

# The ISIS School of Holistic Health Newsletter



**Issue 75: Sept & Oct 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*)

**T**he Light is growing on the Earth as the human heart opens. The glow of your heart disperses the heavier energy and brings a much higher frequency into your life. As a result, a purification process may take place as you shed what no longer serves you. This purification process can last weeks, months, or many years. Even if you wish to shed the old skin, it may be difficult to cast off the past when you are still attached to it.

In order to go through the purification process smoothly, let go. In ceremonies or in your prayers, when you ask, 'May all that no longer serves me be cleared,' know that your intention is strong and this release will begin. At the same time, we advise you to personally let go of all that does not serve you. Many times people are not able to let go, and their intention in the spiritual field is not aligning with their behaviour in everyday life. This misalignment creates difficulties, as you are not willing to walk through the doors that the universal energies open for you. This is because in your everyday life there is an attachment to your current way of being.

To allow the purification process to flow we suggest you release any attachments to an outcome. Do not try to control the process. This limits the flow of energy and its potentiality.



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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Instead, surrender to the highest good, and know that you are being held in a space of nurturing love. The conditioning will have you believe that you are alone, and try to pull you back into the familiar. You are never alone, and less so when you step onto the path of your soul. The universe and your helping spirits hold you as you go through these changes in your life.

### **Purification - a Major Part of the Spiritual Path**

Purification happens all the time. If you are focussing on your spiritual work and you bring the Light into your body, you will start to see that you are changing. Gradually, you emerge into the light being that you are beyond the conditioned reality. And what was important to you in the past, no longer matters as much. You reach a new state of peace and contentment, and you radiate this state in the world in the form of light energy.

This process continues for as long as you consciously walk the spiritual path of Light. It never ends. You become a purer, clearer vessel as time goes on. You evolve.

Your soul chose to incarnate on Earth for this opportunity of evolution, growth, and awakening.

The conditioning of the planet wishes to keep you small, and thereby control you - it rules the way you think, act, and speak. The spiritual work of the Light offers you the possibility to find your own way. The clarity of the spiritual vision enables you to persevere and overcome the conditioned ways. First you become aware of your essence, and then you awaken into it.



### **Finding the Understanding in the Silence**

The conditioning talks to you all the time, so you cannot hear your inner voice. Understanding cannot be birthed when the mind is busy. These are some of the things you can do to awaken and find understanding in the silence.

- ✳ Overcome the dissatisfaction and mentality of lack that the conditioning instills, by trusting in life and giving thanks for all that you enjoy;
- ✳ Call to you the spiritual power of Light, your helping spirits of the Light, deities etc who work with you for the highest good.

- ✿ Create time and space and engage in a regular spiritual practice that brings the Light into your body. Work with high vibrational energies, including the Light of your Divine essence.

Following your practice stay in the silence. This is the time when deep realisations may occur.

At the end, anchor the Light that you generated into your body. See the Light flowing and radiating into every part of you and every cell. As your body is the body of the Earth, intend that the Light of your spiritual practice also flows around the planet for the highest good of all.

### **Self-care - Discordant Energies**

When you go through the stages of spiritual purification and evolution, it is important to stay away from 'spiritual pollution.' These are energies that may be incompatible with you, that have a lower frequency. For example, you may find that you cannot watch certain movies, listen to some forms of music, or be with certain people. Listen to your intuition as this is a common occurrence.

You will begin to feel the difference between your harmonious state of being and the discordant energies of the conditioned reality.

Your spiritual work contributes to the transformation of the conditioned realm into a higher vibrational plane that matches the frequency of the Divine soul essence we all share.

We, the Enlightened beings, thank you for all the spiritual work you do.

Spiritual seekers look to see what resonates  
with the pool of wisdom within



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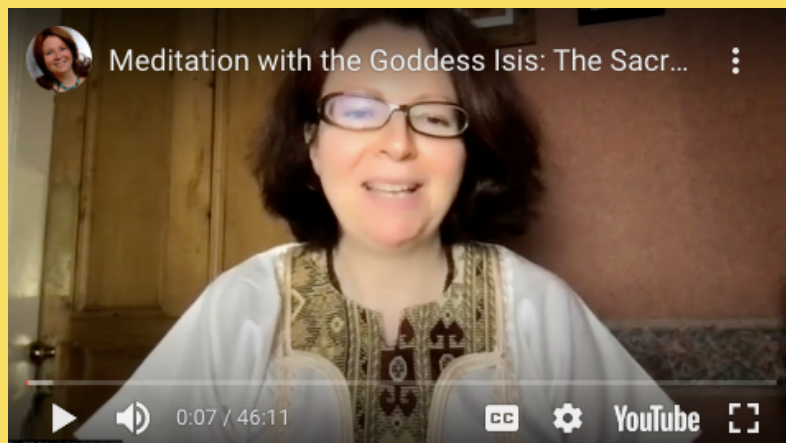
## A New Video and Spiritual Practice from ISET channelled by Fotoula

In this new video Fotoula speaks about the Path of ISIS / the Path of the Living Light (<https://www.youtube.com/watch?v=WmKMhPek4l8>)

The Living Light spiritual courses focus on the awakening process through personal and spiritual development.

