to participants via Wetransfer for you to download and revisit the session as often as you wish. The recording is for personal use only. It remains the intellectual property of The ISIS School of Holistic Health and cannot be shared with others.

## Webinar Date and Booking

**Webinar Date:** Friday 15 January 2021, 19:00-20:30 (UK time). (Alternatively, the recording can be purchased for the same price).

**To book your place:** email us on [info@isis-school.com](mailto:info@isis-school.com) - Reference: Webinar of the Living Light and pay the Webinar fee.

**Webinar Fee:** £20 paid either by bank transfer (email us for bank details: [info@isis-school.com](mailto:info@isis-school.com)) or PayPal using the address - [info@isis-school.com](mailto:info@isis-school.com) (£21 if paying by PayPal from overseas). Reference: Webinar Living Light

# The Path of the Living Light from the Golden Times of Ancient Egypt

## A Seven Module Online Course in Spiritual Development and Soul Evolution

Starting 19:00-20:30 (UK time), Friday 19 Feb 2021

**A**fter teaching and practising the **Path of the Living Light** since 2007, Fotoula, has been guided to share online, for the first time, key aspects of this ancient Egyptian pathway of spiritual development and soul evolution. Throughout the course Fotoula will be guided by her main spirit guide, ISIS, as well as other enlightened teachers from the NETERU (cosmic Beings of Light).

The course is open to beginners in spiritual work as well as experienced practitioners. Anyone who is drawn to the teachings of the Path of the Living Light and ancient Egyptian spirituality, whether they have just stepped onto the pathway or have been walking it for many years, is invited to participate.



### The Course will be taught Online via Zoom in 7 Modules, from 19.00-20.30 (UK)

**Module 1: 19 February** - Incarnation through the KA, from the etherial to the physical world. Understanding of the KA body and working with the double.

**Module 2: 26 February** - The Infinite Spirit, the BA, The Monad, soul groups and soul family. Connecting with different aspects of existence.

**Module 3: 05 March** - Into the Pyramids: Connection to the astral bodies through the different chambers. The Sirius portal.

**Module 4: 12 March** - The Band of Peace, the Nile Temples and the energies and principles they connect to, the NETERU (enlightened cosmic energies and principles manifesting as consciousness).

**Module 5: 19 March** - RA-HARAKTI: The teaching about the journey of the night of the soul which completes through the ascension of the spirit as the Rising Sun, also called, The HORUS of the East.

**Module 6: 26 March** - Working with the portals and dimensions through their guardians. The etheric keys that are still found in the ancient temples.

**Module 7: 02 April** - The Divine Mother speaks. Channellings from ISIS and HAT-HOR: The Mother who feeds all beings with her essence of unconditional love, portrayed as the milk from her breast. Questions and Answers. Final attunement.

### The Cost of the Course

£160.00 (£50.00 deposit to secure your place, £50.00 paid by the 19th February, and £60.00 paid by the 12th of March). The cost is reduced to £140.00 if paid in full by the 1st February 2021.

Payment can be made either through Bank Transfer (email The School, info@isis-school.com, for the bank details) or through PayPal using the address - info@isis-school.com (Please note for overseas participants paying with PayPal the cost for the course is £165.00, deposit £55.00. This is reduced to £145.00 if paid in full before the course starts). All fees paid are non transferrable and non refundable.

There is a 50% discount in the Course cost for any Initiate of the Living Light who has completed the Spiritual Path of ISET, Part 1 with The ISIS School of Holistic Health, and who wishes to participate. Course cost for Initiates - £80.00.

# Spiritual Possession and Addiction

## ISIS and Fotoula's Spirit Teachers Speak

**P**ossession is defined as a spiritual illness in which an outside force / energy takes control of a person's body and mind. When this happens the original soul may leave their body, or, if it remains, it is unable to express itself.

Possession can take place temporarily, for instance when someone is under the influence of drugs or alcohol, or permanently when the force overcomes the person. Both types of possession can result in personality changes, where the person may even become unrecognisable to their family and friends.

The person being possessed has usually experienced soul loss either through shock, an accident, illness or addiction. One of the most common forms of possession is through addictions, such as excessive alcohol consumption and recreational drug use. When people use alcohol or other substances unskillfully they leave themselves open to spirit possession. During these times the possession may be so strong that the person experiences memory loss. They cannot recall what they did or said because their body was taken over either by the spirit of the substance they misused (all plants, animals and minerals have a spirit), or by an unskillful spirit who entered their body.

### Inherited Possession

The possessing forces may also be spiritually inherited, that is, passed from one generation to another, through the family DNA. These forces thrive through creating difficulties for the person they possess and encourage the person's addictive behaviour in order to be fed. Accordingly, we recommend that people with families who have a history of alcoholism or drug abuse, stay away from these substances, so that the ancestral traits are not perpetuated.

