

The ISIS School of Holistic Health Newsletter



Issue 83: July/August 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*)

Iwish to speak to you about the Earth reality and its connection to the evolutionary journey of the soul. Your world identifies the evolution of the species as a process of natural selection where, through the passage of time, species adapt to their environment and change form. New species can appear from the old ones and existing species either adjust or become extinct. Some scientists claim that the same process took place in the evolution of the human race, and that homo sapiens are an evolved model of the Neanderthal.

This is not entirely true. The human race did not evolve out of a natural selection process. The human race was created.

The planet's consciousness agreed to host life. The seed of life arrived on Earth from the cosmic life engineers, who are located in a different world. The seed of life carries a Divine sequence, a perfect programme, that enables life to be born on Earth based on the life-forms the Earth is able to support. The Earth provides the building blocks, the four elements - air, water, fire and earth. Consequently, the same programme cannot be replicated elsewhere. It is not possible to take the Earth's seed of life to another planet for that planet will have a different vibration and a different set of building blocks.



To contact The ISIS School or join the mailing list and receive the monthly newsletter, please email: info@isis-school.com

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The vibrational frequency of the Earth is called 'The Song of the Earth,' and you are all attuned to this frequency.

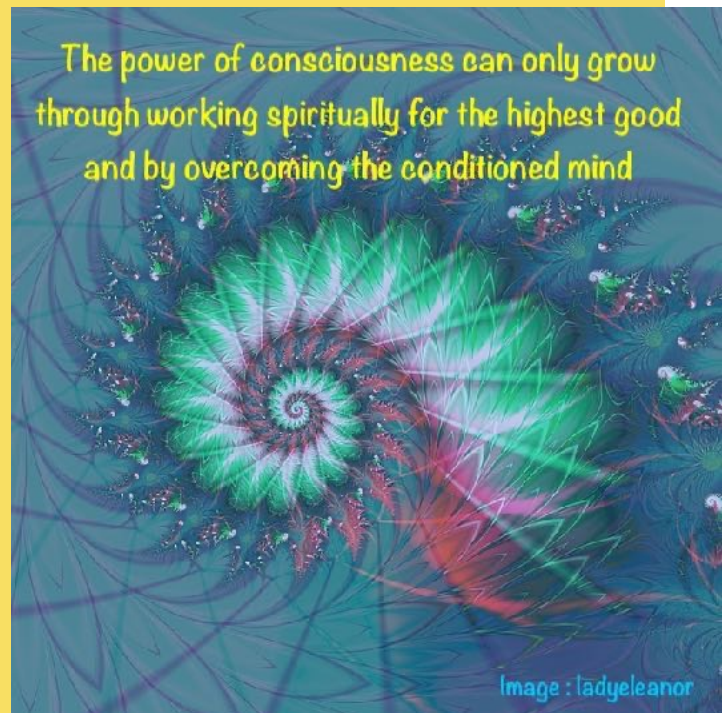
If you try to move to another place in the cosmos your body would not be able to survive for long. Your 'song' would not be in harmony with the 'song' of that planet and your body would deteriorate very quickly.

Your place is on Earth. You all agreed to come here. This is a challenging environment, especially now as the planet is out of balance due to the continuous pollution and unskilful human activity. As a result, the Earth is taking measures to overcome the imbalance that has been created by humanity. The pendulum swings the other way and creates natural disasters in an effort to reach homeostasis.

The Earth continues to evolve. We, the Enlightened Ones, understand evolution in a different way from your scientists. When we speak about evolution, we mean evolution of consciousness.

In previous centuries humans spoke about power and focused on movement and speed and machines that had 'horse power.' Now, you are focusing on computers and robots and the new term will be 'brain power.' We recognise a power that is much bigger than both of these. This is the power of consciousness that you all have. And it cannot be made in a lab or created through mechanical means. The power of consciousness can only grow through working spiritually for the highest good and by overcoming the egoic conditioned mind and its traps of pride, attachment, anger, jealousy, and ignorance.¹

For those of you who do spiritual work, it is time to endeavour to be a clear channel, heal the fragmented self, release the pain and trauma you and your ancestors have carried, and manifest your light essence while living in a body.



