

The ISIS School of Holistic Health Newsletter



Issue 61: July 2021

ISIS (ISET)

**Divine Mother of all beings
offers words of wisdom**



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

I come to you beyond space and time to help you on your spiritual path towards enlightenment and ascension. I bring you the highest power in the cosmos - the power of unconditional love. This is the power that the human mind is so quick to reject. The mind believes it knows all about this power and so it looks for something else.

Sometimes the journey is circular and brings you back to the realisation that what you seek, you already know, but discarded. It is similar to the story of the Grail. When the Noble Knight finds the Grail on the first day of his quest, he rejects it as too ordinary. Then he spends many years looking for it.

It is the same with the path of the Sacred Heart. There are so many avenues and skills you can acquire in your world, so I bring you back to your essence. This is where the power lies. All my work is designed to help you clear the path towards your essence. The enlightened master lives within. The master is obscured by the conditioning that rules your mind and your life. I teach you how to clear the road and open up to your essence.

It sounds so simple that the mind thinks it is easy to do, and dismisses it. And then the mind moves onto something else. Simple as it is, it is very difficult to achieve, as your mind and world is immersed in the conditioning. Your essence can be found through the way of the Sacred Heart, which your mind does not know.

Further, the mind wishes to distract you, and hold onto the energies of the world, and the heavy energies that you carry from past traumas, unhealthy patterns, fears and disappointments. The last thing the mind wants is for you



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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to engage with your essence. It knows that if you do so, you will find a new understanding, a new way of being and living, and you will grow into the immense power and light that you possess within.

And the more your light grows, the more the conditioning and the mind will lose their control over you. This is why your world is trying to keep you in the conditioning and the conditioned responses that you have learnt, and that have been around the Earth for thousands of years.

During these times of transition, you have a great opportunity to evolve spiritually, to become aware, and even ascend into you infinite Divine Self. This is also why so many souls have incarnated at this time, and so many are attracted to spirituality. This is the time to truly bring yourself into presence, inhabit your body fully with your spirit, and shine through the limitations of the conditioning.

And the way to do this is through the power of unconditional love.



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

Online ISET Practitioners Circle: Sunday 5th July

This is a beautiful way for the community of ISET practitioners to come together and share teachings and practices.

Date: 11.00-12.30, Sunday 5th July

Cost: £10.00 per person, £11.00 (overseas if paying with PayPal using - info@isis-school.com)



Past Life Regression Therapy Course

Tues 19th - Sun 24th Oct

Since graduating as a Clinical Hypnotherapist from the University of West London and the London College of Clinical Hypnosis, Fotoula has specialised in past life therapy work. Through her work she has found that people sometimes carry issues, patterns and spiritual blocks from other lives into their current life. Some even experience physical conditions, the root cause of which originated in another life.

In this six-day course Fotoula will teach 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. In such cases, knowing what happened, may not be enough for the person to heal - they also need a soul retrieval.

Fotoula was given this important piece of work, which she calls 'Past Life Soul Retrieval' by her shamanic helping spirits. For more information refer to Fotoula's book, *The Golden Book of Wisdom: ancient spirituality and shamanism for modern times* - Chapter 15: Incarnation, and Chapter 16: Other Lives, Other Stories, One Light.

In the workshop participants will learn the relevant skills to work therapeutically with past life regression. The course can be taken by those interested in working as a Past Life Regression Therapist, as well as anyone who would like to delve deeper into understanding past life work.

Prerequisites: Experience in meditation 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 19th Oct - Sun 24th Oct **Venue:** Glasgow

Cost: £695.00. Deposit: £295.00, to book your place



Master Practitioner, Past Life Regression Therapy

Course 2022, dates TBC

Prerequisite: Practitioner of Past Life Regression Therapy

In this course we track and collect our essence beyond time and space. We see ourselves as part of a multi-dimensional universe where we have lived lives in other forms and in parallel realities. We travel beyond the human form, to what we call the past and the future. We bring everything into the moment of now to gain understanding of our soul's journey.

As we collect knowledge and energy from previous existences and parallel worlds, we have the opportunity to appreciate further our infinite Self and our Divine essence. At the same time we learn how to support others through past life work.

The Course is certified. A certificate is issued following the course.

More details will follow.

Light Activation and Channelling Webinar from the Star Beings of Sirius and Orion

Friday, 2nd July, 19:00-20:30 UK time

The Star Beings Speak

In this Light Activation webinar, Fotoula will be channelling the energy and words of Star Beings of the Light from Orion and Sirius. The Star Beings wish to speak to us about our times and help us on our evolutionary path.