How can someone overcome these ancestral spirits? There are many ways. For instance, abstinence weakens the hold the inherited spirit exerts over a person. The spirit is fed by their own substance. Thus, a plant spirit associated with a particular alcoholic drink, can be starved by a person who stops drinking. Abstinence may be difficult at first as the spirit can become more demanding and torment the person, in order to be fed. However, gradually, with help, the person can succeed in starving the spirit, and regain control of themselves and their life.

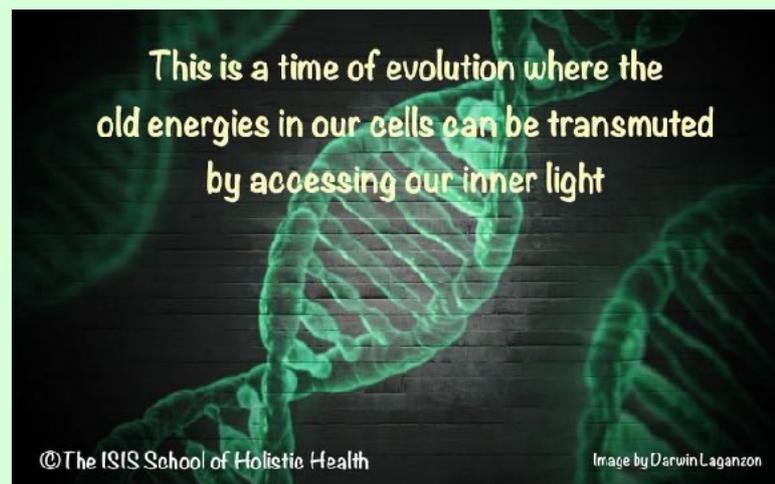
### Gaining Control

Possession is a spiritual issue that affects the way of life for many people. Sometimes it is important to find a spiritual answer to a spiritual problem.

To overcome possession of long established traits we engage in spiritual practice. One way you can heal possession is by growing into your own energy and light so that there is no room inside your body for the possessing spirit to co-exist.

These are some of the things you can do:

- Have a strong intention to overcome the possession and associated addiction. There is no way you can partly overcome this. It is all or nothing.



- Realise that the addiction, whether it is mental, emotional or physical, is a possession by another energy. You are stronger than this energy, and therefore you can choose to ignore it and stop following it. Attribute all the negative traits to this external energy. Choose to disregard it and starve its food source - 'any addictive behaviour.'
- Engage in healing yourself and, if relevant, also your ancestors through spiritual practice and personal development work. This will help your understanding, and grow your self-awareness. Any soul retrieval work is also beneficial, as is spiritual practices that invoke high vibrational energies that build your inner core of power and light.
- Engage with nature and commune with Mother Earth, by grounding yourself in the physical reality and appreciating all life in a respectful and loving way.
- Work with the higher powers of light, kindness and love, and with enlightened spirits. See yourself through their eyes of ultimate compassion, with no judgement.
- Know that the times you are living in, are the times of transition between one state of being that is linked to the mind, and another state that is linked via the heart, to spirit. In times of transition the opportunities to clear issues and karma are accelerated. Consequently, many people have incarnated during these times to purify and heal their own karma, as well as ancestral karma, which will also benefit the descendants.

There is much suffering in your world due to addictions and the many possessing spirits that encourage unhealthy mental states and behaviours. Possessing spirits are able to operate because human beings have used substances that take them out of their body, unskilfully, and without spiritual protection. These substances could be alcohol or hallucinogenics.

We invite you to come back into your body, own it, and be present in your life. Transformation and healing takes place in your cells. This is where your power lies. As you grow into your own light, we encourage you to leave some of these patterns behind. Know that you are being helped individually and collectively to come into a state of wholeness. May you embody your essence of light and power.

## Shamanic Practitioner Training - Jan 2021

The ISIS School, through Fotoula, offers a **Shamanic Practitioner Course** that enables personal expansion and the ability to work with clients. The course is based on the Circle of the Year and a Day, with 12 powerful weekends that cover all aspects of shamanic practice, and a graduation day that closes the Circle. The Circle begins on 23-24th January 2021.

The course is designed to take participants through the initiations of the shamanic path and teach the healing and spiritual work of a shamanic practitioner. Participants will work with spirit guides and teachers of the Light, to become the bridge between the worlds and bring the spiritual light into the physical reality.

**The course will cover:** cord cutting and dismemberment, ceremony, power retrieval, soul retrieval, shamanic journeying and divination, shamanic healing, shamanic transfiguration and medicine for the Earth, ancestral healing, death and dying, de-possession, extraction, moon and sun rites and shamanic re-birthing.

