

The ISIS School of Holistic Health Newsletter



Issue 69: March 2022

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*)

A wonderful world is opening up before you. A world of beauty and grace. Many of you wish to find this place of peace, goodness, love, and light. You have been praying for it, and incarnated at this time to discover it.

What many of you are seeking outside, exists within you. And, in order to discover this world of harmony and peace, you first have to manifest it from within.

Even if you were able to go to Shambhala, the land of peace, unless you are peace, you will not be content there. Your mindset will prevent you from experiencing happiness. You will create war because you are at war with yourself.

To manifest a higher vibrational reality, you do not need Divine intervention. You are already the Divine. What you need to do is discover and embody your Divine nature.

We, the Enlightened Ones offer you the Path of Ascension, into the Divine being that you are. We invite you to do the personal and spiritual work with high vibrational light that is flowing to your planet at this time, and walk this path.

Do not look to the Enlightened Ones to change the world reality for you. You were specifically born in these times to experience the power of Light that you are. In previous centuries you used to petition the Divine to change things for you. And in the process you believed yourself to be small and unworthy, and relinquished



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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your power, your Light. These ways do not serve you. These times ask you to become conscious manifestors through the light of the sacred heart within you.

The key to conscious manifestation is two-fold:

- **Conscious Thinking:** Be aware of the power of your thoughts and harness this power by staying in silence and engaging consciously with the process of thinking when you need it. Say to your mind - "Stop talking. Only speak to me when there is something I need to do." For example, if you need to clean your house, be present. Say to your mind, "I wish to clean my house. Please guide me through the steps I need to do to accomplish this. Do not speak of other things."

And when you think about a situation, do not go into anything negative. Say to your mind, "This is the situation I am dealing with, help me now resolve this. This is the outcome I am envisioning."

Think of your thoughts as energy. Every time you think in this conscious way you create an energy seed that you plant in the heart of creation. Your thoughts then are filled with light and power. They are no longer lost feeding the cloud of the conditioning. They become powerful intentions.

- **Conscious Surrendering:** The conditioning pines for what it does not have. It lives in a world of lack. It is incapable of gratitude and of seeing the beauty of life as it is. It focuses on the negative and tries to create a reality based on what it thinks it needs.

To become a conscious manifestor, you surrender your desires, needs, and wishes for the future, to the Divine heart. For instance, if you dream of a high vibrational Earth, feel it as if it is here now, then surrender the dream to the heart of creation. To be a conscious manifestor you surrender everything to the Divine Light and trust the Divine wisdom to bring you exactly what is right for you at each moment. And when the Divine Light brings things to you, then you respond.

In order to engage in the process of conscious manifestation and develop conscious thinking and conscious surrendering, we suggest that you do the inner work that enables the healing and transformation of the shadow, and the experience of high states of consciousness through light work. These two ways of shadow integration and light work are essential for you to discover and embody your Divine Self that lies within.



The Path of ISET / The Path of the Living Light

The Path of ISET is explained as the path towards the embodiment of the Divine Self. Although the path is remembered through direct revelation from the Spirit of ISET to her channel, Fotoula Adrimi, and refers to the Golden Times of ancient Egypt, this path has always been around in various forms. Fotoula has worked with the path in past lives, and her guidance is to introduce the teachings for these times now.

The ISIS School of Holistic Health offers courses for these teachings under two strands

- A) **The Seven Gates of Awareness** - starting with the Introductory 3-day Course: The Spiritual Path of ISET, Part 1 (see below). The Seven Gates is the main teaching for the Path of ISIS and consists of a huge body of work that is taught over many courses and years. The emphasis on this teaching is for practitioners to develop and embody the esoteric knowledge of the high vibrational energy through rituals, ceremonies, and regular spiritual practice. This is an experiential path that gradually awakens us to the Light that we are.
- B) **The Living Light Pre-recorded Webinars** - consisting of the Introductory Webinar, the Living Light 1 and Living Light 2 Courses. These online modules offer a rounded journey of key aspects of the spirituality of the Living Light as it was practiced in ancient Egypt, as well as activations and empowerments.

There is more theory and historical references in these modules and although there are some suggested spiritual practices they are optional. The Introductory Webinar and Living Light 1 Course is available online. The Living Light 2 Online Course has already started: Module 1 was on 21st January. Following the live webinars Living Light 2 will also be available as an online course.

