

# The ISIS School of Holistic Health Newsletter

Issue 59: May 2021



## ISIS, the Mother of All Beings, offers these words of wisdom



**This is ISET (ISIS) speaking** (*channelled by Fotoula Adrimi*)

**T**his is a time of transition. You may find yourself changing, and questioning things that previously made sense to you, for instance your dreams, desires, and plans. The high vibrations of light that are flowing onto the Earth at this time can enable a deeper unfolding, which may lead you into a different space, a different future.

It is important to embrace what your inner voice is telling you and allow the process of life to support you. It is as if a wave is carrying you to a new place, a new shore.

Before you went into the ocean you may have had a plan. You may have said, "This is what I would like to do, and what I would like to work towards." You may even have seen or visualised your destination. But these high vibrational energies of light are enabling a different opening, and activating a higher vibration within you. This means that what you had planned may no longer resonate, as part of you has already outgrown that possibility.

The quiet times are slowly coming to an end and a new reality, a new world, starts to emerge for you. This transition is not complete. The shifts of energy within you that create new potentialities have still to be integrated and understood. Accordingly, you may feel sometimes as if you are in limbo.

As always, our advice to you is to stay centred, connected to your spirit and the high energy that flows to the planet, through your spiritual practice. Listen to what life is telling you. Observe the changes that are happening within you and in your life. Sometimes the changes are not apparent and the conditioned voice is advocating action, and taking you back to what it knows - the conditioned way of being that is based on fear and lack.

You have the opportunity to outgrow this state and find yourself and your



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calling, even if the ocean appears endless and you are stranded, looking at the expansive horizon. This time too will pass. The waves will carry you to exactly where you are meant to be. Spiritual practice, deep listening and being present in the moment are the keys for manifesting this next stage for yourself.

All the answers you seek will emerge as you keep asking the question and setting your intention for the highest good. In the quiet times, when you feel you are in limbo, it is not advisable to let yourself drift into apathy. Every moment is precious and offers you its gifts. This is the time to go into nature, to commune with the Earth and set a clear intention to bring the gifts of your spirit to the world.

Old paradigms, birthed out of fear and lack, can be superseded by ones born out of trust, and listening, and by creating your reality in alignment with the wishes of your soul. In this new high vibrational state you are asked to trust your soul instead of the programming. This is a leap of faith in yourself and the goodness of life.

As these quiet times come to an end, make every step you take in the world count. Which way will you go? It is good to stay in the quiet space until a force from within, or from life, shows you a path. In this way you will walk the path of life in accordance with the wishes of your soul, your wise Self.

Your soul chose to incarnate during these times of transition, to overcome the duality of good and bad, and find a higher expression, into the manifestation of its spiritual light. This process of unfolding into the Divine Self happens at the individual and collective level.

The pendulum will continue to swing back and forth, from the conditioned perspective to the expansive states of spirit, until a new way of being emerges. This is the way of transformation. Your spiritual practice will support you as you experience these different states and will strengthen you to overcome the conditioned thinking.

Spiritual practice  
creates shifts in our  
way of living that  
reflect our inner  
growth

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Image by No-longer-here

## **The Path of the Living Light - Introductory Course - Spiritual Path of ISET, Part 1 - 15-17 Oct 2021**

The **Spiritual Path of ISET, Part 1** is the introductory 3-day course for the Path of the Living Light teachings. Through eons of time, these teachings have been a spiritual path to Awakening and Ascension.

This course is a wonderful opportunity to connect with this ancient lineage, receive practices and teachings that will empower your spiritual and personal development.

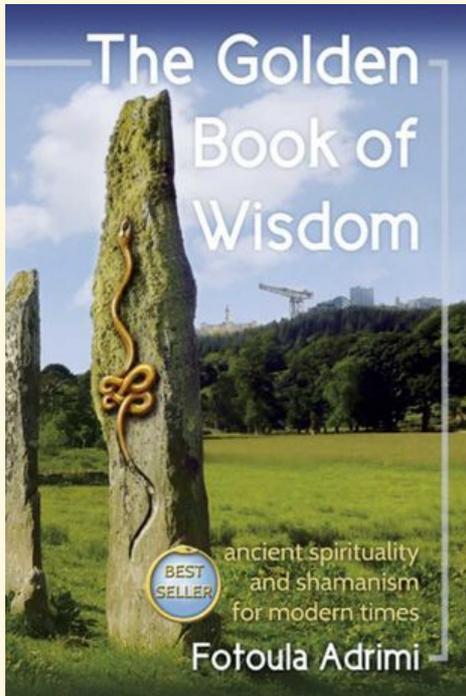
**Next course: 15-17 October 2021.**

For more information on the course and the Teachings of the Living Light, see the [website](#) or email the School - [info@isis-school.com](mailto:info@isis-school.com)

