

The ISIS School of Holistic Health Newsletter



Issue 82: June 2023

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*)



umanity has so much to learn. And the biggest lesson that the souls incarnated as humans have come to experience is the lesson of Divine Love.

People offer love to the Earth. They offer love to their garden, and they offer love to the animals. When it comes to offering love to other human beings or even to yourself, this is where problems can arise.

The way the egoic mind works is to develop judgements about others and impose judgements on others. People can develop agendas and tell others what is right / wrong and what they should do. The more judgements you have and the more you try to impose your thinking on others, the deeper you immerse yourself in the conditioning. This is why, as you walk the spiritual path we encourage you to give up judgements.

Spiritual practices in the presence of Enlightened Beings and high vibrational energies take you out of the conditioned reality of judgement into the space of love. The Divine Source holds no judgement of you, despite what you may have been told. The Divine and all enlightened spirits share the vibration



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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of Divine Love. Working with them aims to help you remember the love that you are.

The last era that you have collectively lived through was one of competition, judgement, and conditioning. This is the energy of the toxic masculinity where love has little place. In that era the toxic feminine was both suppressed and turned inwards against itself, in denial of who she is.

In the new era, that you are invited to co-create, there is a great opportunity to transcend these states. Where there was competition for a single person to be a leader, guru, or master, there is now the chance to build supportive community. The feminine aspect in its positive expression, is one of sharing, helping, and birthing the new. The positive masculine aspect is one of protection, building, creating, and sustaining. Both need to be honoured, harnessed, and work together for the new living paradigm to materialise, grow, and be grounded.

In order to do this, you must release the judgements of others. Do not condemn. Be skilful in your use of words, thoughts, and actions. This new era is all about co-operation. Low vibrational thinking creates polarisation and division, even within spiritual communities. The more you engage in that type of thinking the more you hold yourself back from evolving. These polarisations and divisions are a reflection. They highlight where love needs to flow.

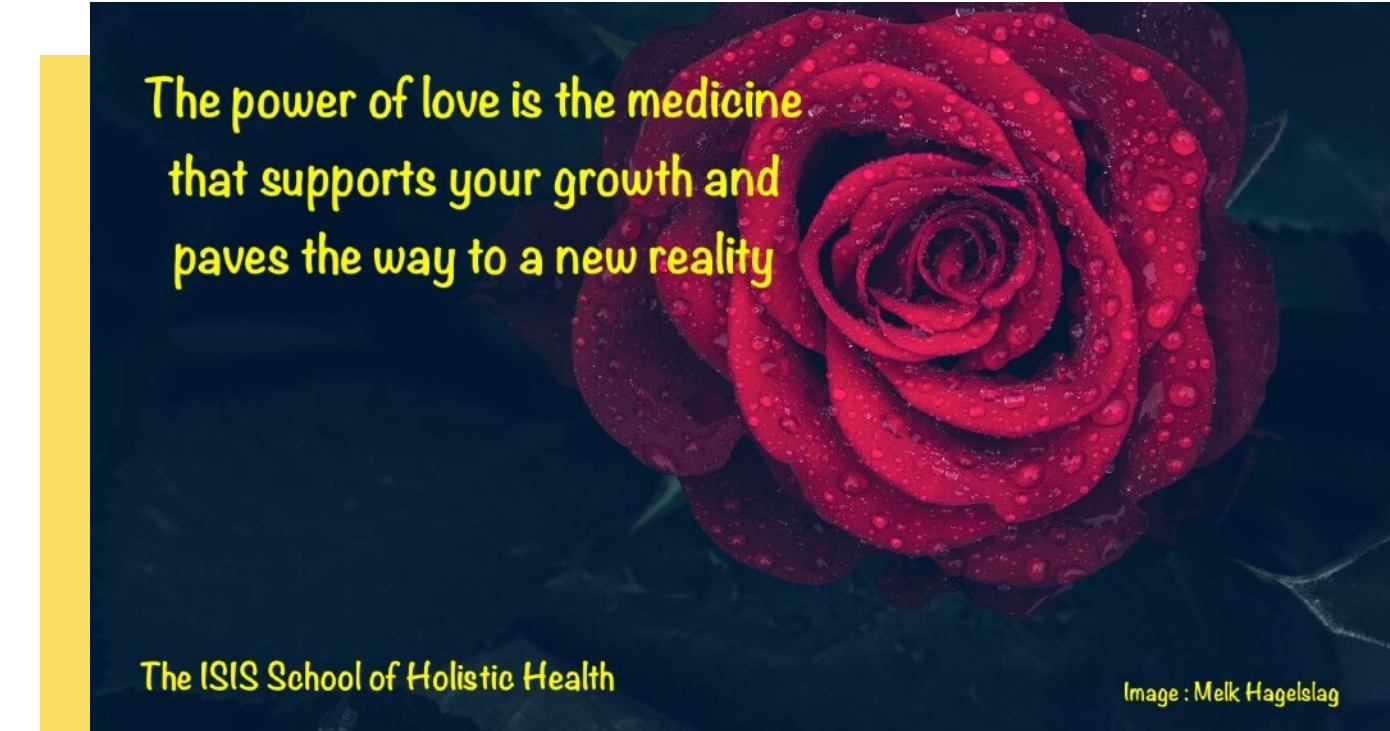
There is no evolution based on manmade rules that aim to divide and separate so that someone can rule. An empire, or world power, based on the conditioned thinking of separation will always fall. This is repeatedly demonstrated throughout human history.

