

# The ISIS School of Holistic Health Newsletter



Issue 89: February 2024

## 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*)

**I come to you to remind you of the luminosity of your soul** which is eternal. To define the characteristics of the soul, the ancient Egyptians used parallels with cosmic bodies:

- To know the soul they connected with the sun. The sun exists in a permanent state of radiance. Even when the sky is clouded, the sun never stops shining. It is a constant presence. They called this state RA, the shining one.
- The moon describes the cyclical journey of the soul. The soul's journey unfolds from lifetime to lifetime, in the same way as the moon circles around the Earth, waxing and waning, constantly moving, experiencing different realities, and stages of being. Their name for the moon was Khonsu - the eternal traveller. Like the moon, you are the traveller.
- The stars, the numerous suns in the sky, symbolise the state of the soul beyond physical life. As a spirit in a physical body you cannot always comprehend the infinite light that you are. After death, the soul returns to its luminous state - like the undying stars that never tire of shining their light in the night sky.



The channellings, practices and ceremonies contained herein are for your personal use.  
Please do not teach this material as your own, as this is unethical.

To contact [The ISIS School](https://www.isis-school.com) please email: [info@isis-school.com](mailto:info@isis-school.com)

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## Knowledge versus Embodiment

The ancient Egyptian initiates of the Mystery Schools tried to understand what the soul is, and studied the journey of creation, incarnation, life, death, and reincarnation. Although they examined texts, they knew that theoretical knowledge alone was of little value. They did not wish to know about enlightenment, they wished to become enlightened. This is a fundamental difference.

To embody a spiritual truth is very different from knowing it at the mental level. This is why the ancient Egyptians created temples, practised the spiritual arts, and immersed themselves in ceremonial work.

These ancient ways are returning to your world. The spiritual seeker understands that knowledge alone will not transform the egoic states. A path of ceremony and spiritual practice with the high vibrational energies that are available to you, opens again on the Earth. This is the way to become that which you seek to know.

The ancient masters discovered and walked the path of ascension in partnership with their helping spirits. In learning about the path they worked with nature for the Earth reality holds the keys of the awakened state. They did not worship animals, idols, the sun, or moon. Initiates connected to these beings to become like them. If you observe nature, and yourself in nature, you may find truths you were unaware of.

## The Gift of Ceremony

Ceremony is an essential part of the spiritual path of awakening as it offers the opportunity for direct experience of the sacred. Do not underestimate the power of an altar created for the highest good. Build an altar in your home. Bring the sacred into your life.



This is the path of transformation into the sacred being you are.

In ancient Egypt the myths and stories described the era you are currently living through - the quest for a spiritual life in a world dominated by the conditioned mind. They understood that the only way to restore balance individually, and collectively, was through the awakening of people's Divine spirit. This is the key that will unlock the new reality that many of you remember from past lives in the First Era and aspire to re-create.

The changes that are happening in your perception, your life, the Earth and the environment, are all part of a monumental shift that encourages people to remember their roots and reclaim their spiritual nature. As you embody your luminosity, you will affect the Earth and all life, through your limitless radiance. This is the time to seek a new beginning and retrieve your primordial way of being, that of the enlightened consciousness.



## Egyptian Mystery School Teachings - The Path of ISIS

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](mailto: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 - Next Circle: Tuesday 20th February

The nine primordial Neteru are stages of creation that are found within us. They explain the principles of manifestation into matter and the un-creation back into the state of Divine consciousness. The nine stages are aspects of our eternal journey. In this circle, we will work with the Nine Primordial Neteru and allow them to speak to us, as we merge with their energies in sacred space.