Path of ISIS Introductory Course - Spiritual Path of ISET, Part 1: Now In person & Online

The **Spiritual Path of ISET, Part 1** is the introductory 3-day course for the Path of the Living Light teachings. The course is a wonderful opportunity to connect with this ancient lineage, receive practices and teachings that will empower your spiritual and personal development. The course will be taught both in person and online, dates and info below:

In Person Course: 10.00-17.00, 18th - 20th March; Venue: Glasgow, Scotland

Online Course - new dates: 12.30-18.30 (uk time), 20th - 22nd May

Cost for 3-day Course: £285.00; dep: £140.00 (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 Practitioners' Community

(The information on this page is for ISET Practitioners who have taken initiation in a Path of ISIS / Path of the Living Light Course)

Online ISET Practitioners Circle - Tuesday 15th March

A beautiful way for our community of ISET practitioners to come together and share teachings and practices. Each session is guided by ISET through her channel Fotoula.

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

Date: 19.00-20.30, Tuesday 15th March

Cost: £10.00 (*practitioners who are unable to attend the online Circle can also pay for and receive an audio recording of the session*)



The Path of ISIS / Path of the Living Light Upcoming Course Dates

Course dates for all the Path of ISIS Courses for 2022 are on our [website](#).

Spiritual Path of ISET, Part 1, in person - 10.00-17.00, 18-20 March (Glasgow)

Path of ISIS, Gate 3, in person - 10.00-17.00, 25-27 March (Glasgow)

Healing Path of ISET, Part 2, in person - 10.00-17.00, 02-03 April (Glasgow)

Spiritual Path of ISET, Part 1, online - 12.30-18.30 (uk) 22-24 April

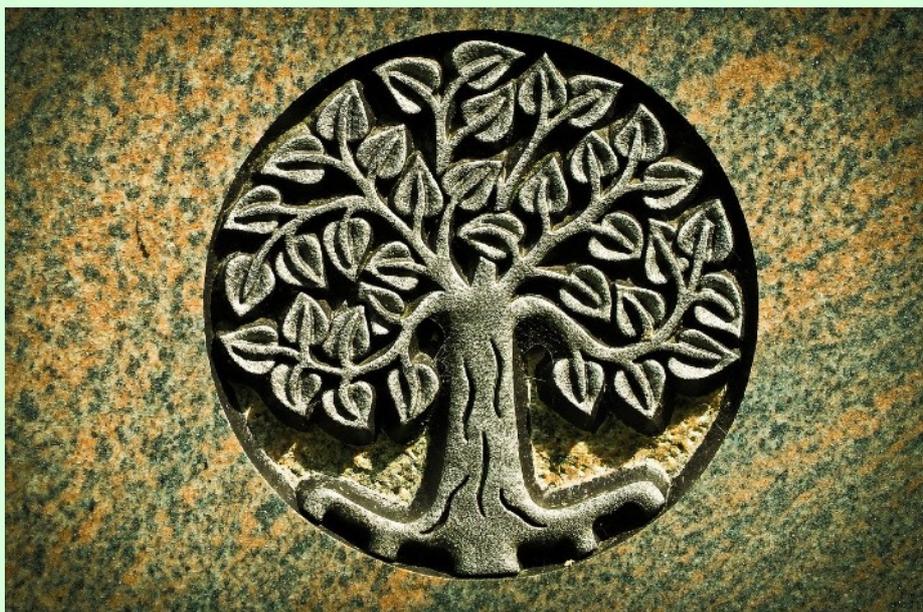
Path of ISIS, AUSIR 3 - 3 days, 10.00-17.00, 13-15 May (Glasgow) (*Initiations for this course will take place on Thursday 12th May*)

(this is the next course for Initiates who have attended Gate 4)



Shamanic Journey - Embodying the Tree of Life

The tree of life opens itself to you. "Come in," it says. "Travel down my trunk and let my roots take you into the underworld and other realities. Climb up my trunk into my branches where you will encounter spiritual realities made of light. Through your travels you will discover many aspects of yourself that have been hidden. Your life will be richer as you heal deeply. The more you travel, the more you embody yourself, until you see that you are all these realities and dimensions."



Accessing Different Worlds

The tree of life exists in many shamanic cultures and spiritual traditions. It is one of the main gateways for shamanic work. We journey through the tree to access other worlds. When we travel down its roots we find openings to the lower worlds. And when we journey upwards, through its branches, we access the upper realities.

