

The ISIS School of Holistic Health Newsletter



Issue 80: April 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*)

The Divine consciousness that exists within you is activated whenever you take initiation into the Living Light frequency. You start to see the world with different eyes and for a time, plans that you had and things that were important before, do not matter so much. You are riding on the crest of a wave that takes you above the conditioning, and your path becomes more important. However, the sea of the conditioning is deep and it can pull you down, even if you know how to swim.

In the beginning the energy carries you. Then you are asked to carry yourself. For this is life on Earth, an experiential school where you discover yourself. Self-discovery is why you are here. To discover yourself is to awaken. In the enlightened state there is no wave, no conditioning, no sea with immeasurable depths that can trap you. Everything falls into place and is part of you - yet you are bigger, much bigger, the Divine consciousness, the All that Is, Source.

Some of you know this in an abstract way, you may say, "I am the Divine," and believe it with your mind. In the enlightened state you embody this knowledge. It is not a theory or a mind concept. It is your reality. This is the difference.



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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You do not realise that you are already that which you aim to become. This is why I speak about re-discovery. You are evolving and perhaps saying, "I am not the same person I was two years ago. I have come a long way." This is true. It is also the case that you have not walked further, but deeper. You have not gone outwards, but inwards. This is the secret.

In this journey I offer you practices and teachings that help you re-discover yourself. I do not tell you this is who you are, no matter how much the human mind longs to be given answers. I show you a way to find yourself. It is a very difficult journey because the human conditioning regards information that comes from outside much more valuable than the information that arises from within. If you read something in an article or a book, or listen to the words of a teacher, you are conditioned to accept those words more easily than the wisdom of your own consciousness.

The reason you are asked to meditate, journey, and engage in spiritual practices with Beings of Light and high vibrational energies, is for you to rediscover yourself. When you ask self-inquiry questions such as, "Who am I?" your answers can come in many ways - through dreams, in quiet spaces, or from life. Become a student and an observer of life. Be the unbiased researcher and scientist who observes, records, and learns. In doing so you will discover the magnificence of who you are.

Spiritual Practice - Self-inquiry through asking Questions

First create sacred space by connecting with the Divine essence in your own way. Some may do this through power animals, others through the teachings of the Living Light, others through a medicine walk in nature.

In posing a self-inquiry question you are asking yourself and you are asking life. You may not know this but life loves you to ask enquiring questions.

Release all expectations for what the answer could be. Even if you are impatient and your mind rushes to fill the space and give you all sorts of stories before an answer can emerge – just ask, then wait. An answer may come or not. Stay in the process of self-inquiry.

When you feel the process is complete for now, even if you did not receive a direct answer, close your sacred space. Release your spirit team and ask them to seal you, your space, and home. Then, give life time to show you. And when you do receive an answer do not dismiss it. It may feel so simple, and your mind may expect or want something that is more complicated. “It cannot be that,” your mind might say. “It is only one word, a phrase. People have written books on this subject.” These are the reactions of the mind that can never be satiated. Whatever it is given it is always looking for more.

Being Grateful

This is the time to release the conditioning and engage in a practice of gratitude giving thanks for all you have discovered. This world is made of simple truths. The more you seek, the more simplicity you will find. And this simplicity will be reflected in your life, and your life will become simpler and flow.

*You will continue to rise out of the sea of the conditioning
by yourself and you will rediscover the wave
that will take you safely to the shore.*

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 18th April

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 her channel 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, 18th April

Investment: £15.00



ISET Initiates Circle - Monthly Plan

We have created a Monthly Plan whereby Initiates of the Living Light can now pay an investment of £15.00 / month and receive :

- Access to the live Online ISET Initiate Circles; and,
- Unlimited access to the audio recordings from previous ISET Initiates Circles

For more information go to the [ISET Initiates Community Page](#)

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

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.

