

The ISIS School of Holistic Health Newsletter



Issue 68: February 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*)

The Living Light flows into your world, opening your awareness. As your awareness increases you begin to see things differently, and notice aspects that were hidden—the chaos and corruption that has endured for thousands of years. When some people come across the unhealthy and unscrupulous ways of the third dimensional world, they can become angry, and may wish to destroy, fight, and obliterate these ways. Others, just accept them as a 'necessary evil,' as part of life, and believe there is nothing they can do. They think it is up to those in power to do something about it.

During these times of transition, you will find that the unskillful energies that create imbalance are not the enemy. They are a mirror for you. The outside imbalance you react to, reflects your inner imbalance. The soul has incarnated on Earth to experience many things and choose how it wishes to live. The soul's choices are clouded by the conditioning. In past centuries, social structures determined how a person lived. Although much has changed in your time, the social programming is still prevalent—telling you what to do and limiting your thinking. There is very little free thought, most thought is conditioned. For you to find a higher way of being you have to overcome the social conditioning and its limitations.

One of the key limitations is that a separation exists—a you and them. And when the 'others' do the wrong thing, the you may



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condemn and judge.

The Light will continue to reveal the corruption and the unskillful acts that were previously brushed under the carpet.

The Light is giving you an opportunity to see people and structures in a completely different way. This unhealthiness has to be seen, understood, and held in

compassion. All these energies of fear, jealousy, and pride, and their manifestations in the collective, must be surrounded by love and light. They cannot be obliterated. They can be transformed.

In your personal work, you may find aspects of yourself that you have judged and that you do not like. Even if you do not want these aspects, they will not go away. They are a part of you. The only way to heal is to embrace them, understand them, hold them in your heart, and help them feel loved. As you begin to love yourself, those parts of you that acted out the conditioned responses, will feel more secure, and open up to a different way of thinking. Gradually, a new way of being can be established. This inner change is sustainable. It is here to stay.

Revelations—Healing the Cause

You will soon see revelations about past events that took place in the world, that are unprincipled, even shocking. You will wonder how they could have happened. And then the world will focus on the perpetrators. The collective may decide that the perpetrators are like the cancer cells in the body that need to be cut out, or destroyed by chemotherapy. As you know, in many cases unless there is a change in the way of life, the cancer can return, with even more force than before. You may focus on the perpetrators, but they are only the symptom of the dis-ease.

The cause of the dis-ease is the state of separation, fuelled by the millennia of conditioned thinking, and social programming. This is something you now have the opportunity to dislodge from your cells. These times are giving you an excellent chance to broaden your horizons and embrace all that you are. And as you transform personally, so will the collective.

Since 2018 we have been sharing a profound meditation of Divine love. Some people said that when they were sending love to the world, they saw politicians and corporations appearing in front of them, and this became a barrier. It was difficult for them to offer unconditional love to these people and institutions. We say to you, that this is a reflection of the parts of you that you have difficulty with, and that you struggle to love unconditionally.

The strongest medicine we have right now is love



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Photo: Gerd Altmann

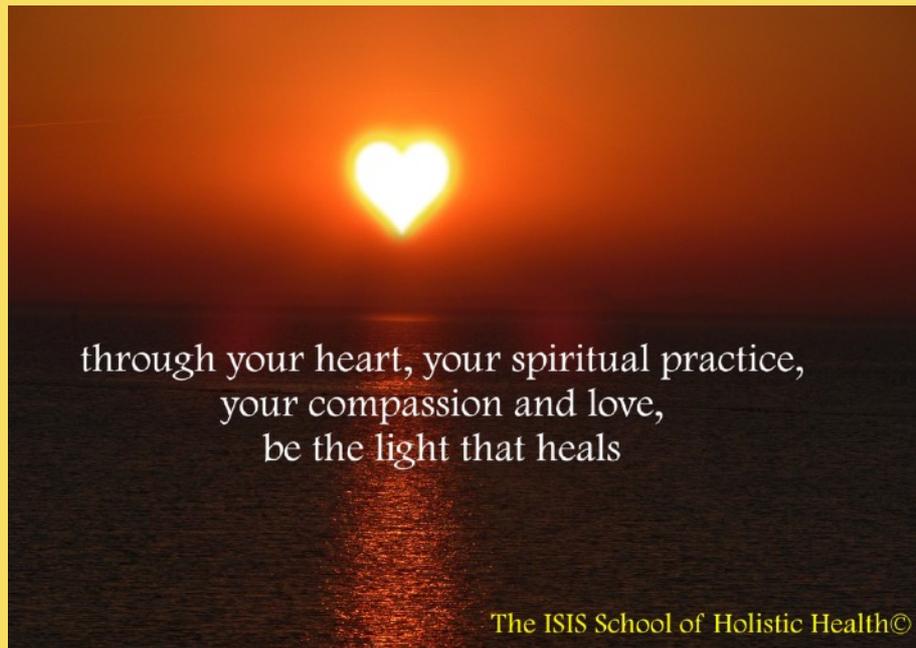
Love is the highest power available to you. No matter what you see in the world, to cure the state of separation inside and outside, you can enter a meditative state and release the judgment and blame. You can open your heart centre where your inner light, your inner sun exists. This is the place of the enlightened heart, the Divine love that can hold and heal everything. Irrespective of what happens, do not focus on the perpetrators. Instead, enter a space of healing for the deeper cause of the illness—the separation from the Divine spirit.