## Theme for 20th February Circle - The Nine Primordial Neteru

**Circle Date:** 19.00-20.30 (uk time) Tuesday 20th February

**Investment:** £15.00



## The Path of ISIS / Path of the Living Light Courses 2024

We now have all the dates for the Path of ISIS Courses for 2024  
See [ISET Initiates Community Page](#) on website for all the details

### Gate 1 Courses - 2024

**Gate 1: Spiritual Path of ISET, Part 1** - 3 days, 10.00-17.00, 22-24 March 2024  
*(this is the introductory course for the Path of ISIS teachings)*

**Gate 1: Spiritual Path of ISET, Part 2** - 3 days, 10.00-17.00, 30 Aug-1st Sept 2024  
*(this is the next Course after Spiritual Path of ISET, Part 1)*

**Gate 1: Healing Path of ISET, Part 1** - 3 days, 10.00-17.00, 8-10 November 2024  
*(the next course after Spiritual Path of ISET, Part 2)*

**Gate 1: Healing Path of ISET, Part 2** - 3 days, 10.00-17.00, 13-15 December 2024  
*(the next course after Healing Path of ISET, Part 1)*

### Courses for other Gates - April to June 2024

**AUSIR 1** - 3 days, 12-14 April *(Next Course after Gate 2)*

**Gate 2 Course** - 3 days, 7-9 June *(Next Course after Healing Path 2)*



# Principles of Shamanism

## How to Walk the Shamanic Path

**Shamanism is experiencing a huge resurgence**, especially in the western world. Whilst some indigenous shamans see their communities abandoning traditional ways in favour of a more western lifestyle, they are happily surprised to be visited by western spiritual seekers who wish to be taught the spirituality of the Earth.

Shamanism is finding many ways of expression in our modern world. In the beginning most people look for their power animal, or find the idea of travelling to parallel realities, attractive. Yet shamanism is much deeper than psychic awareness. As we walk the path we meet key principles found in shamanic cultures, that speak to our heart.



**Principle 1 - Everything is alive and conscious** Shamanism teaches that every life form has consciousness. In the physical world there are four kingdoms: plants, animals, humans, and stones. Every being, from a blade of grass to a small pebble has consciousness.

**Principle 2 - Everything has its place** All beings are equally important and everything has its place in this world, there is no hierarchy. Humans are no more important than plants or animals. We are all vital members of this earthly ecosystem and the Earth is also a vital member of the cosmic ecosystem.

**Principle 3 - Interconnectivity** Everything is connected through universal energy. We are all cells of the one body of creation. Even though we experience ourselves as an individual being, we are, at the same time, all part of a universal whole.

**Principle 4 - Nature is a Teacher** Earth is a place of learning, a school for soul evolution and nature is potentially our biggest teacher. It is in nature that we find the way back to ourselves. It is in the wild that the voice of the conditioning may be silenced, and we can listen deeper and more fully to the music of the wind, and the sounds of the natural world.

**Principle 5 - Helping Spirits** These are transcended beings working for the highest good, who ask nothing in return. They will support our wish to awaken and teach us through life experiences. Helping spirits may be local - found in a certain place and forming part of a particular culture. Or, they may be global, spirits who work throughout our world and who are found in many cultures under different names and guises.

These helping spirits appeared to our ancestors and taught them how to serve their community and the Earth by giving them access to the invisible realms, through different practices and specific pathways. They may appear to us when we are ready and as a result we may experience a deep calling in our heart. They can show us how to work with them. We cannot practice shamanism without connecting to the helping spirits. Ways of connection differ: drumming, journeying, mantra recitation, sacred song, deep listening, meditation in nature, being embodied by the spirits through trance etc are all ways to work with them.

**Principle 6 - The Human Teacher** The path opens through connection with the spirits but our guide in the shamanic ways is a human teacher/elder who has already developed the art of shamanism to some degree. The shamanic ways may vary, as they are practiced from a person to person, but the principles remain the same. It is vital to find a teacher who we resonate with to show us how to practice and what to do. The teacher helps us build our own bridge between the physical world and the spirit realms. We may have the predisposition – the materials to build the bridge, but it is the teacher who shows us how to build it. Unless we have a sturdy bridge, it will not be safe to travel over it. The teacher imparts methods and knowledge and offers students transmissions of the teachings in the form of etheric energy. These transmissions are given by the teaching spirits through the human teacher. It is always the spirits who teach, but they go through a human person who has already embodied the teachings they offer.

**Principle 7 - Sacredness of life** Practising shamanism is a gift and therefore, it is important that we reciprocate, and offer gratitude back to life. So many life forms support us to live our human life. To acknowledge this and repay the gift in a sacred way, we live a life of service to the highest good and the light, and we transcend the egoic mind through the opening of the wise heart. As we heal ourselves, our community, and the Earth, working individually and collectively, we shine a light that dispels the darkness of our times. And when the time comes to pick up our steps and move through the veil, we leave the Earth a more beautiful place than we found it.