# The Golden Book of Wisdom

## The Online Webinar Course continues with Part 4

Online Seminars - Tuesdays, 19.00-21.00 (UK time)



### Part 4: The Rainbow Spirit, starting Tues 18th May

In Part 4 Fotoula shares the spiritual teachings of the last six chapters of her best selling book, *The Golden Book of Wisdom: ancient spirituality and shamanism for modern times*. During the sessions Fotoula will also guide us through the key ceremonies and exercises within the chapters. Each of the six modules is a live, interactive webinar through zoom. There are no prerequisites to join this course - participants do not need to have attended Part 1, 2 or 3.

Module 20: Tuesday, 18th May

#### **The Power of the Sun**

*I immerse myself in the sun's life force energy to discover the radiance of my spirit*

Module 21: Tuesday, 25th May

#### **The Guiding Light of the Moon and the Great Cosmic Mother**

*The moonlight shines into my unconsciousness, revealing a pool of hidden wisdom and feminine power*

Module 22: Tuesday, 1st June

#### **Star Alignments**

*On sacred sites, I meet the legacy of the ancient ones and walk through star gates of power*

### **There is no meeting on Tuesday, 8th June**

Module 23: Tuesday, 15th June

#### **The Grace of the Holy Spirit**

*The Holy Spirit, the essence of God, brings light, truth, and life to the world*

Module 24: Tuesday, 22nd June

#### **Our Golden Core: Awaken, Enlighten, and Ascend**

*I awake through the heart, and find the path to enlightenment and ascension*

Module 25: Tuesday, 29th June

#### **The Dawn of the Age of Horus and Q&A session**

**Cost:** Each Module is £20 and can be purchased separately or paid together (£120.00). This price is reduced to £100 if paid as a single payment by the 30th April. Payment can be made by bank transfer (please email [info@isis-school.com](mailto:info@isis-school.com) for our bank details), or by PayPal. (PayPal cost for the full course is £125, or £105 if paid before 30th Apr).

#### **Online Platform - Zoom**

Fotoula will teach the course through zoom. All sessions will be recorded. The audio recordings will be sent to you so that you can revisit the sessions as often as you wish. These recordings are for personal use only and remain the intellectual property of The ISIS School of Holistic Health and cannot be shared with others.

# Building your Medicine Wheel in Nature: Aligning with the Centre of the Universe

## Fotoula speaks

One of my clients had an issue that had created an imbalance in his life. Before the session I created an altar for the healing. And during the session I placed the issue on the altar. At the end of the session I took the altar apart until only the four directional stones of the medicine wheel remained. My helping spirits asked me to leave the medicine wheel as it was, and let the issue stay in the centre of the wheel.

In my Shamanic practice the direction of the medicine wheel I work with is clockwise. It starts in the east, then flows to the south, west, north. This particular medicine wheel

was passed to me by indigenous teachers in America. It is one I immediately resonated with, even though I have worked with different wheels. The indo-european wheel flows: north - west - south - east. The ancient Egyptian wheel, that I recall from my past incarnations, creates a cross in the middle, and goes from north - south, and then east - west.

Depending on the work I am doing, I will be called to create a ceremony using an appropriate wheel. The energy of the ceremony will then flow in a particular way, either clockwise or anticlockwise, or create a cross. One of the most important aspects of any wheel is the centre, representing the *AXIS MUNDI*, the tree of life, the place where all dimensions meet.

Placing an issue in the centre of the medicine wheel opens up infinite possibilities. This is the place of manifestation, where the void opens and gives birth to the Light that creates everything, including the physical world.



## Creating Your Own Medicine Wheel

If you have a garden you can create a medicine wheel outside. You can also create a medicine wheel in nature or inside your home. The teaching of the medicine wheel is vast. Each direction and sub-direction has attributes that link to the human journey, the elements, guardian spirit animals, and other beings of light.

Below is a straightforward ceremony in which you can create a small, personal medicine wheel to support a healing intention for your highest good.