AUSIR 1 - 3 days, 10.00-17.00, 21-23 April (this is the next course after Gate 2)
(Initiations for AUSIR 1 will take place on Thurs 20th April)

AUSIR 2 - 2 days, 10.00-17.00, 29-30 April (this is the next course after Gate 3)
(Initiations for AUSIR 2 will take place on Fri 28th April)

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



Walking the Shamanic Path by Fotoula Adrimi

There is nothing to stop you delving into the path of Shamanism from the spirits' perspective. They call people onto this ancient path from all over the world, as the shamanic ways were practiced all around the Earth at one point. One of the Spirit Helpers, a Shamanic Grandmother, once spoke through me in a Circle I was facilitating and said, "Many thousands of years ago there were no shamans. At that time all human beings were aware of the spirit world and could communicate with beings from different realities. In that sense everyone was a shaman."

Some current teachers are brave enough to say that shamanism is part of our human heritage and that we can all train to become practitioners of this art, for we are all naturally attuned to it. The difference is that some people are more skilled than others because of

experience in past lives or an ancestral heritage. The grandmother also said, "You all have the gene that predisposes you to these ways. However, if your ancestors practiced, the chances are that the shamanic gene is more active in you."

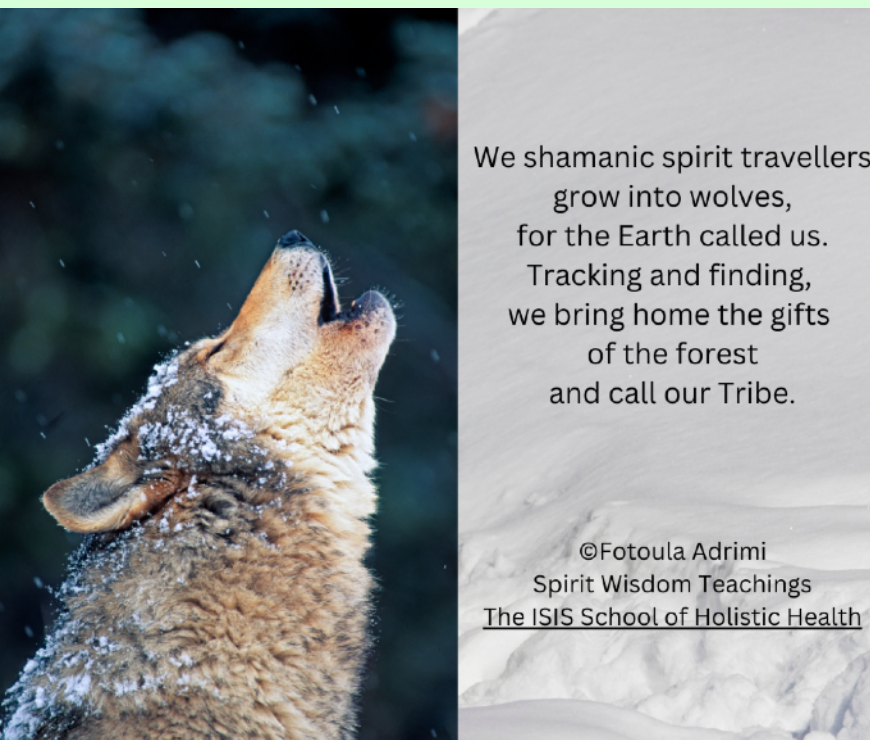
But this is not enough. Even people who are predisposed to shamanism choose not to walk the path or delve into the psychic arts. The spirits who worked with the ancestors, or the ancestors themselves, may come to the person who carries the predisposition and make their life difficult if they do not wish to train to be a shaman.

In my last travels to the Himalayas I was told of people who became ill and eventually disabled because they

refused the ancestral/spirit calling. It can be difficult to take on something when you are given no choice. One of my elders was given no option by his family. In my lineage the first born male child is the future shaman. As a nine-year old, my elder was deeply unhappy to be asked to ground herbs for hours and learn to read the stars to predict the weather, rather than play with the other children.