# Introduction to Shamanism & Shamanic Journeying

with Fotoula Adrimi  
24-25 February 2024



*For more details –  
check [website](#)*

Our Earth Our Home  
The ISIS School of Holistic Health



## 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 and practitioner. 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.

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The Course requires advance booking with deposit

**Investment:** £261.00

**Deposit:** £81.00, to secure your place  
(*non refundable and non transferable*)

(Please email - [info@isis-school.com](mailto:info@isis-school.com)  
for our bank details)

**Dates:** 10.00-17.00, 24-25th Feb 2024

**Venue:** Lecture Room, first floor  
Glasgow Theosophical  
Society, 17 Queen's Crescent,  
Glasgow G4 9BL

To book or for more information  
contact Fotoula - [info@isis-school.com](mailto:info@isis-school.com)

# Shamanic Fundraising Ceremony

**Monday 4th March, 19.00-21.00**

**T**his fundraising Ceremony is part of a long-standing support project organised by the Glasgow Lodge of the Theosophical Society. Since 2015, when an earthquake devastated many villages and cities in Nepal, the Lodge has provided funds which have supported the rebuilding of the Shree Saraswoti School in the Sudurpaschim Province and paid the school fees for orphaned and impoverished children.



The Ceremony will be facilitated by Fotoula as a gift from the ISIS School of Holistic Health. The Ceremony is open to all - bookings are essential. Entry is by donation and all proceeds go directly to the Society's Nepalese Children Support Project.

The **donations** are collected by the Glasgow Theosophical Society and sent to Nepal once a year. **To donate** via PayPal you can use this link - [https://www.paypal.com/donate/?hosted\\_button\\_id=XGWR2BPH344JC](https://www.paypal.com/donate/?hosted_button_id=XGWR2BPH344JC) or email us and we can send you the Society's bank account details.



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## **In Person Shamanic Ceremony - Monday, 4th March, 19.00-21.00**

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

***(booking essential)***

This is a Healing Ceremony for Mother Earth and the new children. We will link with the children of the future, the descendants who are waiting to be born.

The Enlightened Ones say that the children who are

coming to the planet now are mostly old souls who wish to show us a better way to live and help heal humanity and the Earth.

We have had waves of old souls coming to the Earth in recent years, some are called the Indigo Children, or the Crystal Children. These new children are great teachers and they have much to tell us about the Earth. In the Circle we will journey to the descendants and connect with them in a healing ceremony for the Earth through the creation of a prayer bundle.

**To book your place** please email us on [info@isis-school.com](mailto:info@isis-school.com)

**Things to bring** (optional): Drum or rattle, your own water bottle, blankets (2) - one to lie on and one to cover yourself while journeying.



## Shamanic Retreat in Scotland with Nepalese Shaman - UK Retreat

20th – 23rd June 2024, Larbert, Scotland, UK

*In the Retreat we will work with the ceremonies, rituals, mantras, and teachings of GARUDA – the Golden Healer, the Lord of Space. This is a rare opportunity to learn some of the most powerful healing practices used within Dhami-Jhankri Shamanism.*

During the retreat, we will unfold the myths, rituals, journeys, mantras, rhythms, sacred songs, healing rituals and more, that relate to the self, family lineages and ancestors. The Garuda practice helps us look deeply into ourselves, beyond our limits. We become the observer that allows us to gain understanding at a more profound level. As with the Vishahari and Suparna form, Garuda's powerful spirit helps heal the inner wounds and the unknown circumstances we may be holding inside. Garuda rituals are also performed for the healing of others, especially if the condition is unable to be healed through working with the Nagas.

This is a very rare opportunity to learn some of the most powerful healing practices used within Dhami-Jhankri Shamanism.