Ceremony to Release Attachments to Judgement

We invite you to do a simple fire ceremony on the full moon (4th June in northern hemisphere). Join together distantly and release any judgements you may hold, for example judgements about other people, organisations, and social structures, as well as yourself.

- 1) Create sacred space by calling in the Spirit of the Earth and all the transcended and helping spirits you work with, such as power animals, angelic beings, and wise ancestors. If you wish you can sing a song, drum or rattle, or simply call the spirits using your own words.





The power of love is the medicine
that supports your growth and
paves the way to a new reality

The ISIS School of Holistic Health

Image : Melk Hagelslag

- 2) Set an intention to become aware of the judgements you hold that no longer serve you and free yourself from carrying these energies. At the same time intend to experience the love that you are.
- 3) Light a small fire in your garden. If you do not have a garden or outdoor space you can light a candle, or some charcoal. Or you can visualise sitting in front of a fire. Ask the spirit of the fire to transform all the energy you release into light.
- 4) Fire has two key qualities. One is destruction, burning away and destroying what is. This is the fire that burns the trees of the forest, the lava that flows from the volcanoes, the searing heat of the desert. Fire also nurtures and supports. This is the fire that warms our homes, cooks our food, and we feel on a beautiful warm summer's day.
- 5) First invoke, in your own words, the fire of destruction. Offer to the fire all the judgements you hold. Release them fully. Let them go, so you can be free. As you offer these old energies to the fire, the fire transforms them into light.
- 6) When you feel this first stage is complete, ask the nurturing fire to flow into you and fill your body with light. Ask to be like the light of the fire - radiantly warming yourself and the world. See yourself glowing. You are much bigger than the conditioned judgements. You are the Light of Source, which is love. Feel this love embracing you until all you are is love. Experience this state for a while.
- 7) Then share this love with all beings. Intend to radiate love from your heart to all. The more you do this, the more you will come to realise how limiting these judgements were. You may even think, "Why did I carry them for so long? They are irrelevant to the truth of who I am." This is progress at soul level.

- 8) After a little while, when you are ready, gently bring yourself back from the practice by becoming aware of your body and the room around you. Thank Divine love for this practice, 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.