Choosing to Work Shamanically

If you are thinking, 'I would have loved to have been that child,' maybe your heart is calling you to the path. In the indigenous traditions it appears that either the spirits choose a person, or there is a family lineage that is passed down. In the west there is a different phenomenon - we can choose to work with the spirits and seek the shamanic path of our own accord.



The spirit Grandmother explained this as well. She said that there is a huge need for people to work shamanically again especially in the west. Humanity is sick, not because of a physical illness but due to a deep spiritual dis-ease - a disconnection from our spiritual nature combined with a deeply materialistic outlook and approach to life and the Earth. The Grandmother went so far as to say that all dis-eases that the doctors are trying to treat and the scientists are trying to cure, have a spiritual cause.

(This does not mean that we should reject modern medicine or not attend a physician. This would not be wise. It means that together with the marvellous advances in modern science we also need to find ways to appreciate and explore the deeper causes of dis-ease from a spiritual perspective.)

The Grandmother then said because of this need for people to work shamanically, shamans who had past lives in indigenous societies were now reincarnating in the west. Some bring with them their own spirit team from previous lives, whilst others have a new spirit team which is more attuned to the place they have incarnated in, and some adopt the spirit team of their teacher.

It seems that never before has there been such a need for shamanic work to support the human tribe to find its way back to health. It is also this disconnection from our spirit that creates the problems we see in the environment, the destruction of the natural world, and the wars and famines. For those of us who have experienced the beauty of a shamanic circle and have felt the wings of spirit, we can attest to the joy, deep transformation, and sense of connection and community that can take place during shamanic ceremonies.



"May the Drum call us back to the Earth and may our feet find the dance of spirit."



*©Fotoula Adrimi
Spirit Wisdom Teachings*

Stepping onto the Shamanic Path

It may be tempting for the western mind to believe that because we practiced shamanic ways in a past life or we can channel spirits all we need to do is read a book about shamanism and then start practicing. This is a big mistake. There is a crucial part to shamanism that is well established in tradition. This is the aspect of transmission.

A book may give you information and ignite memories of skills you possessed in a previous life that are lying dormant in your current life. This is not a substitute for a teacher who can transmit the knowledge in ceremony, planting the seed of these ways in your body, and empowering you to do this work. A good teacher is also only part of the process. The only way you can become a true shamanic artist is to practice regularly and stay in contact with your helping spirits whilst adjusting your life in accord with the unique way the path opens for you.

The more you follow the calling, the more you will be able to work shamanically, and the more you can serve the highest good of yourself, your human tribe, the Earth, and all beings.



Shamanic Retreat with Nepalese Shaman – Bhola Banstola 22nd – 25th June 2023, Larbert, Scotland, UK

Theme - Shamanic clearing through the Paap Bagaune teachings. As well as rituals for the realignment from fear and distraction, and bestowing the nectar of healing.

These group rituals roughly translate as 'being seen' or 'to release and let go of wrongdoings.' We ask for forgiveness from the past and we heal by cutting the cords to unhealthy ties that we may have been holding on to, such as deep emotional traumas, curses, negative thoughts, grudges, unskillful words, wrongdoings, actions, mistakes made in rituals, and the dishonouring of deities, spirits or ancestors.

Traditionally this important ceremony is conducted at the river bank with participants going into the water and cleansing. Offerings are also released into the water to be carried away.

After the release ritual, the 'Sacred Water Vase / Kalasha Awakening Ritual' takes place, during which the blessings of teachers and infinite sources are invoked. Each participant will go through a cleansing and purification ritual. On Saturday evening, we will have a sacred fire ceremony. The retreat closes with a ritual for Raising our Spirits, tying a protective BUTI - amulet on each participant and a song of gratitude. For more info visit our [website](#)

Bhola Banstola, Nepalese Shaman

Bhola was born in the foothills of Mount Everest in the district of Bhojpur. At a young age, he was chosen by the ancestral spirits to carry their message and healing traditions. Bhola received his training from his grandfather who was 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 has spent long periods with Shamans in India, Nepal, Bhutan, and Tibet. He has been working and teaching all over the world.



