

£4.50 | SEPTEMBER 2025

Psychic News

EST. 1932

Developing your mind, body and spirit

THE SACRED SPIRAL OF WHIRLING DERVISHES

**FANS IGNORE JAMES BOND
STAR TO GET MEDIUMS'
AUTOGRAPHS**

**THE POTENT POWER OF
ANCIENT PYRAMIDS**

**ANIMAL PSYCHIC OFFERS
INTUITIVE INSIGHTS INTO
DOGS' INNER WORLD**

**BBC QUIZMASTER GOES ON
SPIRITUAL PILGRIMAGE**

**HOBBIT STAR CONTACTED
GIRL WHO DROWNED
IN LAKE**

**CHALK UP A WALK TO
SOOTHE YOUR SOUL**

**NEAR-DEATH EXPERIENCE
MADE HOLLYWOOD ACTOR
A 'NICER PERSON'**

**HOW TO MAKE HAPPINESS
THE GREATEST GIFT
YOU POSSESS**

**SPIRIT GATEKEEPER KEEPS AN
EYE ON GUESTS AT HOTEL**

**AIR INDIA VICTIM'S
GRIEVING FAMILY SENT
WRONG REMAINS**

**CHER SEEKS GUIDANCE FROM
HER 'DEAD' MOTHER**

ISSUE NO 4252



A SCENIC shot of the world-famous pyramids of Giza, which are a "remarkable example of sacred engineering involving mathematics, geo-astronomy and spiritual energy."



The potent power of ancient pyramids

By Fotoula Adrimi

Fotoula Adrimi, BA (Hons), MSc, is a partner in the ISIS School of Holistic Health, a school of healing arts, spiritual development and inner transformation.

Stepping onto Egyptian soil in 2006, Fotoula's soul knew that this was home on Earth. Last month saw the publication of her book "Sacred Mysticism of Egypt," which examines the subject from a variety of angles.

What, for instance, is the source of power emanating from the temples, the statues of the gods and goddesses, and strange images on the walls? What happens when we consciously enter the vortex of etheric energy placed deliberately by the ancients?

Fotoula's book takes readers on a journey through time and space, and various dimensions and different realities, to lead us back into our infinite spirit.

Of Greek heritage, Fotoula has lived and worked in Glasgow since 1999. She has also taught in Greece, Germany and the Netherlands, and led spiritual pilgrimages to Egypt and sacred sites in the UK.

Fotoula's other passion is shamanism, which runs in her blood from her paternal side. In these extracts from her book, we take a peek at the pyramids from a new angle and other aspects of life in ancient Egypt.

DURING the Golden Times of ancient Egypt, people held different perspectives about themselves and their lives:

- They saw themselves as a Divine being, what they called a Neter, that walked the Earth. Life on Earth was finite, but they were not. They lived life with the awareness of the eternity of the soul.
- The soul was regarded as the Living Light that was placed in the body. At death, the soul, called Ka, reunited with the infinite spirit, and the luminosity of the soul was revealed. This was why it was important for each person to die well and not get stuck, like ghosts, in the earthly realm.
- Each person who incarnated had an etheric

counterpart, also called the Ka. This etheric self was multi-dimensional. It could access the alternative realities beyond physical life.

- They adhered to the principle of oneness. The whole of the cosmos was seen as one being, whose cells are the different cosmic bodies. Everything that existed was viewed as part of this cosmic body of creation. This was called the body of Ausir (Osiris).
- Life on Earth was an opportunity for spiritual expansion. The aim was to become “the ocean,” infinity.
- While studying the spiritual path of truth (called Ma’at), they may discover they already are the shining spirit, known as Sahu. They could shine the Light of their soul while living rather than wait for death.

Unlike the physical body, this luminous awakened state was not ephemeral. The person who ascended in their spiritual Light conquered death and became one with the cosmos for all eternity.

The teachings of the Living Light mapped the relationship between the human being and the cosmos, and between the physical and spirit self. They provided a framework for a deeper understanding of human life and eternal spiritual life.

These teachings are ancient, but they meet us beyond space and time. Their medium of transference is an etheric energy of high vibration, which we may describe today as a form of spiritual Light.

Sacred construction

Every aspect of the construction of the temples and pyramids followed the Rule of Ma’at and respected all life. This included deference to the unseen world and the spirits of the land where the quarries were situated.

Before construction, the priesthood would make offerings and ask for help from the land spirits. They explained that the stone would be used in a sacred temple.

Stone was used mainly in the temples; palaces and homes were built of mudbrick or other materials that did not need to last.

Because the temple stones had to be flawless to allow the energy to flow through the monuments evenly and unimpeded, the spirits would tell the priest exactly where the stone should be extracted.

Sound technology verified the spirits’ suggestion and the stone’s integrity. The pharaoh, as the ruler of the land, or his representative priest, would make a commitment to respect the land and



FOTOULA ADRIMI: During ancient Egyptian times, “Life on Earth was an opportunity for spiritual expansion.”

honour its gift.