Each time we journey and contact the different realities, we absorb some of the higher vibrational energy of these places. As a result, we begin to resonate with the etheric energy of these realities, making it easier for us to access them.

Our physical world is only one of many planes of existence. And although we may think that our world is the only reality, the other worlds are as real as our own. By shifting our consciousness, we can engage with them in some way.

Shamans travel to these different realities in many ways. For instance, they may follow a guide, enter a cave, travel on a boat that either descends underground or sails upwards into the sky, and climb up or travel down the tree of life. Their aim is always to retrieve what they need from these realities for themselves, their clients, or their community.

The Shamanic Journey

(You will need a rattle and drum. Or you can use a drumming track. A glass of water)

Create sacred space by welcoming in your spirit guides, power animals, and the spirit of the tree of life. (If you wish, you can build a shamanic altar with a representation of the four elements - optional.)

Smudge yourself with incense or sprinkle some water over your aura and body. Place the glass of water near you.

Rattle (optional) and speak your intention to become the tree of life and access your multi-dimensional self in whatever way is right for you at this time.

Then start to drum, or play a drumming track. As you do, ask once again to become the tree of life. Feel yourself becoming the tree and accept whatever opens up for you. Some people see themselves as the tree, while others feel they are the tree. If possible, use all your senses as you open up to fully experience the tree of life.

In this space, call the purest light of the lower worlds to flow into every part of you. Feel or see the life-force energy flooding your body and moving through you. You are the lower worlds and you carry these dimensions within you. Continue to drum for a while as you experience these lower worlds.

After a while, call in the purest light of the upper worlds to flow into every aspect of you. Welcome this light as you did above and experience the light for a while.

Now access the part of you that is in the middle world, the physical Earth reality. And intend to radiate the light from the lower and upper worlds to the middle world within you. The middle world starts to transform. Experience this transformation in whatever way is right for you.

When you feel ready, invite the lower and upper worlds to merge with the middle world. All realities come together into one. A lighter reality emerges in the middle world and a deeper transformation now takes place within you.

When you feel the journey is complete bring yourself back.

If you have a rattle, rattle and give thanks to the lower world, which you now release. Give thanks to the upper world and release it. Then give thanks to the middle world and to yourself for this healing journey.

Close your sacred space by thanking all your spirit helpers and power animals. Ask that before they go they protect, seal, and close you, your room, and home.

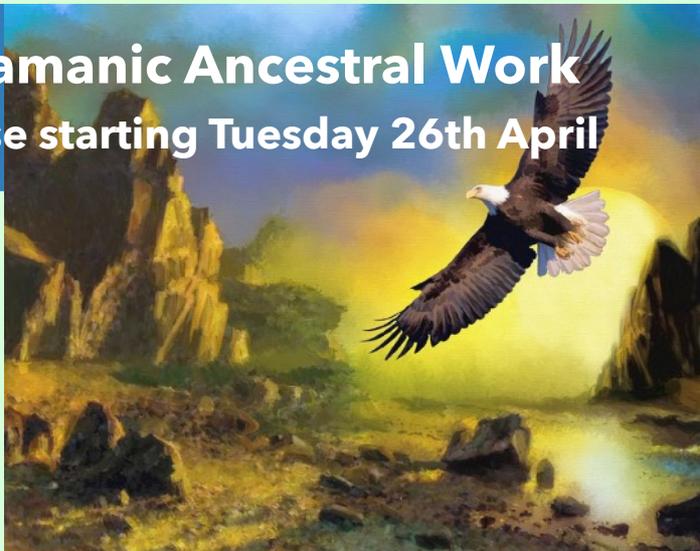
The glass of water has also been imbued by the high frequencies. You can drink some of the water and, if you wish, sprinkle some of it around your home, or offer it to your garden, or a tree nearby as if you are offering it to the tree of life.



The Path of the Eagle 3: Shamanic Ancestral Work

A New Seven Module Online Course starting Tuesday 26th April

To develop a working relationship with the ancestors, through healing and empowerment, Fotoula and her helping spirits have put together this new online course that focuses on healing and clearing of the ancestral line, and opening to its power and gifts of light. This is a stand-alone course. Participants do not have to have done other Path of the Eagle Courses to take part. The only prerequisite is experience in shamanic journeying.



