

The ISIS School of Holistic Health Newsletter



Issue 81: May 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*)



Opening to the beauty that you are is an essential part of the spiritual expansion you are here to experience during these times of transition. What does it mean to open to the beauty that you are? Is this simply a practice of appreciation and gratitude towards yourself? What we say to you is that self-appreciation, self-gratitude, and eventually self-love are important steps to take towards the experience of your own beauty.

How can the experience of inner beauty be generated?

It is generated through a deeper self-realisation that the whole of you is limitless. Your physical world has placed many limitations on you that have restricted your awareness of yourself. For example, you may think that your being ends at your skin, and what is inside your skin is you and what is outside your skin is not you. If only you knew that you expand miles beyond your skin, especially when you are connected with your inner beauty. A human being who radiates the Light of their inner beauty is so much more than the physical self. Their presence can be felt beyond the physical restrictions of your world.



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

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*Discovering who you are
means overcoming the restrictions of your world
that says who you must be*

This is a process, a journey where you embrace yourself, knowing that you can continue to expand and that the reflection of you will continue to change.

In order to experience the limitless side of yourself, it is important to understand that the constraints placed upon you by the physical reality can be overcome through a conscious connection with your spirit. Notice the synchronicities and the little miracles that take place everyday around you. Some of you may say, "Ah it is my guides or spirit helpers that create these wonders." When you say this it is as if you believe that there is an outside force that fixes things for you and that this force is greater than you. This is a common misunderstanding deriving from the human conditioning.

Partly it is true. For people who operate within the conditioning and are not accessing their inner light, the helping spirits and their higher self guide them through different synchronicities. However, for those of you who are walking the spiritual path, we wish to tell you that you are a powerful being of Light, and as bright as any of your helping spirits. The only limit to this Light is the human ego mind.

The ego tries to fix things. Even in spiritual circles there are practices for manifesting an intention by willing it. If this 'willing' comes from the egoic mind it can lead to unwelcome consequences. What does this mean? I refer you to the old saying, 'be careful of what you wish for.'

**The Power of your
Sacred Heart**

There is another side to manifestation, one that comes through the sacred heart which creates the outside reality in accordance with its own plan of what it wishes to experience. Do not allow your mind to dismiss the power of your sacred heart and its ability to bring into fruition what serves you at soul level. The more you access

Everything you live through is a teacher



The ISIS School of Holistic Health

Image: JJLaurentJJ

this power, through your spiritual and personal development work, the more you will understand that there are no limits or impossibilities in manifesting the things which truly serve you.

Everything you live through is a teacher. Life is talking to you, calling you back to yourself. If you are looking for the centre of the world, look within yourself.

*The spiritual path is an inward path
that simplifies life and removes distractions*

When you walk your spiritual path you are so valuable to the cosmic plan of Light. Your soul and higher self align to bring you into spaces of self-realisation so that you can grow deep roots. Your sacred heart speaks to you. Life communicates with you in ways that you could not have fathomed. As you acknowledge each little miracle, your heart opens further and you are in the flow of the river of life. This is the way to know yourself and then you will find that you are a presence that you could never have imagined.

We see you and recognise you. It is you that needs to look deeper into you. We thank you for being on your soul's journey.



The Living Light Three Pre-recorded Webinars (available to purchase and watch online)

Dipping a Toe: IM-HOT-TEP

Introduction to the spirituality of Ancient Egypt: An Introductory Webinar with an overview of the Path of the Living Light that includes a spiritual journey to the Pyramid Complex.

The Seeker of Knowledge: THOTH

Living Light 1: Teachings on the esoteric knowledge of the spirituality of Ancient Egypt. A Seven Module Webinar series with theory and guided spiritual practices.

The Activator of the Living Light: OSIRIS/AUSIR

Living Light 2: Through a series of practices based on the Teachings of Death and Resurrection you activate your multi-dimensional self and gain access to the Living Light frequency. A Seven Module series of energy work.



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 - Tuesday 9th May

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 Date: 19.00-20.30 (uk time) Tuesday, 9th May

Investment: £15.00



The Path of ISIS / Path of the Living Light upcoming Courses

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 2 - 3 days, 10.00-17.00, 09-11 June 2023 (this is the next course after Healing Path of ISET, Part 2) (*Initiations for Gate 2 will take place on Thurs 8th June*)

Karma Purification Ceremony for the Unborn Children - 19.00-20.30, Tuesday 30th May

We have been approached by several people whose families have lost a child before birth either through natural causes or induced methods. When this occurs the soul of the unborn child can become trapped. And sometimes subsequent generations may experience similar issues. We recognise that this may affect many people.

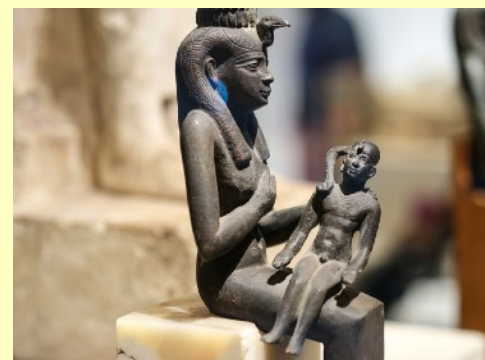
ISET has invited us to facilitate a karma purification ceremony for the unborn children. All ISET Initiates are welcome to attend and hold space for healing whether you have experienced a similar situation in your family or not. This Ceremony is for the whole of our human tribe, including mothers, fathers, siblings, and the children who were not born for whatever reason. We dedicate the ceremony for the highest good of All beings.

We will also place names under the altar of anyone who wishes to receive the healing energy from the Ceremony. You can let us know and please ensure you have permission from the person.

The Ceremony will be held online via zoom, there is no cost. Please email us -info@isis-school.com if you wish to attend and we will send you the zoom link.