This time on Earth, between the old world and the new, is a time of transition, a healing time where you have the chance to heal lifetimes of conditioned thinking, yours and your ancestors. This is also a time of evolution which supports expansion. The old ways will try to hold you back, so you may wish to repeat the ceremony at different times so that you continue to release these ties. The power of love is the medicine that supports your growth and paves the way to a new reality.

Path of ISIS Introductory Course -

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

The Living Light Three Pre-recorded Webinars (available to purchase and watch online)

Dipping a Toe: IM-HOT-TEP

Introduction to the spirituality of Ancient Egypt: An Introductory Webinar with an overview of the Path of the Living Light that includes a spiritual journey to the Pyramid Complex.

The Seeker of Knowledge: THOTH

Living Light 1: Teachings on the esoteric knowledge of the spirituality of Ancient Egypt. A Seven Module Webinar series with theory and guided spiritual practices.

The Activator of the Living Light: OSIRIS/AUSIR

Living Light 2: Through a series of practices based on the Teachings of Death and Resurrection you activate your multi-dimensional self and gain access to the Living Light frequency. A Seven Module series of energy work.



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 Circle - Tuesday 6th June

The Circles are a beautiful way for our growing community of ISET Initiates to come together and share teachings and practices. Each session is guided by ISET through Fotoula.

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

Circle Date: 19.00-20.30 (uk time) Tuesday, 6th June

Investment: £15.00



The Path of ISIS / Path of the Living Light upcoming Courses

Dates for all the Path of ISIS Courses for 2023 are on the [website](#).

ISET Initiates are welcome to repeat any of the Path of ISIS Courses provided there is space available. Initiates are offered a 50% discount for repeating courses.

Gate 2: 3 days, 10.00-17.00, 09-11 June 2023 (this is the next course for Initiates after Healing Path of ISET, Part 2) *(Initiations for Gate 2 will take place on Thurs 8th June)*

Gate 1: Spiritual Path of ISET, Part 2 - 2 days, 10.00-17.00, 19-20th August
(this is the next course for Initiates after Spiritual Path of ISET, Part 1)

Gate 1: Healing Path of ISET, Part 1 - 2 days, 10.00-17.00, 21-22 October
(this is the next course for Initiates after Spiritual Path of ISET, Part 2)

Gate 1: Healing Path of ISET, Part 2 - 3 days, 10.00-17.00, 24-26 November
(this is the next course for Initiates after Healing Path of ISET, Part 1)

Gate 5: 3 days, 10.00-17.00, 29 Sept-01 Oct
*(this is the next course for Initiates after AUSIR 3)
(Initiations for Gate 5 will take place on Thurs 28th Sept)*



The Power of the Full Moon

by Fotoula Adrimi



Whilst some people find the power of the full moon unsettling and associate it with emotional outbursts and sleeplessness, shamans and spiritual practitioners regard the full moon as a special time. It is true that the power of the moon is far from subtle: it affects the waters and our emotional bodies; it shakes and moves our inner pendulum so that we find a healthier point of balance. At the same time, we can harness this power in a positive way, through ceremony.

Shamans and mystics follow the cycle of the moon and await with reverence the time of her fullness. The moon becomes a valuable and considerate ally, empowering their spiritual practices. Regularly performing a shamanic ceremony during the full moon time can alleviate any of the unwanted symptoms. It can also help us shift energetically, become a clearer channel for the helping spirits, and allow the spiritual energies to flow into our intentions. Thus, the moon can aid our manifestation work, whether this is for healing, birthing the new, creating movement and flow in our life, or letting go of spiritual blocks.

The full moon increases the flow of universal energy and this flow needs to be channelled and harnessed, otherwise it may catch us unaware. In my Greek tradition there are stories of people who do not heed the power of the moon finding themselves in difficult emotional and mental states and even, in extreme circumstances, losing their mind. Also, people who had a mental health crisis were described as moon stricken, and young children were told not to look directly at the full moon, in case they were affected by the energy.