### What you Need

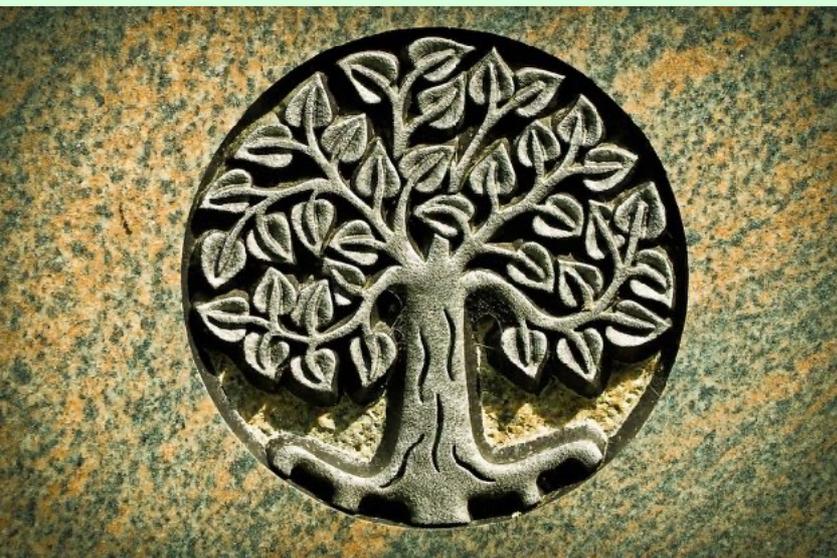
- A compass to work out the directions
- Four stones, one for each of the direction. You can use coloured stones if you wish, such as yellow-east, red-south, black-west, white- north.
- An offering for the spirits of the land,
- A piece of paper with your prayer / intention for the ceremony, and

- A drum or rattle.

First, find a place in nature, that wishes to accommodate the medicine wheel. Or you can use your garden or home. It may be a temporary or permanent feature. If the wheel is to be permanent take time to meditate and commune with the the spirits of the light of the land asking them where the wheel should be located. You will need a reasonably flat space.

Once you have a space, ask Mother Earth and the spirits of the light of the land for their permission to create the medicine wheel. Do this, even if the wheel is temporary. When you feel you have the spirits' agreement make an offering to the land such as a medicine plant - juniper, cedar, tobacco, or mugwort, or water from your altar / ceremonies.

Smudge your tools, yourself and the place you will build your wheel. Invite and welcome your own helping spirits and power animals.



Place each stone in the appropriate direction. Then, invite the direction and the spirit beings of the light of each direction into the space. You can speak the invocation aloud and say for instance, "I welcome the East into my circle and all the guardian spirits of the light of the east." Continue with the south - west - north. And return to stand in the east.

Take your drum or rattle and walk around the circle four times clockwise starting from the east.

Stand outside the wheel, and call the tree of life, the AXIS MUNDI, the place of all

possibilities to rise in the middle of your medicine wheel. Then place a piece of paper with your prayer in the centre of the wheel. In this way you attach your prayer to the tree of life. If it is windy you can put a clear crystal on the piece of paper to keep it in place.

Standing outside the wheel, drum or rattle, and sing, to stay in the flow of the universal energy. Then remain quiet for a little while as you meditate or journey. By staying outside the wheel you give the inner space to the spirits of the light.

Once you feel the ceremony is finished. Check to see if you should take the wheel apart or leave it in place.

If it is a temporary wheel, thank Mother Earth, your helping spirits, the spirits of the land and yourself. Say that your ceremony is now complete and that you release the helping spirits and ask that before they go, they completely seal and protect you, your ceremony and your place.

Take apart the medicine wheel starting from the north-west-south-east (opposite direction). You can place the piece of paper on your altar or on a window sill in your home. Once you feel the prayer is complete burn the paper in a ceremonial fire.

If this is a permanent wheel do not forget about it. It is not an ornamental decoration for your garden/home. This is a temple that you have created and that you will need to continually energise, either daily or as often as you can. (You can energise the wheel by drumming, rattling and singing around it and using it for other ceremonial work).