Date: 19.00-20.30 (UK time), Friday 2nd July

Venue: Online through zoom

Cost: £20.00, paid at time of booking

You can book a place by emailing The School on info@isis-school.com Payments can be made through bank transfer (please email info@isis-school.com for bank details), or by PayPal using the same email address.

The Light Activations and Attunements

We the Star Beings of Light are currently transmitting to your planet etheric energies of high light frequency to help you remember your Divine origin. As you are touched by these cosmic frequencies, you have the opportunity to work with them in your life. This is a two-sided gift that requires your contribution. We offer the light frequencies to all, but it is up to you to receive them. You have free will to work with them.

The Power of the Group

The transmissions and activations are greatly enhanced by group power. This is why we recommend that you do this in Circle. We invite you to attend The ISIS School's Circles whenever we have these Activations. The Star Beings of the Light guide and facilitate this work, through our channel, Fotoula Adrimi. This Circle is of great value to us as it holds a very pure and clear intention that enables the sacred space to be created for the activation.

The Light Codes

The Light Codes of Power we offer you are already in your energy field. The etheric energies flow to the planet to awaken what you already have inside. Some people, like Fotoula, are catalysts for this to happen and enhance the process. It is our wish to bring more people together and offer them the keys of power that will further unlock their potential. This is already happening for some of you. The Path of Illumination is opening for those who wish to walk it. May your steps guide you to your own Light consciousness.



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Walking the Shamanic Path

Fotoula speaks



Over the many years of teaching the Shamanic Practitioner Course and other workshops, I never cease to be amazed about the deep heart-felt connection that the practice of shamanism initiates within us. This work can touch us very deeply and bring us into the space of authenticity and inner connection. What has been hidden, is revealed, alongside different realisations, understandings and clarity.

The shamanic path does not stop there. Having gained clarity, we engage in a respectful and aligned way, with the cosmic forces to create and move into a new state of balance and harmony.

As this path opens before us, we need commitment and focus to walk it. Without this, nothing can grow. It would be like scattering seeds in the ground and then forgetting to water them. It is through our continued practice and commitment to inner growth that the process flows.

Another aspect that can stop the flow is expectation. Expectation is different from intention. Expectation comes from the mind. When we journey, or open up in shamanic ceremony, there is an act of surrendering to the helping spirits. It is the enlightened beings who guide the journey, bring the magic, and create the shifts. Our expectations can try and control the outcome of these practices. This limits the work of the spirits and stops the flow. We do not trust the power of the work, and things come to a halt.

It is not easy to let go of expectations, doubts, and the wishes of the egoic mind. And so we keep working at a personal level, and engage in practices that take us back into our Divine connection and heart. We walk the path of the heart.



Practice to release Expectations and Re-align with your Shamanic Path

For this practice you can go into nature and sit in a quiet space that feels good for you. Ask the spirits of the light of the land for their permission to do this spiritual practice in this space. If permission is given, as an act of gratitude, make an offering. This can be a juniper berry or another medicinal herb. Dedicate the practice to the highest good of all beings.

- 1) Create sacred space by welcoming your helping spirits, guides, teachers of the light, ancestors, the infinite, the four sacred elements, and all living beings who work for the light.
- 2) Then, breathe in the love of the Divine, the love radiating to you from Mother Earth, the stones, soil, plants, animals, and the people in your life. The sun also radiates the light of all towards you, nurturing you and all life. Say to yourself, "May I be like the living sun,

radiating the light of my spirit, which is love and gratitude, and nurtures all life, including myself.”

- 3) Now see yourself as a radiant being. And as you breathe out allow the light of your spirit to shine out into the cosmos.
- 4) Breathing in, breathe in the light and love of Source, nurturing you. Breathing out, breathe out the love and light of your infinite Self to all, nurturing all.
- 5) After a while find two stones that wish to work with you in this practice. (If the stone you ask says ‘no’, thank it, and find another one). As you hold the stones say: “grandmothers, grandfathers, you have been on this Earth much longer than me. Over thousands of years you have witnessed many changes. I am just a young one, and seek your guidance. I wish to let go of any expectations that stop me from walking the shamanic path. Please guide me.”
- 6) As you go into a shamanic journey, one or both of the stones will start to engage with you. Intend to go into a space of deep listening to hear what the stones have to tell you. Awareness is key.

Once the stones have spoken, it is time to release all the expectations you carry and open up to walk your shamanic path, and follow the steps of your soul rather than the wishes of your mind. Your soul will take you to beautiful landscapes and vistas that your mind could never have imagined.