¹ These are the five poisons identified by the ancient teachings of Bon Buddhism. They poison not only those they are directed towards, they also poison the person who is generating them.



The power of your consciousness is what the Earth needs. Many of you have been called to the planet at this time to heal centuries of suffering, and turn the tide towards a new era, a new human civilisation that exists in harmony with itself, the Earth, and all beings who live here. The foundation stone for this era of Oneness is being put in place now. Accordingly, each of you has the opportunity to grow, evolve, and transform the current reality and your own self.

The key of transformation, at planetary and individual level, is the same: the power of consciousness. As you develop this power, you enhance your vibration and the vibration of the planet. The Song of the Earth, that is being sung through your being is heard clearly around the planet, and invites other beings to discover and sing this song.

It is now time to raise the power of your consciousness through the spiritual teachings of the Light. There is nothing more important than reclaiming your evolutionary process, one that is focused on soul level.

As you discover the power and radiance of your spirit, you gain access to the gifts your soul has brought to this world that can heal you, the Earth, and all beings.

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 - Tues 4th July & Tues 8th Aug

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.

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

Circle Dates: 19.00-20.30 (uk time) 4th July and 8th August

Investment: £15.00 for each Circle



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: Spiritual Path of ISET, Part 2 - 2 days, 10.00-17.00, 19-20th August

(this is the next course for Initiates after Spiritual Path of ISET, Part 1)

Please let us know as soon as possible if you wish to attend this course

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)



Walking the Path of the Mystic through Shamanism

by *Fotoula Adrimi*

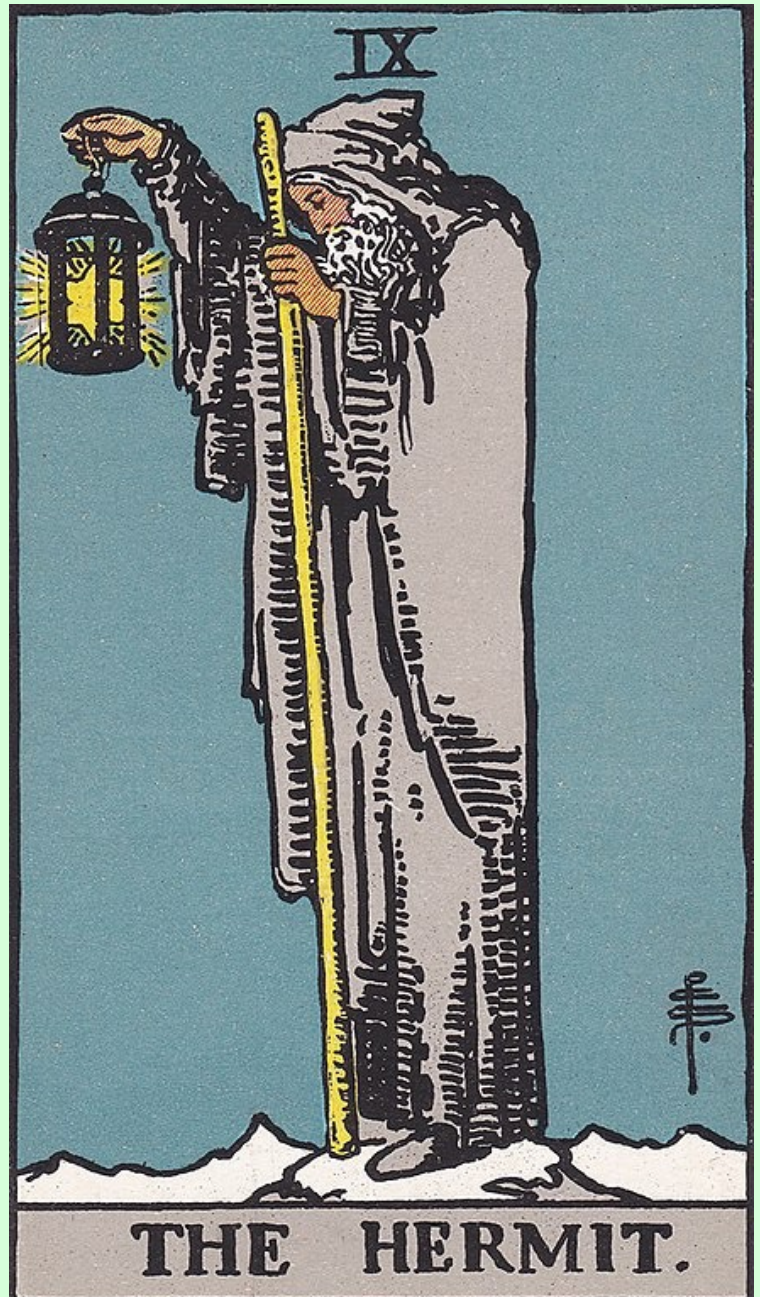
When I first started doing spiritual work a spirit being asked why I was involved in this endeavour. The being presented as an old spirit man who had been a psychic medium in Glasgow whilst he was on Earth. I replied that I wanted to know the future. The man laughed and laughed, and then said I would never make a fortune teller.