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 20th-13.00, Sun 23rd June

**Cost:** £535.00 / **Deposit:** £275.00 – deposit (non-refundable) secures your place

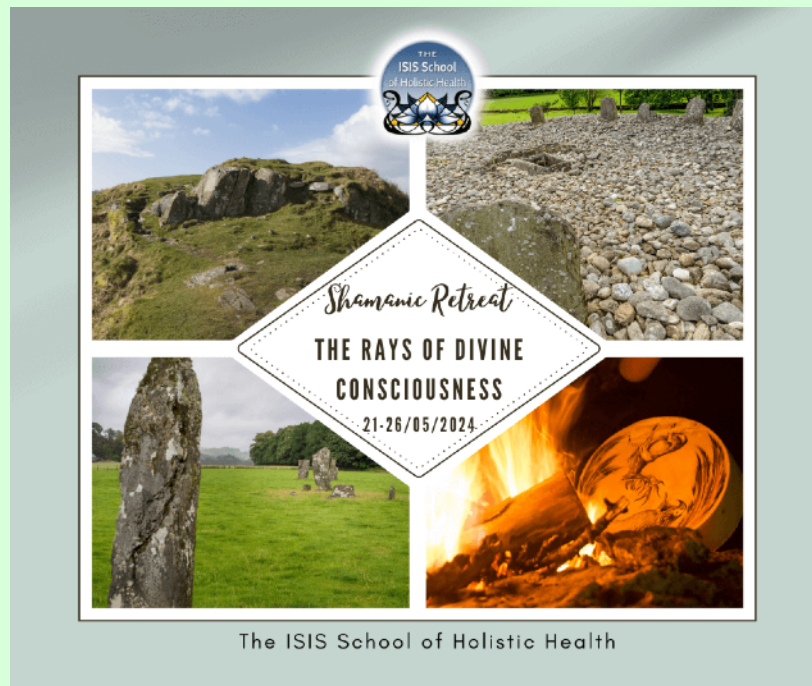
**To Book:** Or if you have questions, please contact Fotoula: [info@isis-school.com](mailto:info@isis-school.com)

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

# Shamanic Retreat - 21-26 May 2024

## The Rays of Divine Consciousness

**A space has become available if you wish to join us**



We are delighted to let you know that we will be holding a Shamanic Residential Retreat near Kilmartin Glen, Scotland from Tuesday 21st - Sunday 26th May 2024.

In the Retreat we will share teachings on Classic shamanism, as well as the teachings and spiritual practices for the Rays of Divine Consciousness. Fotoula received the Rays teachings through direct revelation on top of Dunadd Hill, Kilmartin Glen, in 2012.

The Celtic land of Kilmartin Glen has been described as the Valley of the Kings. It is reputed that the Scottish Kings were crowned on the hill of Dunadd where an ancient footprint embedded in a rock can still be seen today. The footprint marks a powerpoint where etheric energies merge. It is on this hill that we will connect with the Ancient Ones, the wise ancestors, and the spirit of the land that calls us back to the Glen for sacred work.

In the Retreat we will:

- ◆ Participate in an Initiation Ceremony in the ancient hill of Dunadd,
- ◆ Receive the Opening of the Crown Initiation to channel the Rays of Divine Consciousness,
- ◆ Participate in Shamanic Ceremony in the Standing Stones of the Circle of the Sun and Moon at Temple Wood,
- ◆ Take part in a karma purification ceremony

More details on the [website](#)

# Our New Facebook Group: Spiritual Awakening

## Our new group is a sacred space

for like-minded souls to explore their soul's journey and the spiritual arts, raise their vibration, and share the radiance of their Divine authentic self. This is a group for the world community to come together as one and share their experiences on the journey of awakening.

Fotoula and Fi, teachers of the Isis School of Holistic Health, came together to build a temple of Light

and share profound teachings that they have been working with for over twenty years.

Each month Fotoula and Fi will share wisdom from their helping spirits and their extensive experience from this and other lives. They will answer any questions you may have and will share small videos. If you have any questions you wish them to discuss, please post in this group.



## There are six areas we explore with you:

- Shamanism and shamanic journeying
- The Ancient Egyptian Mystery School teachings
- Past life regression therapy
- Healing
- Meditation
- The Rays of Divine Consciousness and healing the spiritual DNA

Join us in Spiritual Awakening

[Facebook Group](#)

This group is dedicated to the work of the Isis School  
There is no advertising permitted apart from the School's events.