# Online Shamanic Workshop with Nepalese Shaman, Bhola Banstola 25 - 27 June 2021

*Workshop Theme: Maha-Kala – Psychopomping*

**Prerequisites:** *A working knowledge of shamanic journeying is required*

**Bhola Banstola** is a Nepalese Shaman. At a young age, Bhola was chosen by the spirits of his ancestors to carry their message and healing traditions. Bhola received his training from his grandfather who is 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 is a graduate in Naturopathy from the Indian Board of Alternative Medicines in Calcutta and has conducted extensive research on shamanism within different ethnic groups and traditions in his native country as well as in India and elsewhere.



## Workshop Times (UK)

Friday, Saturday and Sunday, 25-27 June

09:30-12:30 (shamanic work)

14:30-17:30 (shamanic work)

19:00-20:00 (lecture on shamanic theory Friday and Saturday only – participation optional)

## Cost and bookings

Fee for the workshop is £330.00. Your place can be reserved by a deposit of £250, which is non refundable and non transferable. To book your place, or for any further questions, please contact Fotoula: [info@isis-school.com](mailto:info@isis-school.com)

## Sandra Ingerman's Testimonial

"Bhola is an extraordinary shaman who is continuing a beautiful tradition that he was initiated into by his grandfather. Bhola is a true example of a shaman who can walk into a room and uplift and transform everyone with the light and love of his presence. His teaching style is filled with love, clarity, truth, wisdom, and humour.

Everyone I know who has studied with Bhola has loved his workshops. And it is a true gift to receive a healing from Bhola. Do not miss any opportunity you have to work with Bhola!"

Sandra Ingerman is a shamanic practitioner and teacher. She is the author of many books including, "Soul Retrieval" and "Medicine for the Earth."



# Online Circles and Energy Transmissions - May

## Fotoula's Online Shamanic Circle - Monday Evenings: 19.00-20.30 (UK time)

Fotoula has been facilitating a weekly shamanic circle since 2009. The Circle meets three in **May: 10th, 17th & 24th**

The fee for each circle is £12.00 and you can pay either by bank transfer or via PayPal using the email address - [info@isis-school.com](mailto:info@isis-school.com). (Email [info@isis-school.com](mailto:info@isis-school.com) for our bank details).

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

The Circle is open to beginners and experienced practitioners. We harness the power of mantra - sacred sound - to help us awaken the enlightened qualities that lie within us, and overcome the obstacles that prevent us from experiencing our Divine Light.

**May dates: 6th, 13th, 20th and 27th**

The cost of the circle is £7.50 - payment is by bank transfer or via PayPal using the email address - [info@isis-school.com](mailto:info@isis-school.com). (The PayPal fee is £8.00 for overseas participants. For 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 healing qualities of the Living Light.

The May dates for the ISIS Energy Transmissions are - **5th, 12th, 19th and 26th**.

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 - 14th May

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 **Friday, 14th May from 19:00-20:00** (UK time). 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 [donations@isis-school.com](mailto:donations@isis-school.com))*



# The ISIS School - News



## New Two-year Online Shamanic Practitioner Training Nov 2021- Nov 2023

In 2020, in response to the lockdowns and pandemic, we developed an online webinar programme that allowed us to continue our shamanic ceremony work through zoom. It was a revelation to us how powerful the medium was in supporting our sacred work, even though our helping spirits had always said that they work beyond space and time.

As a consequence, we now have a growing international community with wonderful people joining us from various overseas countries to practice classic shamanism.

Because of this, the spirits have asked us to offer an Online Shamanic Practitioner Training Course.

The Course, which will be facilitated by Shamanic Teacher, Fotoula Adrimi, will have limited spaces. There will be a maximum of six new participants and two spaces for shamanic practitioners who have trained with The ISIS School and who wish to repeat the course. This will enable people to go deep into the work, have the opportunity to share their experiences with each other, and expand through the ancient teachings of our ancestors.

In accord with our guidance the course will span two years, from November 2021 until November 2023 and consist of twelve teaching weekends and a one day ceremony to finish. The training will provide participants with the knowledge, tools, and confidence to step onto the path of the Shamanic Practitioner for themselves, and if so called, for their community.



Because places are limited please get in touch with us as soon as possible to book your place. For more details see our website - <https://www.theisisschoolofholistichealth.com/online-shamanic-practitioner-2>

**Fotoula Adrimi** (left) is highly experienced in teaching the shamanic ways and 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. As a practitioner herself, Fotoula has been working with clients since 2007 and has helped hundreds of people. Fotoula is the author of the best selling book: *The Golden Book of Wisdom - ancient spirituality and shamanism for modern times*