- 7) Hold the stones against your heart chakra and breathe out all your expectations. Keep breathing them out. You may find yourself coughing, yawning, crying, or toning as the energy is being released from your body.
- 8) When you feel all the expectations have been released, make a commitment to the stones and ask for their help to stay centred and not feed the energy of expectation.
- 9) Then ask for the Earth and sky to fill you with their power and light. Continue to hold the stones over your heart chakra as the light flows to you and activates your heart centre. See yourself in your radiance as a glowing sun. And, if you wish, you can repeat your commitment to follow the path of your spirit.
- 10) When you are ready, gently come back from the practice. Thank the stones, the Earth and sky, all your helping spirits and the beings of light of the land. Ask that before they leave they close and seal you and the space. Leave the stones where you found them with an offering of a juniper berry or other medicinal plant.



Two New Shamanic Workshops

Introduction to Shamanism & the Medicine Wheel

24th and 25th July 2021, Glasgow

Introduction to Shamanism Saturday 24th July



In this one day Introduction to Shamanism workshop we explore:

- 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 our spirit guides and power animals;
- how to build a shamanic altar;
- what is classic shamanism and shamanic healing.

Cost: £95

Deposit: £45 - non refundable and non transferable

Date: 10.00-17.00, 24 July 2021

Venue: 17 Queen's Crescent, Glasgow
G4 9BL

Intro to the Medicine Wheel Sunday 25th July



The Medicine Wheel gives us an incredible framework to understand the human experience, and embody our spirituality and calling. We will travel the wheel and meet each of the directions, their gifts and teachings, and work with their spirit keepers. We will explore:

- The symbology of each of the directions,
- Power songs relating to the directions and invocations;
- The spirit keepers of the directions;
- The application of the teaching in human life;
- Shamanic journeys of each direction;
- Connecting all the layers: physical, astral and spiritual and finding our place in the Wheel.

Cost: £95

Deposit: £45 - non refundable and non transferable

Date: 10.00-17.00, 24 July 2021

Venue: 17 Queen's Crescent, Glasgow
G4 9BL

In Both workshops require advanced booking with deposit and pre-registration. If you are not able to attend due to issues with Covid you will have the opportunity to join the workshop online via zoom. For more information see our [website](#)

Cost for both workshops: £175.00, if booked together.

Deposit: £75.00

In-depth Shamanic Practitioner Training Courses

Two Options - Online & In-Person

facilitated by Fotoula Adrimi, Shamanic Teacher

A shamanic practitioner is a bridge between the world of spirit and the alternative realities, and our own physical world. The practitioner crosses the bridge entering parallel universes to bring healing, life-force, guidance and deep awareness to themselves, their clients and their community.

The ISIS School offers powerful and in-depth shamanic practitioner training courses, online and in-person, that are designed to

take participants through the initiations of the shamanic path and teach the healing work of a shamanic practitioner. Participants will work with spirit guides and teachers of the light, to become the bridge between the worlds and bring the spiritual light into the physical reality.

Both Trainings will cover: cord cutting and dismemberment, ceremony, power retrieval, soul retrieval, shamanic journeying and divination, shamanic healing, shamanic transfiguration and medicine for the Earth, ancestral healing, death and dying, de-possession, extraction, moon and sun rites and shamanic re-birthing. It is a comprehensive course offering a strong foundation for shamanic practice.

Each course is taught as a two year ceremony. This is about more than sharing information and techniques. We will be riding a shamanic wave on a journey home to ourselves. We hope that the ceremony will carry everyone to a new depth and inner understanding, within and outside the times we meet.

Places on both courses are limited. Please get in touch with us as soon as possible to book your place. For more details see below.

Online Shamanic Practitioner Training

We have one place remaining on the Online Shamanic Practitioner Training starting in Nov 2021 and completing in November 2023. For more information see the [website](#)

In-Person Shamanic Practitioner Training

The In-Person Shamanic Practitioner Training starts in Jan 2022 and completes in Dec 2023. For more information see the [website](#)

Fotoula Adrimi is a highly experienced shamanic teacher who 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.



Online Circles and Energy Transmissions – July

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 times in **July: 5th, 12th & 26th**

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. (Email 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 within us and overcome the obstacles that prevent us from experiencing our Divine Self.

July dates: 1st, 15th, 22nd & 29th

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. For programme details [click here](#))



ISIS Energy Transmissions of the Living Light - July

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 July dates for the ISIS Energy Transmissions are – **7th, 14th, 21st, and 28th**

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 - Sunday, 4th July

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, 4th July, 16:00-17:00** (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 info@isis-school.com)