When it comes to shamanic ceremony, the full moon becomes a welcomed ally, and especially when there is an eclipse. It is said that the power of a ceremony held during a full moon increases manifold. Some shamans and spiritual teachers claim that this multiplication not only applies to spiritual matters but also to everyday life. Consequently, they aim to perform good deeds during the full moon and avoid any unskilful actions that create karma. In other traditions, it is believed that those who pass away on the full or new moon, have completed their life's purpose and purified all the karma from this lifetime.

Earth Shamanic Ceremony during the Full Moon

During the ISIS Energy Transmission on 24th May, we received a channelling from a host of enlightened beings who identified themselves as the caretakers of life on Earth. These beings encouraged us to develop reverence for all life and lifeforms. They talked about the human beings serving life by working with the planet for the highest good and listening to the voice of the Earth. "Leave the Earth even more beautiful than you found it," they said to us.

They shared that we have been incarnating on Earth over many lifetimes, but originally we came here from other cosmic bodies, and parallel realities. They said that the Earth has its own natural rhythm,

called by some indigenous people, the song of the Earth. This song is based on what they call, the Cycle of Life. While we are on Earth we are part of this cycle. The enlightened beings encourage us to work for the Earth by accessing our light essence and the gifts of our spirit.

In this ceremony we work with the Spirit of the Earth for the Highest Good of all beings.

- 1) Firstly, create a little earth altar made entirely with materials you find in nature. Everything must come straight from the Earth, nothing can be manmade. For example, you can use leaves instead of an altar cloth, a shell for a chalice, little sticks for a fire (or if inside you can use also a meteorite stone, as it holds the fire element). You can decorate the altar with flowers, plants, herbs, even bones and feathers you find during a walk, whatever comes your way for this ceremony.
- 2) After you make your earth altar, create a sacred space by invoking your spirit guides, power animals, and the spirit of the Earth to assist you in this ceremony. The suggested intention for this ceremony is for you to manifest your light essence in your body, so that the Earth reality becomes an image of you; a world of light and harmony. When you feel, see, or perceive the spirits around you, drum or rattle, and sing a song for the Earth, as you bring yourself into a space of connection and higher awareness.
- 3) Then invoke the power of the full moon to flow through your body, as it flows everywhere on the Earth. Feel the energy of the moon coming through you, realigning you with your essence. Focus inside your body and ask to feel this inner glow, naturally expanding within you.
- 4) At some point you may feel a beautiful light that is radiating from within. Allow the light to expand. Place your hands, palm down, over your Earth altar and imagine or perceive yourself as a being of light, radiating high vibrational universal energy to the altar and from the altar to the Earth. The Earth is a place of life and light. Universal energy flows everywhere. It flows from you to the Earth and from the Earth and all beings back to you.
- 5) After a while, light the fire, the twigs you have, creating a flame; or alternatively rub the meteorite stone. Speak again your intention for the highest good of the Earth and all beings. Then stay in a quiet space and ask the spirit of the Earth to speak to you. Listen to the wise words that the Earth offers you.
- 6) When you feel the ceremony is complete, close your sacred space. Thank the Earth, your helping spirits and power animals, including your own infinite spirit. Ask the spirits to close and seal you and your space before they go. Finally, drink some water from your chalice and offer the rest to the Earth and the four directions.
- 7) Take all the materials you used in the ceremony and give them back to the Earth. You can leave them under a tree.

Thank you for working shamanically for the highest good of the Earth and all beings.



Introduction to Shamanism & Shamanic Journeying

with Fotoula Adrimi

12-13 August 2023

in person, in Glasgow, UK



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.

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.

The workshop requires advance booking with deposit

Investment: £250.00

Deposit: £125.00, to secure your place (*non refundable and non transferable*)

(Please email - info@isis-school.com for our bank details)

Dates: 10.00-17.00, 12-13th August

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

To book or for more information contact Fotoula - info@isis-school.com

2 Year In Person Shamanic Practitioner Training

facilitated by Fotoula Adrimi, Shamanic Teacher

- starting November 2023 until October 2025, Glasgow

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 a powerful and in-depth shamanic practitioner training course, 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.