Fotoula also guides us in a spiritual practice where we invoke the power of the Wings of ISET (ISIS) through chanting, and connect with the inter-dimensional portal of the Star Sirius through meditation.

The intention of the practice is to awaken our inner light through the fire of creation.



### Path of ISIS Introductory Course - Spiritual Path of ISET, Part 1: In Person

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, also known as The Path of ISIS, aim to open us to the Light of the World, so that we can become that Light – the Light of our Divine Self.

This 3-day course is a wonderful opportunity to connect with this ancient lineage, receive practices and teachings that will empower your spiritual and personal development, and soul evolution.

**The Course will be taught In-Person in Glasgow, Scotland - Dates & Times**

**10.00-17.00, Friday 18th - Sunday 20th November**

**Cost for 3-day Course:** £285.00; dep: £140.00 (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](mailto:info@isis-school.com)





# 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 - Friday 21st October

There is no ISET Initiate Circle in September. The next Circle is Friday 21st October.

These Circles are a beautiful way for our growing 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, visualisation, chanting or ceremony, as well as some guidance from ISET.

**Date:** 19.00-20.30, Friday 21st October

**Cost:** £10.00 (*practitioners who are unable to attend the online Circle can also pay and receive an audio recording of the session*)



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## The Path of ISIS / Path of the Living Light Course Dates

Dates for the Path of ISIS Courses for the remainder of 2022 as well as some of the Courses for 2023 are now 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 1: Healing Path of ISET, Part 1** - 2 days, 12-13 Nov (in person, Glasgow)  
(Open to ISET Initiates who have attended Spiritual Path of ISET, Part 2)

**Gate 1: Spiritual Path of ISET, Part 1** - 3 days, 10.00-17.00, 18-20th Nov (in person)  
(Introductory Course for anyone who wishes to step onto the Path of the Ancient Initiate)

**Gate 1: Healing Path of ISET, Part 2** -  
3 days, 09-11 Dec (in person, Glasgow)  
(For ISET practitioners who have attended Healing Path of ISET, Part 1)





## The Priestess of the Moon Lineage

A New Circle Begins

In February 2023 a new Priestess of the Moon  
2-year Training Course will begin

## The Priestess of the Moon – The Path of the Spiritual Celebrant

*A Circle of 13 women comes together. With our feet planted on the Earth, we invoke the ancient mysteries of the power of the moon. We journey for two years through the cycle of the seasons and the phases of the moon. These two cycles of the Sun – Earth and Earth – Moon, we know and understand through our bodies. The humming of the Earth sings through our blood stream. We reclaim ourselves and our sacredness and embody the Divine feminine and the Priestess.*

We dance the flow of universal energy in an anticlockwise spiral that enables us to transform and become a vessel that can hold the community and facilitate ceremony. We become the sacred space, the temple of Light, and call the blessings of the Earth and Sky upon our world and the human tribe.

### **The Priestess of the Moon Training**

In 2011, Fotoula was entrusted with the teachings of the Priestess of the Moon, by the ancestors. She was on top of a hill in Kilmartin, Scotland, when the spirit of an old woman from prehistoric times, appeared to her and asked her to open the Circle of the Priestesses once more.

This circle is a sacred space where we celebrate our spirit and our physical life through ceremony – celebrating the phases of the moon, the wheel of the year, and the female body of the Great Mother. It is also a circle to empower women, if they are so called, to hold ceremonies for their community, such as hand fasting, name giving, funerals, rites of passage – welcoming women into womanhood and elder hood.

The Training includes spiritual initiation into the Priesthood of the Moon in a stone circle, a detailed manual of all the ceremonies taught, and nine weekend meetings over two years. (Two in a residential retreat setting in Scotland and seven non-residential in Glasgow, Scotland).



Photo ©Gill Hastie

This will be Fotoula's third time of facilitating the Priestess Training. The next circle after this is envisaged to start in 2026. Registration for the Circle beginning in February 2023 is open. At the moment there are three spaces remaining to complete this circle of thirteen women.