Seven Modules: times shown are UK, please adjust for your timezone

Module 1: 19.00-20.30, Tuesday, 26th April

Theme: Establishing a Link with the Shamanic Ancestors

Module 2: 19.00-20.30, Tuesday, 3rd May

Theme: Strengthening the Lineage

Module 3: 19.00-20.30, Tuesday, 10th May

Theme: Shamanic Initiation

Module 4: 19.00-20.30, Tuesday, 24th May

Theme: Learning from the Ancestors the Healing Ways of the Earth

Module 5: 19.00-20.30, Tuesday, 31st May

Theme: Ancestral Trauma Release

Module 6: 19.00-20.30, Tuesday, 7th June

Theme: Ancestral Integration Methods

Module 7: 19.00-20.30, Tuesday, 14th June

Theme: The Ancestors from the Stars and How to Connect with Them.



Online zoom: If you miss a module, you can catch up through the video recording

Video Recordings: Each Module is recorded. The video recordings will be available on our Website to participants after each Live Webinar. We ask participants to register with the website prior to the Course beginning using the Log In button at the top right of the webpage. (If you are already registered as a site member there is no need to re-register.)

Cost: £210.00 for all 7 modules. Deposit £75.00 to reserve your place.

To book: email The ISIS School on info@isis-school.com Payments can be made through bank transfer (email info@isis-school.com for bank details). The total cost if paying with PayPal is £220.00, deposit £80.00. (Use info@isis-school.com for PayPal)

(For Shamanic Practitioners who have graduated from The ISIS School of Holistic Health, or are currently studying a shamanic practitioner course with the ISIS School, there is a 50% reduction in the cost. Total cost -£105.00. Deposit £35.00.)

All deposits are non refundable and non transferrable.

Shamanic Retreat with Nepalese Shaman - Bhola Banstola

30th June - 3rd July, Scotland - *limited places available*

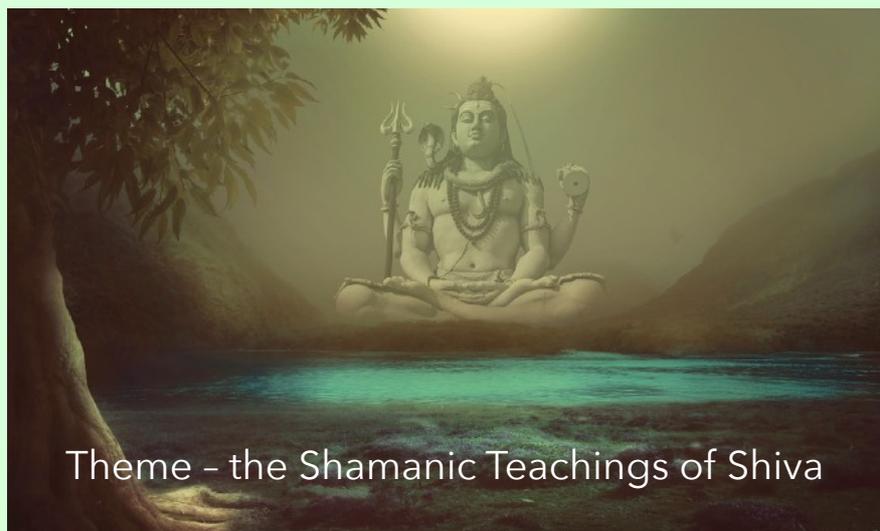
Teachings of Shiva

Lord Shiva is the principal spirit teacher, mentor, and helping spirit for Himalayan Shamans, and spiritual healers in Nepal and the Himalayas.

In the workshop we will delve into ancient truths about cosmology and creation, and focus on how the Universe was born from the union of Prakriti (feminine forces) and Purusha (masculine forces). Prakriti refers to the primary cosmic material that is the root

of all beings. Purusha is the spirit or conscious energy governing life and reality. The cosmic entity, Purusha, exists beyond time and space and partners with Prakriti in the process of creation. These eternal, indestructible realities join to form the matter we perceive.

Bhola will impart sacred knowledge and conduct traditional shamanic initiations and empowerments to help us align with these sacred energies that work within and outside time and space. He will also offer the transmission of sacred mantras, mudras, and sacred geometry that takes the form of mandalas. This is a transmission of an authentic tradition, which is still practiced and respected throughout the Himalayas.