Spiritual Practice

In your everyday life you will hear of many unskillful things that have and are taking place. Some of this news may push your buttons and trigger a reaction in you. Notice your reaction. Choose one of the events to work with in this practice.



- 1) Open your sacred space by inviting in the presence of Divine Love and Light. If you wish you can also invite ISET, in her form as the Divine Mother, and any other beings of Light you work with.
- 2) Bring your attention to your heart centre, the middle of your heart chakra. Imagine, visualise, or intend to access the Divine Light that you are. Imagine that you are breathing in Divine Love directly into your heart centre, activating your inner sun. As you breathe out, breathe the Light that you are to the world. Breathe in love and breathe out love for a little while as you engage with your inner Light.
- 3) Now think about the situation that created a reaction in you. This is a theatre play in which the whole of humanity, past and present, has written the script. Today's perpetrators are playing out what is already deeply-seated in the collective.
- 4) Ask for the healing of the unhealthy seed, the cause, which creates the energy that links with certain people and manifests the situation in the material plane. This unhealthy seed exists because of a lack of love.
- 5) The cure for you and the situation is to focus on the seed and the energy it manifests, and offer it what it needs, Divine love from your heart. In this space, feel the Light of your heart centre. (*Placing your hand over your heart centre may help you feel this Light*). And intend to radiate the Light of Divine love to this seed, the root cause. As you do, you may feel some emotions arising within yourself. Allow the feelings to come up, imaging the light expanding into your body on the in breath and releasing the energy of the feelings on the out breath. In this way you release the energy from yourself.
- 6) Continue to offer Divine love until you feel the process is complete for now.



- 7) Then, with your focus in your heart centre, imagine that your heart is glowing through this sharing of Divine love. Now, offer this healing to yourself. Allow the Light from your heart to flow into your whole body, every cell, and bathe your whole being with the Light of your sacred heart.
- 8) After a little while, when you are ready, gently bring yourself back from the meditation by becoming aware of your body and the room around you. Thank Divine love for this practice, thank ISET and all the spirit helpers you invited at the start, and thank yourself.
- 9) Release the spirit helpers. Ask that before they go they completely protect and seal you, your room, and home, as your spiritual practice is now complete.

Note: Whenever you think about any situation that pushes your buttons, instead of reacting, make a conscious choice to connect with the deeper cause and radiate rays of Divine love. Slowly and gradually this will create a shift in you as you release the energy from your own body. It will also change your perspective and understanding about the situation and yourself. Through this act of service to yourself and the world community, your Light will gradually strengthen and grow from. This is one of the gifts of these times for you.

Join us in Meditation - Let us connect to the Light of our Spirit

Every Wednesday morning from 7.30am-9am Fotoula and Fi invite you to meditate with them from your own home and create a global network of Light. You can do whatever meditation practice you choose and you may meditate for half an hour, an hour or 1.5 hours. If this time is not convenient for you for whatever reason, you can meditate at another time and intend to connect with us - our practice is beyond space and time.

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. 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 Jan and Module 2 is on 4th Feb. However if you wish to join Living Light 2 from Module 2 onwards this is possible - please check the website for details. When you join we will send you the recording from Module 1 so that you can work with it before Module 2.