If you are interested in attending the Priestess of the Moon Circle there is more information about the training on the [website](#).

If you would like to us to send you the application forms please email the School: [info@isis-school.com](mailto:info@isis-school.com)

## Public Talk on Shamanism and Shamanic Journeying - Friday 16th Sept

*Fotoula will facilitate a public talk and short shamanic workshop hosted by Dundee Theosophical Society on Friday 16th September from 7.00-9.00pm (Venue - Ground Floor, Heartfulness Centre, 51 Cowgate, Dundee DD1 2JF)*

Fotoula is an experienced shamanic teacher and active Member of Global Shamanic Teachers. During the workshop she will explain the cosmology of the Shamanic Worlds and alternative realities, and then she will guide people into a shamanic journey through the drum.

Fotoula is a partner in the ISIS School of Holistic Health. She also carries an ancient lineage of shamanic healing through her family line, and has studied shamanism and shamanic healing with many different indigenous shamans - Native American, Peruvian, Himalayan, Toltec, and Mayan, as well as western teachers. She completed her Shamanic Teacher Training with Sandra Ingerman, USA, and has worked as a shamanic and healing practitioner since 2006.

If you are interested in attending the event please email Joyce from the Dundee TS - [joycelowson@hotmail.com](mailto:joycelowson@hotmail.com)





# Shamanic Practitioner Reunion Day - 16th Oct

**O**ver 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 ISIS School of Holistic Health's practitioner training course taught by Fotoula.

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.

The **theme** for the Reunion on Sunday 16th October is, '**Clearing the blocks and reconnecting with our Shamanic Path.**'

## Reunion Day:

**Date:** 10.00-17.00, Sunday 16th October

**Venue:** Library, Glasgow Theosophical Society

**Cost:** £85.00 **Deposit:** £40.00 - to book email the School - [info@isis-school.com](mailto:info@isis-school.com)







## Path of the Eagle 3 – Shamanic Ancestral Work

Seven Module Live Online Course starting Tuesday 25th October

The Shamanic Ancestors have asked Fotoula to repeat this Live Online Course due to its importance in helping us heal and clear our ancestral line and develop a deep and supportive relationship with the ancestors

Fotoula and her helping spirits will again deliver this course to help us heal and clear our ancestral line, and open to the power and gifts of light of our lineage. This is a stand-alone course. It is not necessary to have completed any other Path of the Eagle Course to take part. The only prerequisite is experience in shamanic journeying.

**Seven Modules:** times shown are for the UK, please adjust for your timezone

**Module 1:** 19.00-20.30, Tuesday, 25th October

Theme: Establishing a Link with the Shamanic Ancestors

**Module 2:** 19.00-20.30, Tuesday, 1st November

Theme: Strengthening the Lineage

**Module 3:** 19.00-20.30, Tuesday, 8th November

Theme: Shamanic Initiation

**Module 4:** 19.00-20.30, Tuesday, 15th November

Theme: Learning from the Ancestors the Healing Ways of the Earth

**Module 5:** 19.00-20.30, Tuesday, 22nd November

Theme: Ancestral Trauma Release

**Module 6:** 19.00-20.30, Tuesday, 29th November

Theme: Ancestral Integration Methods

**Module 7:** 19.00-20.30, Tuesday, 6th December

Theme: The Ancestors from the Stars and How to Connect with Them.

If you miss a module, you can catch up through the video recording


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

**For Shamanic Practitioners who have graduated or are training** with The ISIS School of Holistic Health, there is a 50% reduction in the cost. For any participant of the first live Path of the Eagle 3 Course (Apr-June 2022) who would like to repeat there is also a 50% reduction in the cost. **Total cost:** £105.00. **Deposit:** £35.00. (Payable through bank transfer)

*All deposits are non refundable and non transferrable. Check the [website](#) for more information.*





## Advanced Shamanic Course – Online and In Person

### Ancestral Shamanic Healing Practitioner

Nine modules taught over ten months in 2023

This is a specialised aspect of shamanic practice that we are opening into. The Shamanic Ancestors are eager to support and empower us to do this work

The Shamanic Ancestors have asked Fotoula to facilitate a 9 module course in 2023 which will offer people the skills to become an Ancestral Shamanic Healing Practitioner. During the course the Ancestors will be working with each participant individually, and with the circle, to empower everyone to do this important work.

If your heart calls you to this path, we would love to share the work with you. The course requires commitment to continue to work on your own family line, and at the same time, carry out casework so that you can help others.