When I visited the ancient stone quarry at Gebel el Silsila, on the west bank of the Nile, I was struck by the feeling of peace and harmony that emanated from the site. Despite the continuous extraction of stone over hundreds of years, the land was serene.

An Egyptologist showed me the chambers of people who had been buried there, as this was a place of high vibration. In contrast, when I once visited a modern quarry, I found the energy to be discordant, and the spirits of the land were sad and angry.

Energy technology

In constructing these magnificent structures, the engineers of Zep Tepi (a mythical period in ancient Egyptian cosmology) used advanced technology that worked harmoniously with the etheric energy of the cosmos, the prana or chi flowing to Earth.

Prana can be transformed into electrical power, and laser technology was used to cut the stones with precision accuracy. This Light and mind technology was combined with sacred sounds that raised the huge stones into the air and positioned them in exactly the right place.

Modern engineers such as Robert Bauval demonstrate that the pyramids and temples of Egypt could not have been constructed by unskilled slave labour.

These monuments, especially the pyramids, have been built with such refinement that defies current standards of engineering. Modern attempts to recreate the Great Pyramid using ancient and modern tools have failed.

In the excavation of a later workmen’s village located near the pyramids, detailed

records were found outlining the payments to workers, their days of work and accidents akin to the records of a modern construction site. These workmen were not unskilled slaves in fear for their life, pulling stones along trestles.

The miracle of Giza

The pyramid complex of Giza is a remarkable example of sacred engineering involving mathematics, geo-astronomy and spiritual energy. It is an expression of the sacred science that was known and practised in those times.

The chief engineer had the title of Im-Hot-Tep, meaning “He who comes in peace.” This was not someone’s name, but our equivalent of a job title.

He who comes in peace is one who carries a high vibration of peace and brings peace on Earth. Thus, Im-Hot-Tep is a high adept.

Everyone who worked in the construction of the sacred sites was an initiate. They engaged in daily spiritual practices to harness and develop the enlightened qualities of harmony, peace and unconditional love that the sacred sites emanated.

Spirituality was a way of life and came before learning a trade. Each person’s work was viewed as sacred and an expression of their inner Light in the material world.

In subsequent centuries, such as the New Kingdom, and especially when the Greek Macedonians took over Egypt during the period of the Ptolemies, Im-Hot-Tep was identified as a person and elevated to a deity.

It is important to realise that the Greek conquerors had a different culture and understanding of the Divine. They saw God as a being outside of themselves.



THE Precinct of Amun-Re as seen from the Sacred Lake at the Karnak Temple Complex. (Photo: Taranis-iuppiter)

It was easy to imagine that an engineer who built the pyramids could be a semi-god, like the plethora of semi-gods in their own religion, whereas the ancient Egyptian adepts sought the Divine within themselves.

The sanctuary of absolute peace

I have facilitated ceremonies and initiations in sacred sites in Egypt and in prehistoric sites around the world. During the ceremonial work, some people who are psychic see the Living Light emanating in different colours, as well as the beings of Light who are working with us.

Even people who are not clairvoyant experience an overwhelming sense of peace when they meditate there. For some, there is a feeling of coming home, of lightness, of being surrounded by love.

This is what the ancient Light engineers wished to achieve: places on Earth where the high vibrational energies could quieten the conditioned mind and allow the sacred heart to open and share its inner wisdom.

The sacred heart is not the heart we understand in our everyday life, a seat of passion and romance. The sacred heart is our heart chakra, the seat of the Divine and of inner wisdom in the body.

This sacred heart is all-knowing, recognises right from wrong, and has the power to keep us centred within the body and aligned with the cosmos at the same time. Consequently, when we engage in spiritual practice in sacred sites, we may receive insights about our personal life and life in general, and experience deep

healing.

In ancient Egypt, the teachings were taught on two levels:

- For those uninterested in pursuing spiritual learning in depth, the teachings provided a foundation, spiritual principles that formed part of the culture and way of life.

These principles were summarised in the Rule of Divine justice – treat everyone and everything with respect, honesty, humility and truth.

No matter a person's profession or place in society, all were encouraged to adhere to the rule and respect the sacred. A harmonious society and way of life could be maintained, and chaos averted.

- For those who wished to pursue spiritual teachings, numerous temples and temple complexes were created as part of the esoteric school. Initiations into the Living Light and teachings of the path of ascension were shared over many years.

People could live in the temples as priests or priestesses, known as “The Servants of the Place of Truth,” or could live in their community and attend the temple several times per week for spiritual instruction.

For those who progressed on this path, the main initiations were held inside the Great Pyramid. This path was long and arduous. In taking spiritual initiation, initiates came face to face with all that needed to be healed within them.

The path of the Living Light spans lifetimes; it is not an instant fix. It will meet us repeatedly in different lives. We may have begun the path in ancient Egypt and find it again in this or another life. We may walk away from it and return to it in a different incarnation.