For more information or to book a place email Fotoula - [fotoula@isis-school.com](mailto:fotoula@isis-school.com)



# Online Shamanic Course: The Path of the Eagle - Walking the Shamanic Journey

7.00-9.00pm (UK time) 12th, 16th, 22nd Jan & 2nd Feb

In this **four module online workshop** on classic shamanism, Fotoula will share practices, teachings and ceremonies that will help participants access a deeper calling as they walk their shamanic path. It will also strengthen people's journeying experience in the alternative realities. The course has been created through Fotoula's experience in teaching classic shamanism as well as direct revelation from her helping spirits.

## Workshop Content

Four Modules, each two hours: 7.00pm-9.00pm (UK time)

### 1) 12th Jan: Mystical Possession - Working

**with the Mirror of Truth** The first module shares the way of accessing the spiritual worlds that Fotoula was shown as a child through her great aunt's stories. This is a very effective method that has been practiced for thousands of years and passed down through stories and myths.

### 2) 16th Jan: Spider Web of Light - Restoring Cosmic Alignments through Shamanic

**Journeying** We work on the principle of - as above so below - to find the cosmic balance within our body through releasing energy that does not belong to us.

### 3) 22nd Jan: Your Consciousness and the Collective Consciousness - Planting Seeds of

**Manifestation** We bring the spiritual into the physical. Earth and Sky are seen as the same, the one reality. We work in alignment with the highest good through ceremony and a manifestation practice.

**4) 2nd Feb: Awakening the Ancestral Fire - Empowerment for Your Work** We meet the ancestors of our lineage, no matter how distant, and receive an empowerment for our shamanic/spiritual work.

## Who Can Take Part

This course is open to beginners in shamanism as well as experienced practitioners. Anyone who is drawn to the shamanic path, whether they have just stepped onto the road or have been walking it for many years, is invited to participate.

## Online Platform

Fotoula will teach the course through zoom. All sessions will be recorded (no participants will be seen and no recordings will take place during question and sharing time. Only Fotoula will appear in the recordings). The recording will be sent to you so that you can revisit the sessions as often as you wish. These recordings are for personal use only.

For bookings and methods of payment click this [link](#)

For more information email Fotoula - [fotoula@isis-school.com](mailto:fotoula@isis-school.com)



# The Golden Book of Wisdom

## The Online Webinar Course continues with Parts 2 and 3

Online Seminars - Tuesdays, 19.00-21.00 (UK) from 19 Jan - 13 Apr 2021 (excl 6th Apr)

### Part 2: Into the Spirit - The Flying Serpent and Part 3: From the Spirit to the Body - The Ouroboros

In this new Course, Fotoula will continue to share the spiritual teachings and practices of her best selling book, *Golden Book of Wisdom: ancient spirituality and shamanism for modern times*. Each module will be a live, interactive webinar through zoom.

### Second and Third Part

All Modules are on Tuesdays from 19.00-21.00 (UK)

Module 9: 19 January

**The Spirit World: Lifting the Veil:** To comprehend my life, I ally with spiritual entities of light

Module 10: 26 January

**Parallel Realities:** My spirit knows of fantastical worlds - my mind is catching up with my inner reality

Module 11: 09 February

**The Dream State:** My dreams are a source of insight and direction. Observing the dream I reflect on the illusion of life. What is real and what is fake? Am I asleep, or am I awake?

Module 12: 16 February

**Connecting to Mother Earth:** I am a guest on Earth - I honour my host and all other life forms

Module 13: 23 February

**Initiation: A Spiritual Life:** Through initiation, I open the doorway to my authentic Self

Module 14: 02 March

**Nature's Seasons and Karmic Winds:** I flow with the seasons of my life - by meeting winter's stillness, I spring into activity

Module 15: 09 March

**The Purpose of Incarnation:** In spirit I understand my divine origin. In body I lose sight of my light. Playing the game of life I seek to find myself.

Module 16: 16 March

**Other Lives, Other Stories, One Light:** As I track past and future lives, I heal myself in the present

Module 17: 23 March

**Earth: The Great Experiment:** In the Earth School, I first lose and then find myself. Clearing the heaviness from my cells, I shine the Divine light within

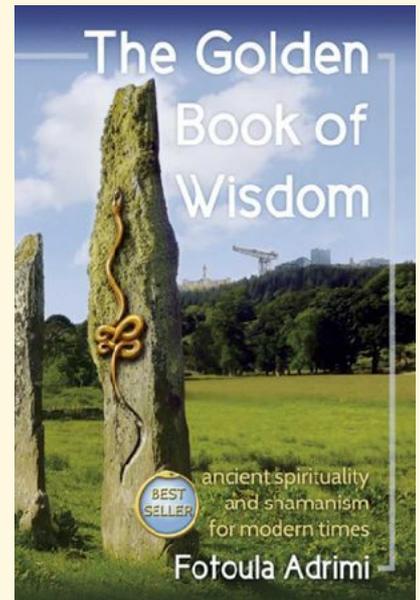
Module 18: 30 March

**Lessons from the Fall of Atlantis for the Current World Situation:** Humanity begins life in the garden of Oneness. Separation is the fall from Grace

Module 19: 13 April

**The DNA Code and the Rays of Divine Consciousness:** Through the Rays of Divine Consciousness, I discover my ultimate potential, expressed by the divine sequence of the twelve-strand DNA

**Registration and bookings:** You can register by emailing [info@isis-school.com](mailto:info@isis-school.com) Deposit is £20 which covers the first module and secures your place. See the [website](#) for more information about pricing.