Ceremony Date

19.00-20.30 (uk time) Tuesday, 30th May



Shamanic Article: Finding your place in the Medicine Wheel, by Fotoula Adrimi

In the two-day **Introduction to Shamanism Course** I teach the journeying work in different ways. One way is the method that most people in the west are familiar with – lying on a blanket we set our intention to journey with our power animals and open ourselves to the alternative realities by merging with our helping spirit.

Another way to follow the shaman's path is to work in nature. In the Introductory Course we create a Medicine Wheel in the garden and I facilitate a ceremony for people to find their place in the wheel. This can be an incredible experience that has the potential to show someone where they are in their life right now, and also what is the movement in the future – where is life taking them.

For the Medicine Wheel Ceremony I work with the element of wind. We honour the spirits of the four winds and their guardian who is called Aiolos in the Greek tradition. The winds have a masculine aspect as they bring action/change and clear away any old stale air. When the winds come and move us inside the Medicine Wheel, an alchemical process can take place offering us the possibility of transformation, inside and out.

The last time I facilitated this Ceremony one of the participants was moving home but had no clear idea where he wanted to move to. As he walked the Medicine Wheel we called in the four winds. The wind moved him to a specific direction, an area he had already dismissed. After the Ceremony the right home appeared exactly where the wind element indicated. Similar miracles have happened so many times in my shamanic workshops that I now completely trust the advice of the wind spirits.

Apart from being a practical divination tool, the Medicine Wheel can be an important teacher for healing deep aspects of our shadow and helping us realign with the life-force energies that are flowing into our life. For instance, if we are passionate about creating something, the wheel teaches us to: balance passion with compassion; act rather than react; release emotional pain so our wisdom mind can emerge; and, to be flexible. Each direction has a spirit keeper, a deep teaching, and a current of etheric energy we can tap into.

In the two-day Introductory Shamanic Workshop I combine the Medicine Wheel teachings with the wind element so we can reach a different level of understanding and at the same time create movement. It is a different type of shamanic journeying where our body becomes the guide and shows us how we can dance with the winds of life.

The workshop combines both these methods of journeying to allow participants to deepen their shamanic experience. For more information click the button or see page 7 of the Newsletter.

Introduction to Shamanism and Shamanic Journeying

12-13 August in Glasgow, Scotland, UK



Fotoula Adrimi, shamanic teacher, and best selling author, shares foundation teachings of the shamanic healing practices



[Read more](#)



Shamanic Retreat with Nepalese Shaman – Bhola Banstola 22nd – 25th June 2023, Larbert, Scotland, UK

Theme - Shamanic clearing through the Paap Bagaune teachings. As well as rituals for the realignment from fear and distraction, and bestowing the nectar of healing.

These group rituals roughly translate as 'being seen' or 'to release and let go of wrongdoings.' We ask for forgiveness from the past and we heal by cutting the cords to unhealthy ties that we may have been holding on to, such as deep emotional traumas, curses, negative thoughts, grudges, unskillful words, wrongdoings, actions, mistakes made in rituals, and the dishonouring of deities, spirits or ancestors.

Traditionally this important ceremony is conducted at the river bank with participants going into the water and cleansing. Offerings are also released into the water to be carried away.

After the release ritual, the 'Sacred Water Vase / Kalasha Awakening Ritual' takes place, during which the blessings of teachers and infinite sources are invoked. Each participant will go through a cleansing and purification ritual. On Saturday evening, we will have a sacred fire ceremony. The retreat closes with a ritual for Raising our Spirits, tying a protective BUTI - amulet on each participant and a song of gratitude. For more info visit our [website](#)

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 cost of the retreat includes Bhola's teachings, accommodation, and food.

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

Date: 18.00, Thurs 22nd-13.00, Sun 25th June

Cost: £495.00 / **Deposit:** £350.00 - deposit (non-refundable) secures your place

To Book: Or if you have questions, please contact Fotoula: info@isis-school.com

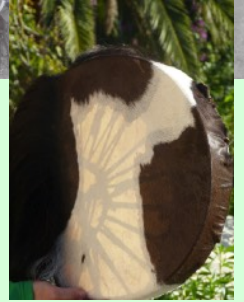
Spaces are limited. Please let us know as soon as possible if you wish to attend

In person - Introduction to Shamanism Workshop facilitated by Fotoula Adrimi - 12-13th August, Glasgow

Workshop Overview

Shamanism is one of the most ancient spiritual and healing practices, forming a common heritage amongst many cultures. Indigenous people talk about the different worlds, or parallel universes, aside from our own physical reality. They journey, voyage or fly into these worlds, in order to access information from spiritual beings of light, and bring healing and guidance back into their world. This workshop is a wonderful foundation course for anyone who is:

- interested in exploring shamanism;
- who has done some journeying in the past and wishes to reconnect; or
- has been working with other holistic disciplines and resonates with this ancient path of the Earth and Sky.



Classic Shamanism



In this workshop you will learn the art of shamanic journeying and how shamans access different etheric planes for healing, energy work and divination. We explore how shamans around the globe view dis-ease and how they relate it to loss of soul essence and power. The course also 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 our spirit guides and power animals;
- how to build a shamanic altar;
- what is classic shamanism and shamanic healing.

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.



The workshop requires advance booking with deposit

Cost: £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.



Online Circles & Energy Transmissions - May

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 May - **15th & 22nd**

The Investment for each Circle is £15.00

Payment can be made either by bank transfer or via PayPal using - 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 May: 4th, 11th, 18th & 25th

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](#))

ISIS Energy Transmissions of the Living Light - May

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: **3rd, 10th, 17th, 24th & 31st May**

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 - 19th May

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) Friday 19th May**. 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)

