

# The ISIS School of Holistic Health Newsletter



**Issue 60: June 2021**

**ISIS (ISET)**

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



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

**Y**our world is experiencing a deep transition into a higher state. The light flows and opens you up to profound experiences of awakening through the transfer of high vibrational energy and knowledge from the invisible realms. This is the time to detach from the dramas of the world and stay centred within yourself. Find the inner place of quietness, peace, and deep connection, otherwise your conditioned mind will take you apart through fear, disheartenment, disappointment, dissatisfaction, anger, and in some cases, hopelessness, and depression. Now is the time to do spiritual practice and hold onto the higher states you are manifesting within.

## **The Chasm between Separation and Oneness**

Your world of duality is splitting in two, and the split is becoming more profound, both within you and in the collective. On one side of the chasm lies the conditioned reality, the third dimensional state of fear of survival that has something to defend or fight for. This reality sees the world through the eyes of separation - the 'me/us and the others' - and focusses on an outside enemy.

On the other side of the chasm lies the self that is awakening; the Self that knows that everything is in Divine Order and seeks this within; the Self that experiences the Oneness, compassion, and joy that emerges through the power of grace flowing from the heart centre. This awakening Self is emerging organically through your spiritual work, but it needs to be sustained, nurtured, and connected within, through regular spiritual practice with high vibrational light.



To contact [The ISIS School](http://The ISIS School) or join the mailing list and receive the monthly newsletter,  
please email: [info@isis-school.com](mailto:info@isis-school.com)

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This is not the time to go to war.  
This is the time to make peace, starting with making peace with yourself.

This is not the time for judgement.  
This is the time for acceptance, starting with acceptance of yourself.

This is not the time to try and fit in.  
This is the time to stay in your power and light, by calming your mind  
and walking your own path.



Humanity, in the third dimension, is obsessed with blaming an outside enemy. What you do not realise is that when you do this, you manifest it, and your fear can bring this enemy into your life.

Instead of manifesting peace, some are misusing etheric energy to harm people or structures they consider their enemy. People are, and have been, interfering in the Divine Order, and this creates karmic consequences for themselves and the collective. In the higher states that the Earth is travelling towards, your

greatest power is the incredible light of your soul. This light is unconditional love.

The chasm between separation and Oneness will become greater, both within you and in the collective. This can bring a greater resistance from the programming and the conditioned world, which can feel its control slipping. The shift means that you too will experience these two sides in your life. And, you have a choice of which one to feed.

No matter how much separation you see in your life and the world, develop compassion for everyone, including yourself.

Remember, your greatest power is 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](mailto:info@isis-school.com)

# **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](mailto:info@isis-school.com). Payments can be made through bank transfer (please email [info@isis-school.com](mailto: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.

# The Shamanic Path of Inner Transformation: The Ancient Medicine of the Future

## Fotoula speaks

For hundreds of years, including in my own lineage, shamanism and shamanic healing focussed on community work, healing illnesses, and balancing discordant situations. In Greece we used to call these healers 'practical doctors' to differentiate them from medical physicians.

People may have visited a traditional medicine man or woman to have a disease extracted, or an issue resolved. The medicine person would use a variety of methods including herbs, prayers, and petitioning saints. If nothing was happening at the physical level, s/he might use divination and relay the advice of the spirit helpers.



*Standing stones, Kilmartin, Scotland.  
Photo ©Gill Hastie*

## Healing the Disconnection

Now a deeper aspect of shamanism is re-emerging from the ancient times. This aspect focusses on the cause of the illness. It recognises that beyond the apparent cause, there is a deeper reality that plagues the human race - the disconnection from our spiritual light and the sacred, both within and outside of ourselves. This disconnection has become deeper the more we have looked to science and western medicine to resolve all our problems.

At some point humanity decided that the physical reality is the only one that exists; that there is no life after death, and that we are masters of nature.

Collectively and individually, the spiritual disconnection is manifesting situations, illnesses and environmental disasters that we have either never experienced before, or never experienced to the extent we are facing them now. The answer is not to find another scientific solution to solve the next issue that threatens our way of life, but to find our way back to our spiritual nature. Science can work wonders when it is under the guidance of our awakened spirit.

As part of my shamanic teaching, I facilitate journeys for my community to the descendants - to the future Earth reality where we have evolved spiritually and we have brought all our gifts together; the gifts of our spirit and the gifts of our mind. In these journeys the descendants show us how we have the ability to live in harmony with the Earth and, at the same time, utilise wondrous technology that serves all life.

To reach that stage we have to reach a state of harmony within ourselves. At the moment, we are projecting the separation that lies within us into our life. The dis-ease, dis-harmony, and difficulties we are facing, individually and collectively, are the manifestation of karma.