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 fee for the retreat includes Bhola's teachings, accommodation, and food.

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

Dates: 18.00, 30th June - 13.00, 3rd July

Cost: £495.00 / **Deposit:** £250.00 - 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

Spiritual Empowerment Circle - 5th Apr

This is an Online Circle that is open to all spiritual practitioners.

It will be facilitated by Fotoula Adrimi to help us:

- make sense of life, the human predicament, and what it means to lead a spiritual life, and
- to empower ourselves and break through the patterns of many generations that limit us

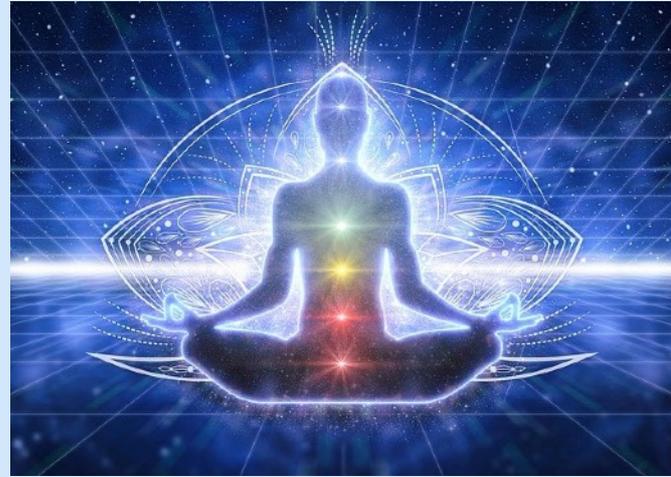
It is a Circle where we can share and discuss in a safe space. A Circle where we help each other and co-create a new reality for ourselves. A Circle of love, compassion, and connection, where we go deep within to unveil the hidden treasure, polish the gems, and allow them to shine.

The Circle meets online from 19.00-21.00 (uk time) every 6-8weeks. *(There is no obligation to attend every Circle).*

Date: 19.00-21.00 (uk), Tuesday 5th April

Theme: Calling the Dream into Reality

Cost: £25.00 - payable through bank transfer or PayPal using email - info@isis-school.com



To book email The School –
info@isis-school.com

Next Circle Date –
Tuesday 17th May –
Theme: Support Networks

Imbolc Fundraising Ceremony - Thank you!

We offer our heartfelt thanks to everyone who joined with us for the Imbolc New Moon Ceremony on the 1st of February. Thank you for your generous donations. Every donation is very important to the school and gratefully received. All the money goes towards paying for the school fees for children in the Shree Saraswoti School, Nepal, and providing some children with shoes, school uniform, notebook and pencils, and school books. There are no middle organisations involved, all the donations are transferred to the School's bank account.

The donations are collected by the Theosophical Society Glasgow Lodge, who add their own offering, and then the money is transferred to Nepal. This will be the seventh year that the Theosophical Society has supported this worthwhile cause. So far the Ceremony has generated £1,661.00, and donations continue to come in.



Online Circles & Energy Transmissions - March

Fotoula's Online Shamanic Circle - Mondays: 19.00-20.30 (UK time)

Fotoula has been facilitating a weekly shamanic circle since 2009. The Circle meets three times in **March: 7th, 14th, 21st and 28th**

The fee for each circle is £12.00. Payment can be made either by bank transfer or via PayPal using - info@isis-school.com. The PayPal fee is £13.00 for overseas participants. For more information and to see the programme [click here](#)



Fi's Online Chanting and Meditation Circle - Thursdays 19.00-20.30

Online Meditation and Chanting Circle
Thursdays - 19.00-20.30 (uk)

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.

March Circles: 3rd, 10th, 17th, 24th, 31st

The cost of the Circle is £7.50, and you can pay by bank transfer, or PayPal using email address - info@isis-school.com. (PayPal fee is £8.00 for overseas participants. Programme details [click here](#))

ISIS Energy Transmissions of the Living Light - March

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 **March dates** for the ISIS Energy Transmissions are - **2nd, 9th, 16th, 23rd, 30th**

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 - Tues 22nd Mar

Once a month The ISIS School offers a Transmission of the Rays of Divine Consciousness that is open to everyone, worldwide. The next Rays Transmission is on **Tuesday, 22nd March, 19:00-20:00** (UK). 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 info@isis-school.com)