## Spiritual Insights on YouTube

We have been answering questions about spirituality and shamanism for many years and it is amazing how some fundamental questions keep coming back from different people. So we decided to do a little video each week, sharing a question and offering answers from our experience. This week the question is :*Shamanic Journeying: How often should I meet my helping spirits and what is my intention for journeying?*

Watch the video on youtube and if you wish to stay in touch, press the button to subscribe.

Join us on YouTube

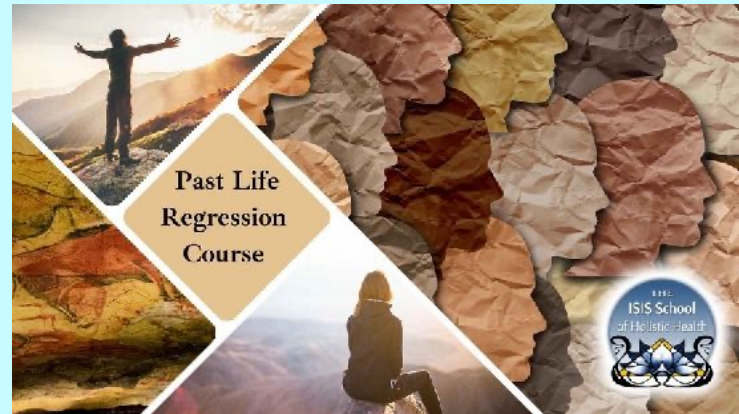
[YouTube Video](#)

# Past Life Regression Therapy Course

**Tuesday 15th - Sunday 20th October 2024**

We explore our incarnations beyond time, in what we call the past or the future, to bring closure to what hinders us, heal deeply, evolve, and transform.

In this six-day Past Life Regression Practitioner Course, Fotoula teaches the art of past life regression and how it can be used for therapy work. She will also teach participants how to bring back and integrate any essence and energy that is stuck in another life through past life soul retrieval.



## What are the Key Themes for Past Life Regression?

- ★ Learn how to carry out **past life regression** to resolve what hinders your clients in the present moment.
- ★ Take part in **past life regression ceremonies** that strengthen your link with your soul's purpose as well your intention for incarnating in this life.
- ★ Work with your **Higher Self and the Infinite Spirit** that you are beyond life.
- ★ Activate the **gifts of your soul** and bring them back into this current life.
- ★ Meet with the **Lords of Karma** for deep release and healing.
- ★ Work to **integrate the parts** of you who are stuck in other lives and have not crossed over.
- ★ Access the **space between lives** and the space after death.
- ★ Access your **body's wisdom** and its inherent knowledge of your past life's traumas that need healing.
- ★ **Past Life Regression Healing work** for the collective, humanity and life on Earth.
- ★ **Past Life Regression soul retrieval therapy.**
- ★ Life after healing: how you can integrate the healing into your life

## Learn about the Past Life Regression Practitioner Certification

This is a rich and deep Past Life Regression Course of six days and it is certified, following casework. The Past Life Regression course certification is experiential and interactive. You will practice and experience the teachings in a safe space with the other participants in the course, either 1-1 or through group work.

**Prerequisites:** Experience in meditation, spiritual work, and therapeutic work

**The Course is certified.** A certificate is issued following the successful submission of casework after the course.

**Date:** 10.00-17.00, Tues 15th - Sun 20th October 2024    **Venue:** Glasgow

**Cost:** £750.00 non-residential.    **Deposit:** £250.00, to book your place

See the [website](#) for more information

# Circles & Energy Transmissions – February

## 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 three times in February, on the **12th, 19th & 26th**

Fotoula offers 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 February: 1st, 8th, 15th, 22nd & 29th**

The investment for the Circle is £10.00. Payment can be made either by bank transfer or via PayPal using – [fi@isis-school.com](mailto:fi@isis-school.com).

For more information and programme details [click here](#)



## ISIS Energy Transmissions of the Living Light - February

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: **7th, 14th, 21st & 28th February**

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 - February

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) Friday 9th February**. Please check your time zone if connecting from overseas. There is no need to let us know you are connecting with the Rays Transmission.