# January dates for our Regular Online Circles and Energy Transmissions

## Online Shamanic Circle - Monday Evenings: 19.00-20.30 (UK time)

Fotoula has been facilitating a weekly shamanic circle since 2009. The Circle meets twice in January: 18th and 25th.

The fee for each circle is £12.00 and you can pay either by Bank Transfer or via PayPal using the email address - [info@isis-school.com](mailto:info@isis-school.com). (Email [info@isis-school.com](mailto:info@isis-school.com) for our bank details). The PayPal fee is £13.00 for overseas participants. For more information and to see the programme [click here](#)



## Online Chanting and Meditation Circle - Thursdays 18.50-20.30

The meditation circle, facilitated by Fi, is open to beginners as well as experienced practitioners. In sacred space we bring together the wisdom from different spiritual traditions and weave it in a way that supports us at this time.

**January dates: 14th, 21st and 28th**

The cost of the circle is £7.50 / £8.00 overseas - payment is by bank transfer or via PayPal using the email address - [info@isis-school.com](mailto:info@isis-school.com). For programme details [click here](#)

## ISIS Energy Transmissions of the Living Light - January 2021

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 January dates for the ISIS Energy Transmissions - **13th, 20 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 - 17th January

Once a month The ISIS School offers a Transmission of the Rays of Divine Consciousness. Everyone can experience and receive the Rays, through this distant transmission.

The next Rays Transmission is on **Sunday, 17th January from 16:00-17:00** (UK time). 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 [donations@isis-school.com](mailto:donations@isis-school.com))*

# Thank you!!



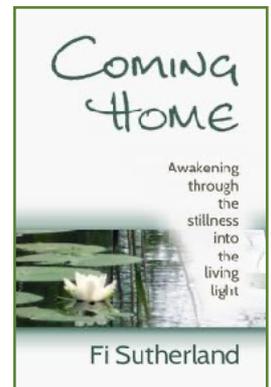
This has been a very different year for The ISIS School. After working for many years with wonderful participants in our courses, retreats and circles, we expanded into online work. As a result, we have been able to connect with and support our growing community throughout this challenging time when important energy shifts are taking place.

We have loved working distantly and seeing everyone, and it has been a revelation that the beauty and power of our work can be shared online. This platform has allowed us to connect with our existing community, and also welcome new like-minded people from the UK and overseas, who resonate with our spiritual teachings. We wish to express our deepest gratitude and love to all who joined us this year and we look forward to seeing you in 2021.

Of course, we have missed the personal contact and all the hugs, our residential retreats, pilgrimages, and ceremonies in sacred sites, but these too will return. This pandemic has reinforced the impermanent nature of all things, and the value of following our heart and inner voice, as 'tomorrow' may be very different. Yet, the changing times have taught us so much, and given us the space and time to deepen our own spiritual work, which has enabled us to bring in a higher level of spiritual understanding and vibration. So we give thanks to these times of transformation.

This year also saw the publication of Fi's book - "*Coming Home - awakening through the stillness into the living light.*" Fi's book is an inspirational memoir of her recovery from a near-death experience in Peru in 2009, and a how-to guide about the awakening process through personal development, spirituality and meditation.

Due to the pandemic the launch was organised online. Consequently, we had a diverse audience that included Fi's friends from New Zealand, Europe, Australia, the Middle East, and America. We give thanks to all who attended and who have bought the book. We are so grateful for your support.



## The Winter Solstice Ceremony Donations

We also offer thanks to everyone who joined with us for the Winter Solstice Ceremony. Thank you for your generous donations. All the money goes towards paying the school fees for children in the Shree Saraswoti School, Nepal.

The donations are collected by the Theosophical Society Glasgow Lodge, who add their own substantial offering, and then transferred to Nepal. This will be the sixth year that the Glasgow TS has supported this worthwhile cause.

So far the Ceremony has generated £263.00, and donations continue to come in.

## Our Best Wishes

Finally, we would like to extend gratitude and love to everyone. We wish you joy, happiness, prosperity, health, spiritual expansion and growth in 2021.

With love, Fotoula and Fi, The ISIS School of Holistic Health