Interestingly, my own spirit guide also appears as a witty old man although he has no form in reality. He is just consciousness. "Aren't we all," he says as I write this. Then he shows me the tarot card of the hermit who appears wearing an old cloak and holding a staff and lantern to illuminate the darkness. The candle in the lantern is protected by glass so it cannot be extinguished.

When we walk the spiritual path, we first become the seeker. We seek to touch, learn and find out about the mystery. A thirst for knowledge arises in us that takes precedence over other more material concerns. We do not care for the physical world so much. We are drawn to spirit and the spiritual world. We can become hooked, continuously searching for the unseen.

The modern seeker is presented with many pathways. Which to choose? How many are there? What is the right one for me? Who is the teacher? Which one is genuine? There is an abundance of choices - so many promises and so many pitfalls. Spiritual work, opening to spiritual energies, comes with its own safety rules which we have to learn.

The path of shamanism is said to be as old as humanity and has been adopted, adjusted, and reformed by different cultures over thousands of years. In many places in the west, the old link of lineage and transmission of knowledge from person to person, was broken centuries ago. In other places, much has been forgotten or westernised to feed the hunger of the insatiable western mind. And yet, somewhere amongst all these threads, this ancient pathway continues



to survive through the dedicated practice of those who have adopted the way of the drum as a way of life.

“Why do you wish to practice and transmit this art?” my guide asks. I have accepted that I cannot see the future. Divination is not what this path is about, even though I sometimes get very clear guidance, appearing suddenly, from the spirits who say and show what is and what will be and suggest what action to take. Still the spirit guides are not soothsayers. They open a path of healing for the body and also the soul. They say it is the human soul that is ill, for it is disconnected from its spirit, from its home, and is wandering in an alien place whether the person is alive or dead. So many people have suffered huge soul loss and disconnection from themselves, their body, and the Earth that the spirits say it is their job to help people come home.



In the beginning the seeker walks the path of the mystic to touch the Great Mystery, to find the secrets of the Divine creation. After many years I stopped trying to find it. Instead I allow the mystery to find me. My focus has been and is, to do the personal and spiritual work to remove the barriers that keep the great mystery away; to release all the desires, attachment, projections and preconceptions of the conditioned mind that hinder my connection with the Divine and with life itself.

In this way slowly and gradually the lantern we hold in front of our eyes to see in the darkness is lit within us. Working with enlightened spirits lifts the veil of the conditioned world.

Fotoula's In Person Shamanic Circle - Mondays: 19.00-21.00

Shamanic Circle –The Way of the Drum

with Fotoula Adrimi



Fotoula's Shamanic Circle, the Way of the Drum, will meet again in person on the 14th and 21st August.