Pre-requisite: Either, completion of the Online Programme: Path of the Eagle 3 – Ancestral Shamanic Work, or, you have trained or are training to be a Shamanic Practitioner with the ISIS School of Holistic Health. (The Ancestral Spirits strongly recommend that everyone has completed the Path of the Eagle 3 – Ancestral Shamanic Work. Fotoula will teach this course again live starting Tuesday 25th Oct or you can do the course in your own time through our Online Courses Program)

### In-Person and Online

The ancestors have asked Fotoula to teach this work in-person and online. People attending the in-person workshops can attend the online workshop if they miss a Saturday Module.

#### **In Person - Time: Saturdays, 10.30-17.30**

**Dates 2023:** 25th Feb, 1st Apr, 6th May, 3rd June, 1st July, 5th Aug, 2nd Sept, 7th Oct, 4th Nov

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

#### **Online - Time: Sundays, 12.30-19.00**

*(this is the UK time please adjust for your own timezone)*

**Dates 2023:** 26th Feb, 2nd Apr, 7th May, 4th June, 2nd July, 6th Aug, 3rd Sept, 8th Oct, 5th Nov

**Course Cost** (in person and online): £1,111.00 **Deposit** £211.00 to secure your place. Then pay £100.00 on the Monday before each training weekend. (Payment is through bank transfer. Please email the School for our bank details – [info@isis-school.com](mailto:info@isis-school.com))

*For more information about the Course and content of the 9 Modules visit our [website](#)*



# Past Life Regression Therapy Course

**Tues 14th - Sun 19th Feb 2023**

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 14th Feb - Sun 19th Feb 2023     **Venue:** Glasgow

**Cost:** £750.00.     **Deposit:** £250.00, to book your place

## Master Practitioner, Past Life Regression Therapy Course

**Thursday 7th - Sunday 10th September 2023**

**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.

*For more information on these courses please see our [website](#)*





# HEALING PRACTITIONERS IN THE WORLD

WELCOME

[WEBSITE LINK](#)

We are very excited to share the news that there is now a website for the community of healing practitioners who have graduated from the ISIS School of Holistic Health's practitioner programmes. The website was created and is run by **Amanda Gilliland**, ISET Initiate, Shamanic Practitioner, and Priestess of the Moon Celebrant.

[healingpractitionersintheworld.com](http://healingpractitionersintheworld.com) was born on the Lion's Gate, 8th of August at 8.08pm. Eight represents eternity, continuous flow, and is the numeral for ISET (ISIS), who oversees all the work and teachings we share in the ISIS School. This day is also related to the Sirius Portal of Light which has been sending high vibrational energy to the Earth realm to encourage us to lift the veils of the conditioning and awaken.

As our community of practitioners of ISIS Energy, Shamanism, Spiritual Celebrants, and Past Life Regression Therapists has been growing, we were given the most beautiful vision from our Teaching Spirits to create a digital home for those called to practice professionally and share their healing and light gifts to help others. The vision is for a community in which we all expand and thrive – a community where we rise above the competition and lack-based mindsets of the conditioned world and create instead a circle of heartfelt practitioners who come together and hold an intention that the Earth can support all of us fully, and we can all share our wisdom and healing gifts.

We were also told by the helping spirits that the healing work we share can help so many people, and so many people are looking for healing practitioners. The spirits say there is such a need for good, in-depth spiritual healing work. And so it is great to have a community, which people can access to find practitioners who can truly help them. Everyone on the website has studied with the ISIS School, completed the necessary case studies, and is committed to deep personal work.

We thank all the healing practitioners who have joined the website and all those who wish to join when they are ready. We also thank everyone who is looking for a healing practitioner, and will access the website and find the right person for them. As well as all who are looking for circles, ceremonies and workshops.

*(On the website there is the option to subscribe to the  
Healing Practitioners Community News)*

# Online Circles & Energy Transmissions – October

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

Fotoula has been facilitating a weekly shamanic circle since 2009. The Circle meets twice in **October: 17th and 24th**

The fee for each circle is £12.00. Payment can be made either by bank transfer or via PayPal using – [info@isis-school.com](mailto: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



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.

**September Circle: 1st Sept      October Circles: 20th and 27th Oct**

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. Programme details [click here](#))

## ISIS Energy Transmissions of the Living Light – October

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 ISIS Energy Transmissions are from 19.00-20.00 (UK) – **19th and 26th October**

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 – 28th October

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, 28th October, 19:00-20:00** (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](mailto:info@isis-school.com))*