About the Training

The training covers 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.

The course is taught as a two year ceremony. It is not just about sharing information and techniques, during the time together we will be riding a shamanic wave on a journey home to ourselves. It is our hope that the ceremony will carry everyone to a new depth of inner understanding, during and outside the times we meet.

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

In-Person Shamanic Practitioner Training

The In-Person Shamanic Practitioner Training starts in Nov 2023 and completes in Oct 2025.

[For more information](#)

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.



Master Practitioner – Past Life Regression Therapy Course

New Course: Thursday 7th – Sunday 10th September

This four-day course, facilitated by Fotoula Adrimi, is a follow-up course for those who have completed the six-day Past Life Regression Course with the ISIS School

This is the follow-on course to the **Past Life Regression Practitioner Course** taught by the ISIS School. In this course we focus on different spheres of existence such as lives in parallel realities, realms outwith the physical world, planets and stars, and in what we call the future.

In this very important teaching we truly work multi-dimensionally. This teaching can transform your practice with others, and it is centred on offering a more holistic and rounded view of our multi-dimensional self. Below are some of the key themes of the course:

- The cycle of incarnation and cycle of time.
- Accessing the Akashic records and working with these records with your client.
- Accessing the Halls of Knowledge and the wisdom your soul is carrying.
- Lives in different realms, either parallel lives or past lives: A journey towards freedom and deep integration.
- Extraterrestrial lives. Are you still being influenced by them?
- Helping clients who have extraterrestrial experiences and severing unhealthy ties, while promoting the beneficial partnerships.
- Lives that you have lived in what we call the future.
- Next life: where do I go from here? Making sense of the journey.

These are just some of the themes and teachings we will explore experientially through regression. 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.

Prerequisite: Past Life Regression Therapy Course - Practitioner with the ISIS School of Holistic Health

Date: 10.30-17.30, Thursday 7th - Sunday 10th Sept

Location: Glasgow

[Read more](#)

Online Circles & Energy Transmissions – June

Fotoula's Online Shamanic Circle – Mondays: 19.00-20.30 (uk)

Fotoula has been facilitating the shamanic circle, the Way of the Drum, since 2009. The Circle meets on **5th and 12th June**

These are the final online circles. Fotoula has been guided to offer the circles in-person once again. The Investment for each Circle is £15.00 Payment can be made either by bank transfer or via PayPal using – info@isis-school.com.

For more information and to see the programme [click here](#)



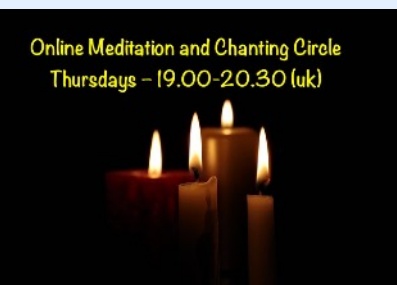
Fi's Online Meditation and Chanting Circle – Thursdays 19.00-20.30

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 overcome the obstacles that prevent us from experiencing our Divine Self.

Circle dates for June: 1st, 8th, 15th and 29th

The investment for the Circle is £10.00. Payment can be made either by bank transfer or via PayPal using – info@isis-school.com. For more information and programme details [click here](#))

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



ISIS Energy Transmissions of the Living Light – June

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.

The Transmissions are from 19.00-20.00 (UK) and on: **7th, 14th, 21st and 28th June**

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 – 19th June

Once a month The ISIS School offers a Transmission of the Rays of Divine Consciousness that is open to everyone, worldwide. The Rays Transmission in February is from **19:00-20:00 (UK) Monday 19th June**. Please check your time zone if 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 wish to make a donation. You can donate through PayPal using the email address info@isis-school.com)