Residential Retreat

The retreat is residential, with shared accommodation. Meals are vegetarian.

The cost of the retreat includes Bhola's teachings, accommodation, and food.

Venue: Carronvale House Conference & Rec Centre, Larbert, Scotland

Date: 18.00, Thurs 22nd-13.00, Sun 25th June

Cost: £495.00 / **Deposit:** £350.00 - deposit (non-refundable) secures your place

To Book: Or if you have questions, please contact Fotoula: info@isis-school.com

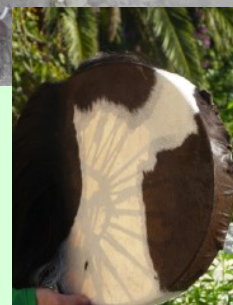
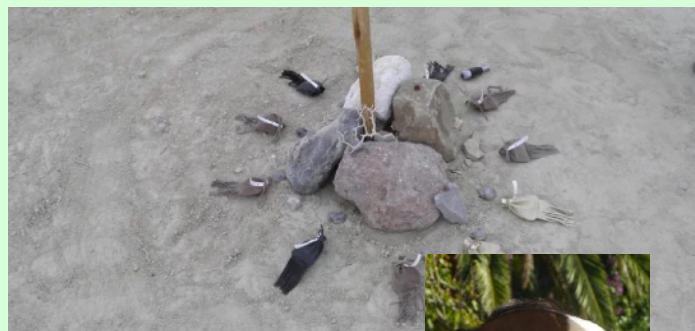
Spaces are limited. Please let us know as soon as possible if you wish to attend

In person - Introductory Shamanic Workshop facilitated by Fotoula Adrimi - 12-13th August, Glasgow

Workshop Overview

Shamanism is one of the most ancient spiritual and healing practices, forming a common heritage amongst many cultures. Indigenous people talk about the different worlds, or parallel universes, aside from our own physical reality. They journey, voyage or fly into these worlds, in order to access information from spiritual beings of light, and bring healing and guidance back into their world. This workshop is a wonderful foundation course for anyone who is:

- interested in exploring shamanism;
- who has done some journeying in the past and wishes to reconnect; or
- has been working with other holistic disciplines and resonates with this ancient path of the Earth and Sky.



Classic Shamanism



In this workshop you will learn the art of shamanic journeying and how shamans access different etheric planes for healing, energy work and divination. We explore how shamans around the globe view dis-ease and how they relate it to loss of soul essence and power. The course also 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 our spirit guides and power animals;
- how to build a shamanic altar;
- what is classic shamanism and shamanic healing.

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.



The workshop requires advanced booking with deposit and pre-registration.

Cost: £250.00

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

(Please email the School on 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. More information, as well as all the course dates, can be found on 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 & Energy Transmissions - April

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

Fotoula has been facilitating a weekly shamanic circle since 2009. The Circle meets three times in April - **3rd, 17th & 24th**

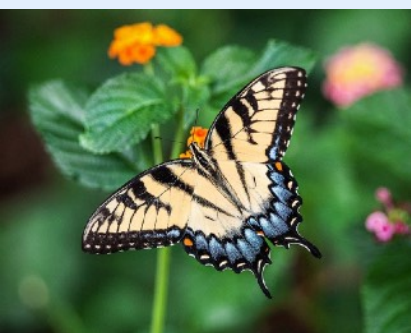
The Investment for each Circle is £15.00

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 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.

Circle dates for April: 6th, 20th & 27th

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](#))

ISIS Energy Transmissions of the Living Light - April

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: **5th, 19th & 26th April**

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 - 25th April

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) Tuesday 25th April**. 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 you wish to make a donation, this would be gratefully received.

You can donate through PayPal using the email address info@isis-school.com)