Journeying to the descendants gives us the opportunity to bring more than awareness into this time. We can also access the 'spiritual medicine' of the future back into our reality in order



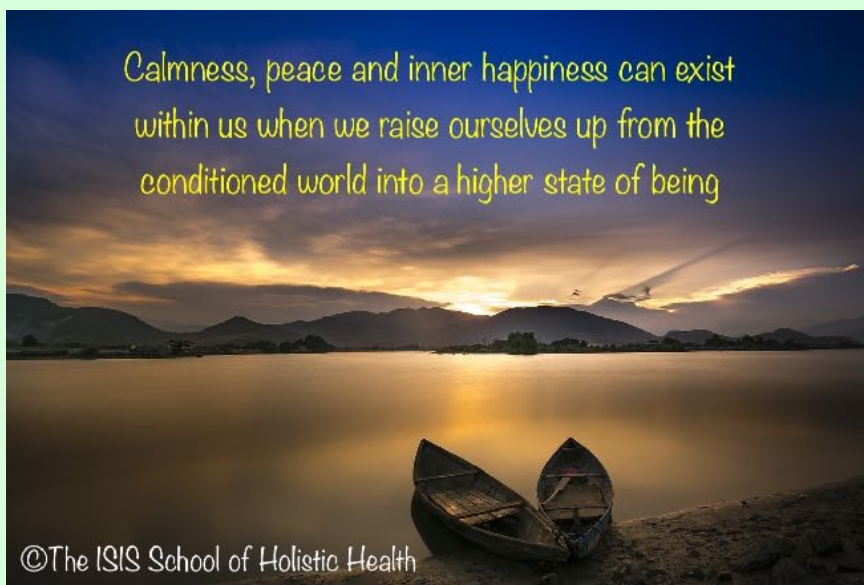
to transform it. The descendants offer us the vibrational gifts they have developed as well as knowledge about how we can bring them into being in our world.

In these journeys the predominant feeling that emerges is one of harmony. The descendants live in a state of peacefulness. They have manifested this harmonious energy, and we can tap into it. The spirit helpers have said to me, many times, the foundation for the future is built in the now.

To heal the true cause of our ills, the spiritual disconnection, we need to add spiritual medicine to the cocktail of our tools. We need the spiritual energy of light to flow through all aspects of our material and physical life, and our remedies. We need a holistic approach that does not separate us into physical or spiritual beings but brings everything together.

What the descendants have achieved starts with ourselves now. We have the opportunity to breach any barriers between the two states of physical and spiritual life and live holistically so that the spiritual energy flows through everything we do - from our work in the office, to our interactions with others, from our walks in nature and artistic creations, to the raising of our children and our approach to life. When we do this our physical, everyday life is elevated to a higher state. We do not live two separate lives. We live one spirited existence. We build the foundation for a holistic future by bringing and integrating spirituality into all areas of our current life. This is the shamanic approach of the ancient times that we can return to. It is not new. It is a retrieval of what we have lost, and a retrieval of ourselves.

The shamans talk about the 'Age of Silent Knowledge' - the age of inner knowing. This age was followed by the Age of Reason, where we are now. The future does not reject these two ages but brings them together under the emergence of spirit. We become a being of knowing and reason, who co-creates with the Earth the miracle of a harmonious life.



## **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.

# 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

# 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 – June

## 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 twice in **June: 14th & 21st**

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

**June dates: 3rd, 17th & 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](mailto:info@isis-school.com). (PayPal fee is £8.00 for overseas participants. For programme details [click here](#))



Online Meditation & 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 healing qualities of the Living Light.

The June dates for the ISIS Energy Transmissions are – **2nd, 16th, 23rd & 30th.**

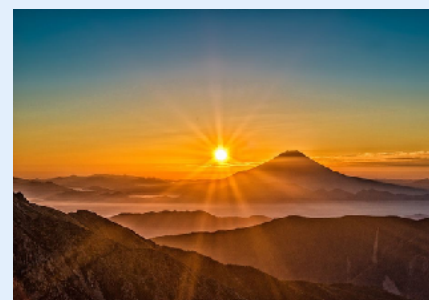
Please email the School: [info@isis-school.com](mailto:info@isis-school.com) if you wish to connect with any or all of these Transmissions. For information on how to connect with the ISIS Energy Transmissions [click here](#)

## Rays of Divine Consciousness Transmission – 4th June

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, 4th June 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 In Person Shamanic Practitioner Training Jan 2022- Dec 2023

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.

This is a powerful and in-depth shamanic practitioner training that involves learning and practicing ancient ways. The course is 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.



**The course 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.

The whole course is taught as a two year ceremony. It is much 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.

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.theisschoolofholistichealth.com/shamanic-practitioner-2022>

### **Online Shamanic Practitioner Training**

There is also an Online Shamanic Practitioner Training starting in November 2021 for those who cannot attend the in-person course.

**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.