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: 12.30-18.30 (uk time), 22 - 24th April

Cost for 3-day Course: £285.00; dep: £140.00 (paid through bank transfer)

For more information about the course and 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)

Karma Purification Ceremony - 16.00-17.15 (uk), Sat 19th Feb,

On Saturday 19th February Fi and Fotoula will facilitate a Karma Purification Ceremony that is open to all ISET Practitioners. The Ceremony will be online.

If you would like to take part email the School - info@isis-school.com and we will send you the link.

Date: 16.00-17.15 (UK time), Sat 19th Feb

Venue: Online **No cost:** A gift from The School

(With their permission, we can put people's names on the altar to receive healing blessings during the Ceremony.)



Online ISET Practitioners Circle - Sunday 27th February

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: 11.00-12.30, Sunday 27th February

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 Upcoming Course Dates

Course dates for all the Path of ISIS teachings for 2022 are on our **website**.

Healing Path of ISET, Part 1, in person - 10.00-17.00, 12-13 Feb

Spiritual Path of ISET, Part 1, in person - 10.00-17.00, 18-20 Mar

Path of ISIS, Gate 3, in person - 10.00-17.00, 25-27 Mar *(Initiations for Gate 3 will be in person on Thurs 24th March)*

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



Shamanic Soul Healing Ceremony

Fotoula was recently invited by her dear teacher, Sandra Ingerman, to share a shamanic ceremony online. The ceremony features on Sandra's February Transmutation News, as well as the "Shamans are gardeners of energy" group. Fotoula is very honoured to do this ceremony and full of gratitude for Sandra's invitation.

Here are Sandra's beautiful words about Fotoula from the February Transmutation News

"For this month's journey Fotoula Adrimi is bringing a huge gift of retrieving our essence. Fotoula lives and teaches In Scotland. She has a marvellous reputation with all her students. She is one of my trusted teachers, and is one of the teachers I asked to keep my work going when I am gone. I trust her so much and her commitment to responsibility, commitment and integrity." (Sandra Ingerman)

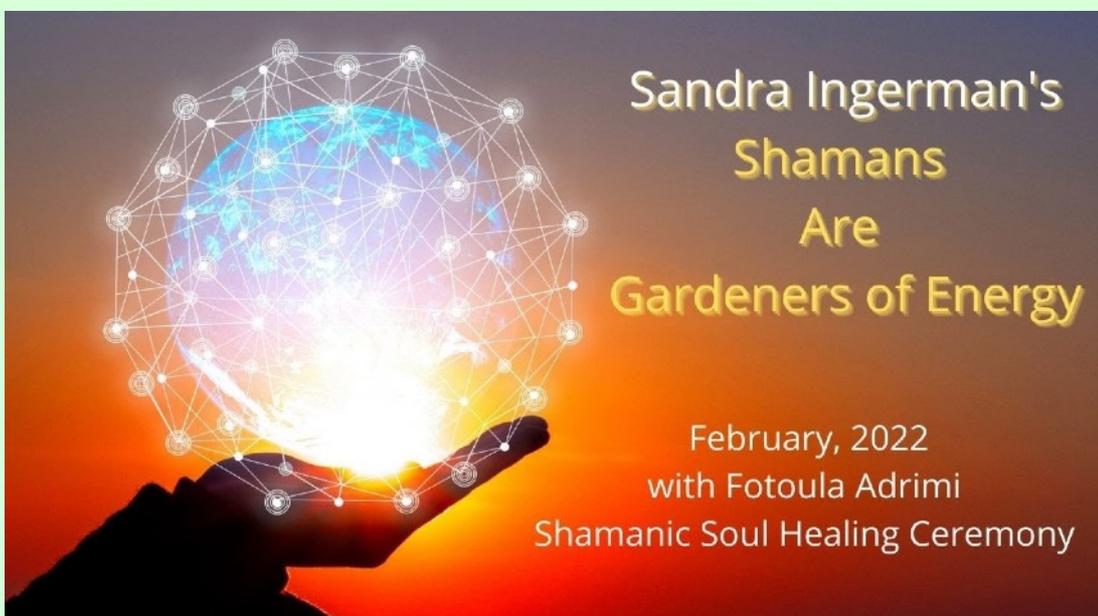
Soul Healing Ceremony

With the guidance of her helping spirits, Fotoula facilitates a Shamanic Ceremony that includes a soul retrieval healing and a re-awakening of a sense of wholeness.