Venue: the Library, 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. For more information and to see the programme [click here](#)

Introduction to Shamanism & Shamanic Journeying

with Fotoula Adrimi

12-13 August 2023

in person, in Glasgow, UK



Our Earth Our Home
The ISIS School of Holistic Health



2 spaces remaining



Introduction to Shamanism - Overview

This is a unique workshop and teaching to help you access your inner mystic, visionary and oracle and discover the non-ordinary reality. You will have the opportunity to connect with your power animals and spirit guides. Through the ancient art of shamanic journey we grow our power and access our essence of love. We meet our spirit teachers and receive valuable insights on issues we may face and evaluate our personal life. We realise that we are not alone but part of a multi-dimensional universe that supports our growth. In our experience of over 17 years, shamanism has helped many overcome fear, sadness and gain confidence. People who attend this two-day Introduction to Shamanism course may feel that they are finally coming home.

The Course Covers

- foundation teachings on how to journey shamanically and access the different etheric planes in the lower, middle and upper worlds; how to open sacred space and work safely with your spirit guides and power animals;
- how to build a shamanic altar;
- what is classic shamanism and shamanic healing
- how to retrieve your inner power and carry out power retrieval for others.
- power songs and healing chants, working with the drum/rattle.
- how to work with the Medicine Wheel for deep alignment and direction.

Fotoula Adrimi



Fotoula is a highly experienced shamanic teacher.

She has been

holding weekly shamanic circles and workshops since 2009 and teaching shamanic practitioners since 2012.

Fotoula teaches ancient methods of classic and cross cultural shamanism that have been practiced on the Earth for thousands of years.

The workshop requires advance booking with deposit

Investment: £250.00

Deposit: £125.00, to secure your place
(*non refundable and non transferable*)

(Please email - info@isis-school.com
for our bank details)

Dates: 10.00-17.00, 12-13th August

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

To book or for more information
contact Fotoula - info@isis-school.com

2 Year In Person Shamanic Practitioner Training

facilitated by Fotoula Adrimi, Shamanic Teacher

- starting November 2023 until October 2025, Glasgow

A shamanic practitioner is a bridge between the world of spirit and the alternative realities, and our own physical world. The practitioner crosses the bridge entering parallel universes to bring healing, life-force, guidance and deep awareness to themselves, their clients and their community.

The ISIS School offers a powerful and in-depth shamanic practitioner training course, designed to take participants through the initiations of the shamanic path and teach the healing 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.



About the Training

The training covers 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. It is a comprehensive course offering a strong foundation for shamanic practice.

The course is taught as a two year ceremony. It is not just about sharing information and techniques, during the time together we will be riding a shamanic wave on a journey home to ourselves. It is our hope that the ceremony will carry everyone to a new depth of inner understanding, during and outside the times we meet.

Places on the course are limited. Please get in touch with us as soon as possible to book your place. For more details see below.

In-Person Shamanic Practitioner Training

The In-Person Shamanic Practitioner Training starts in Nov 2023 and completes in Oct 2025.

[For more information](#)

Fotoula Adrimi is a highly experienced shamanic teacher who radiates the light of compassion to her students. She has been holding weekly shamanic circles and workshops since 2009 and teaching shamanic practitioners since 2012.



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 – July / August

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. There are no Circles in July. Circle dates for August – **14th and 21st August**

Fotoula has been guided to offer the circles in-person at the library in 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. 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 July & Aug: 6th July; 3rd, 10th, 17th, 24th, 31st Aug

The investment for the Circle is £10.00. Payment can be made either by bank transfer or via PayPal using – 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 - July & August

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: **5th July; 2nd, 9th, 16th, 23rd, 30th Aug**

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 - July & August

Once a month The ISIS School offers a Transmission of the Rays of Divine Consciousness that is open to everyone, worldwide. The Rays Transmissions are: **19:00-20:00 (UK) Fri 7th July & Tues 22nd Aug**. 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)