In the bigger picture, there is no time; we incarnate in different eras, in what we call the past or future, to evolve spiritually.

Based on our vibration at the time of death and our karma and spiritual understanding, a lifetime in a place where the path of the Living Light exists may open for us.

Three key themes

- The Living Light is unconditional love. Awakening, we gradually become a being of unconditional love. This transformation takes place through a feeling of grace that is self-generated by the continual opening and activation of our heart-centre: the sacred heart that brings deep healing and inner transformation over time.

To describe this state, the ancient Egyptians used the analogy of a mother feeding her newborn baby. This feeling is not exclusive to nursing women; everyone has the potential to experience unconditional love.

When we awaken from the conditioning, we embody this state and become a being that expresses unconditional love for all.

- The Living Light is wisdom knowledge that is born from within. It is through

the awakening of the heart-centre that enlightenment and ascension are possible.

The sacred heart-centre is defined as the centre of our inner wisdom rather than of passion and romance. We experience these awakenings as “Aha” moments – instances of deep realisation that emerge from within.

Gradually, we reach a place where we truly know an aspect of spiritual truth, not through hearing it from a teacher or reading it in a book, but through self-discovery.

This is not a one-off experience. These awakening moments continue to be generated the more we walk the path.

- The Living Light is etheric cosmic energy transmitted to Earth from celestial portals of Light. Different constellations support the transference of the energy to Earth.

Aware of this, the ancient people orientated their monuments to particular stars and built the structures on sites that were conducive to the channelling of the high frequency of etheric Light.

Even though most cannot see these Light frequencies with the naked eye, our spiritual work helps us perceive and feel them in our body.

These harmonic vibrations instigate an inner awakening process. They create a sense of calmness and peace and aim to restore homeostasis in our body and mind. Increasingly, we stay

more centred and aligned with our Divine Self.

The creation of peace on Earth

In the necropolises, the ancient Egyptians created places where people could experience the peace and Light that is potentially available during death.

To achieve this, they used sacred architecture and high vibrational etheric energy and opened portals of Light that may still be active today.

As already explained, Im-Hot-Tep was the job title given to the chief architect and engineer of these sites. These high initiates of Djehuti were master builders and adepts of spiritual knowledge; in order to create places of silence and peace, they had to be able to self-generate these states.

In many of the older pyramids there are empty sarcophagi. These pyramids are not tombs, as Egyptologists suggest; they are chambers of initiation and spiritual connection.

The sarcophagi are placed inside etheric

portals, each of which has a different purpose. The initiate would lie inside for a while with the lid slightly closed in order to expand their awareness, travel to alternate realities and enter higher states of consciousness.

One of these sarcophagi lies in the Necropolis of Sakkara, inside a pyramid built by the pharaoh Unas, who lived during the fifth dynasty.

A soul is able to experience the awakened consciousness when it exits the body during the death process, and the sarcophagus in the pyramid of Unas facilitates this experience for the living.

Like the ancient initiates, by lying down and meditating inside it, even distantly, we can open to the higher states of

consciousness we normally experience at physical death.

Sakkara was a place for the living to practise the spiritual arts and overcome the conditioning. It was a healing sanctuary where people stayed when they experienced illness.

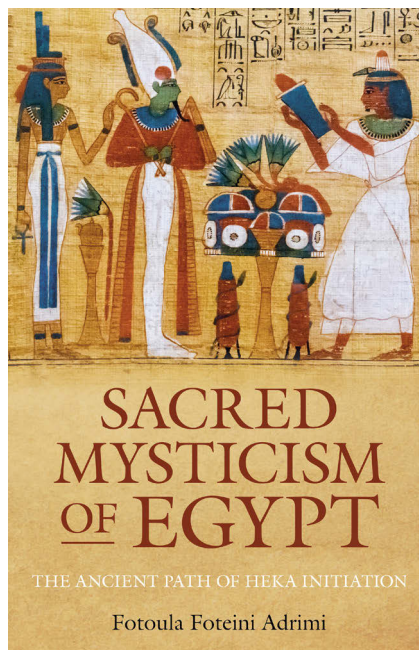
All types of physical, emotional and mental illnesses were successfully treated there through the holistic medicine of the healers, priesthood and physicians.

Most of the time, the energy was so high that people could not stay awake and fell into a deep sleep or trance. No hallucinogenic substances were used; the main medicine was the etheric energy.

Sakkara was also a cemetery. People wanted to be buried in this area of high vibrational Light to access the spirit realms more easily and capitalise on the potential that the death process offered them to awaken.

Unlike the foreboding atmosphere of some of our current cemeteries, the ancient Egyptian necropolis in Sakkara still emanates the energy of peace it was designed to convey.

Published by O-Books, “Sacred Mysticism of Egypt” costs £17.99 and can be ordered online or from bookshops. An e-mail version is available at £8.99.



THESE stone temples are next to the quarry at Gebel el Silsila near Aswan.
(Photo: Einsamer Schütze)