This is a brief description of the shamanic soul healing ceremony:

"In this video, guest presenter Fotoula Adrimi guides participants into a shamanic healing journey. The intention is to retrieve the primordial memory of wholeness and heal at soul level. Through the ancient practice of shamanism, the helping spirits offer us a way to retrieve the parts of our essence we are now ready to receive and incorporate into our life, so that we can walk our spiritual path towards the embodiment of our light. Fotoula shares how these ancestral ways were almost lost in her Greek family lineage and voices a heartfelt invite from the ancestors for us to remember this ancient spirituality of the Earth that is part of our human heritage."

Click on the image below to play the video



The Ways of the Ancestors - Fotoula writes

The archetype of the old Crone, the stooped Bone Mother, who walks in the dead of winter, can be found in many cultures around Europe. When I first came across the Cailleach in a Celtic workshop, I had a dream about her that night. In the dream the Cailleach told me that she has many names. In my birth country of Greece she is known as Hekate or EKATI, and she is a Goddess of the lower world / underworld.

In her temple of the Great Goddess, situated in Dodonaea, dating before Homer times, her priestesses were known as the black doves. They worked closely with the Earth, the cycle of seasons, and the cosmic cycles. Uncommonly for the times, they walked barefoot so as to be in touch with the Earth's energy. (*The historian Herodotus mentions their dirty feet.*)

In the temple of the Great Goddess, part of the structure is underground, and shafts link these rooms to the surface. The shafts were not built in a straight line, but in a zig-zag pattern so that the sounds from the underground chambers were magnified and transformed as they travelled upwards. The sounds were created using unknown musical instruments. Some archeologists theorise they may have been a type of wind chime, but as nothing has been found, this is only a speculation.

Visitors to the temple and oracle centre would remain above ground and listen to the sounds, and many reported that this helped them enter a deep meditative state. In this state some people could hear the words of their ancestors and those from the spirit realm, and receive healing, guidance and wisdom for their life.



Dodonaea - Temple and Oracle Centre

The oracles of Dodonaea were renowned throughout Greece and mentioned with the outmost respect, by Homer. The ancient Greek myths speak about a connection between the Temple in Dodonaea and Egypt, and Africa. It was said that black doves flew from Lybia to Egypt to create the temple of AMUN, and others flew to Dodonaea, founding the temple and oracle centre. The black doves in the myth were the first priestesses who landed in Greece from Africa.

We no longer know the songs, chants, music, and musical instruments that the priests and priestesses used in the temple rituals. Yet Dodonaea remains a testament to the old ways that recognised a link between the living and those who had been before. Communication with the ancestors was viewed as a catalyst for spiritual growth.

The Shamanic Ancestors

In the shamanic path, the ancestors are never far away. Some, who practiced shamanism during their lifetime, have remained close to the Earth after their 'death' to help the living. They wait for a neophyte to be born into the family—the one who has the calling to carry on the old traditions. When alive, these ancestral shamans practiced their art with the help of certain local deities and spirits of the land.

Traditionally, the stories, myths, and practices may have been communicated through the family in secret. And information about the helping spirits, as well as the ways to invoke them, was also passed down in this way. However, those links were severed when family members moved away from the ancestral lands and followed a more westernised way of life. Still, the spirit ancestor, and the helping spirits they worked with, wait, maybe for a long time, for a family member who will answer the calling. Even if the link is broken for many generations, it can be remade. When a person with a shamanic inclination is born into the family, the ancestors make themselves known at the right time.

Working with the Ancestors

In the west, our focus can be mainly on ancestral healing—a healing method that helps people clear issues and trauma they have carried from their ancestors. This can be a profound and freeing process. However, there is another aspect to ancestral work. Classic shamanism recognises that the ancestors are an incredible source of spiritual power and support, and can help us grow and expand in our lives, find purpose, and aid us in our shamanic and spiritual work.

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 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 via zoom: Times and dates above. If you miss a module, you can catch up through the audio recording, which will be sent after the webinar.

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.



Online Fundraising Ceremony Celebrating Imbolc & the New Moon

This 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 online and open to all. 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 book your place** and make a donation please email us on info@isis-school.com and we will send you the Society's bank account details, as well as the zoom link for the Ceremony.



Online Fundraising Imbolc Ceremony - Tues, 1st Feb, 19.00-20.30

At Imbolc our ancestors lit fires on the hilltops to celebrate the coming of spring - the time of regeneration and the arrival of the life-giving energy of the sun.

As the daylight grows and the first green shoots appear out of the soil, we are filled by the hope of the spring, heralding the time of prosperity and abundance.

Spiritually this is the time when the Goddess leaves the Underworld and emerges on the Earth. The old woman, dressed in heavy woollen robes, transforms into the young maiden who walks the land bringing growth and light. Her radiance melts the snow and softens the hard ground.

In this Imbolc Ceremony, facilitated by Fotoula, we will work with the fire element to light our way out of the Underworld, honour the gifts of winter, and emerge into our 'spring' self - the one who walks towards the light. In doing so, we discover that we are the fire, the light, and the spring. And we will embrace this new beginning that the cycle of seasons and the river of life activates within us.



Shamanic Practitioner Reunion Day - 20th Feb

Over the years the transcended spirits have guided Fotoula to teach the ancient shamanic path. In 2012 Fotoula started training shamanic practitioners and since then many people have studied with her. This has created a community of like-minded people who have claimed their spiritual heritage, deepened their inner connection, and stepped into their calling as the traveller between the worlds.

The Shamanic Practitioner Reunion Days are open to everyone who has graduated from the practitioner training course taught by Fotoula, of the ISIS School of Holistic Health.

This is an opportunity for shamanic practitioners to come together in ceremony, open to the heartbeat of the drum and the song of our heart, and support ourselves and each other as we walk this path in our own way. It is also a chance for practitioners to deepen their connection to this work.

In 2022 there will be three Shamanic Practitioner Reunion Days where we meet to share experiences, do group healing work, and participate in shamanic ceremony. The first reunion day is Sunday 20th Feb.

Reunion Day:

Date: 10.00-17.00, Sunday 20th February

Venue: TS library, Glasgow

Cost: £85.00 per day; dep: £40.00 - to book email the School - info@isis-school.com



Spiritual Empowerment Circle - 15th Feb

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

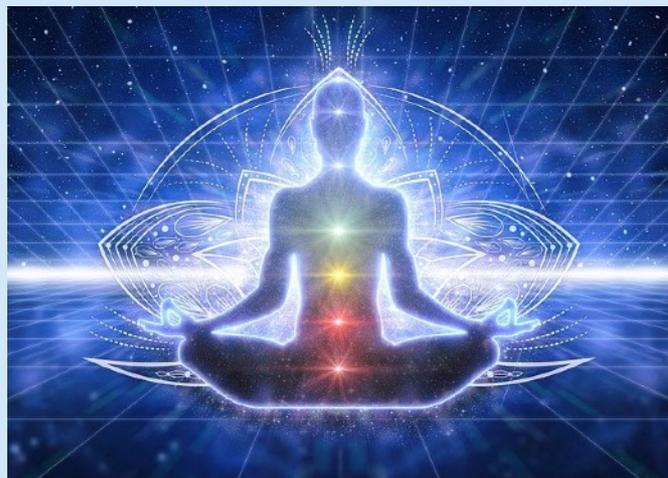
It is a Circle where we can share and discuss in a safe space. A Circle where we help each other and co-create a new reality for ourselves. A Circle of love, compassion, and connection, where we go deep within to unveil the hidden treasure, polish the gems, and allow them to shine.

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 15th Feb

Theme: New Beginnings

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 5th April – Theme:
Calling the Dream into Reality

Priestess of the Moon Circle – 26th Feb

This is a Circle for the Priestesses who graduated from the ISIS School of Holistic Health's two-year Priestess of the Moon Training in Oct 2021. The Circles are a way for our amazing Priestess of the Moon community to meet and continue our work together.

In 2022 Fotoula will facilitate three one day Circles, the first of which is on Saturday 26th Feb. The Circles will be in person in Glasgow for those who can make it, and also online so that everyone can participate.

Each Circle will have a theme which we will let you know about nearer the time.

Dates: 10.00-17.00, Saturday 26th Feb

Venue: TS library, Glasgow; or online via zoom

Cost: £60.00 per Circle; dep: £30.00

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



Online Circles & Energy Transmissions - Feb 2022

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 **February: 7th, 14th and 21st**

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.

February Circles: 3rd, 10th, 17th and 24th

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 - February 2022

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

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 - Sun, 27th Feb

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 **Sunday, 27th February, 16:00-17:00** (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)

