

# The ISIS School of Holistic Health Newsletter



**Issue 79: March 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*)

**I** have come to speak to you about the changes that are happening now on Earth. The light continues to flow strongly to wake humanity up from the survival mode of the third dimensional thinking. Yet, humanity has gone into fear and the lack mentality, and this is creating more conflict and separation.

For humanity to survive this cycle, people need to come together and support each other. The natural disasters that have occurred have brought many people together. And we also invite you to come together in your area and bring more light into the darkness and bring a message of hope to your community.

We, the Enlightened Ones, see your light and all you are trying to do in your world. And you may wish to ask, "How do I transform this world of duality?"

We say to you - start by transforming the duality within yourself. Develop compassion and love for all aspects of yourself, and work with the high vibrational energies that flow to the Earth. As you embrace all aspects of yourself, you begin to shed the old skin that belongs to the third dimensional plane, and your light shines through.



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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*Your inner reality is reflected in the outside,  
and the outside reality is reflected within you.*

This is why, when you engage your wise Self and transform yourself, the world also experiences transformation. And why the opposite is also true. When you condemn and judge yourself and reinforce the duality within yourself, you are also reinforcing the duality state on the Earth.

Therefore, if you do not like what you see in the outside world, then it is time to clean and polish your inner mirror, and generate states of bliss through the high frequencies of light that are now flowing to the Earth. And for those of you who wish to connect with this light, you will discover that it is stronger and more powerful than ever before. It is many thousands of years since these high vibrations have been felt on Earth.

### **Spiritual Practice**

It is time to open your sacred space, call in the Enlightened Guides who work totally and wholly for the Light, and access your infinite radiance to illuminate the Earth. When you radiate your light, ask to be supported by the high vibrational energies of light that flow to the Earth. In this way you become a clear channel of light and love.



Do this practice unconditionally with no judgement and with no attachment to any outcome. As you invoke the light, surrender to the light, and trust in Divine Order and Divine Will.

The more of you who access, embody, and radiate the light of your spirit, the bigger the transformation of your inner and outer reality.

Time has quickened, karma is much more instant, and what you know and see in the world can change very fast, as the pendulum keeps swinging. During these changing times grow deep roots into the earth and create your own inner oasis of peace. As you do, you will reflect this state to your outer world.

Know that you are not alone and the Enlightened Ones support you. Take time to connect through meditation and ceremony and bring your spirit light into being.



## 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 24th – Sunday 26th March**

**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](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 10th March**

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 a message from ISET.

**Circle Date:** 19.00-20.30 (uk time) Friday, 10th March

**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

### **Accessing the Monthly Plan:**

- Create an account (become a Site Member) through the **LOG IN** button at the top right of the ISIS School website *(if you are already a Site Member through doing other ISIS School Courses there is no need to re-register)*
- Email us ([info@isis-school.com](mailto:info@isis-school.com)) to let us know you wish to Join - we will send you the password that allows you to access the Monthly Plan
- Then go to the Subscription Webpage - go to **MORE** on the Website's Main Menu and select ISET Circle Subscription, enter the password and sign up to the plan

This will give you access to the ISET Circle Recorded Meditations webpage with a playlist of the Recordings from previous ISET Initiate Circles. We will also send you the zoom link for the upcoming Live ISET Initiate Circle. If you cannot attend the live Circle you will have access to the recording when it is uploaded to the page.





# Shamanic Ritual : The World Tree

For thousands of years shamans created the World Tree, an axis mundi, that connects all realities and dimensions. Shamans journey through the tree, engaging all their senses, to build a deep connection with the alternative worlds. Through this connection they have been able to track energy and bring healing to their communities while still anchored in the middle world, the physical reality.

The World Tree is a conduit of light, a place of pilgrimage, and a place where ceremonies are facilitated. When Fotoula and Fi travelled to Nepal and the Himalayas they visited many sacred trees where the Goddess resided. The Tree itself was the temple of the Divine and the focal point for many ceremonies.

Shamans may also create a World Tree for their specific ceremonies from materials they find in nature, such as a pole, bamboo canes, banana leaves, and bundles of herbs (see pictures on right). They may also attach other objects such as damaru drums, offerings, and prayer flags.

Last year the shamanic tutelary spirits Fotoula works with, asked her to facilitate a course called, 'The Earth's Shamanic Apprentice,' which focussed on planetary work and healing. As part of the course, participants created a World Tree in a garden in the middle of Glasgow. The tree that asked to become the World Tree, is a willow. Grandmother Willow's branches and leaves extend towards the Earth, and create a semi-enclosed space for us to do our ceremonial work. Since then we have facilitated many ceremonies around the Willow World Tree, which has now become a temple of Light.





A World Tree once created, must be fed and watered by light. A temple should not remain empty of ritual. And the more often ceremonial work is facilitated around the Tree, the more the Light grows and continues to support our work and the neighbouring community.

The Willow World Tree has now completely changed the vibration of this garden area. It carries prayers for the community and it continues to grow.

### **Offering Prayers for the Highest Good of All**

If you would like to offer a prayer for the Earth and all life, you can take a small ribbon, smudge it with incense or sage, blow your prayer into the ribbon and then hold the ribbon on your heart centre. Intend that the Light of your heart radiates like a sun and flows into the ribbon. Then place the ribbon in an envelope with some offerings such as cedar, or a few juniper berries, or oats and

post it to us. Or bring it to one of our courses that you are attending. We will tie your ribbon to the Willow World Tree and make an offering of gratitude with the leaves/berries.




*Ribbons should be posted to:*

The Glasgow Theosophical  
Society

FAO: Fotoula Adrimi  
17 Queen's Crescent  
Glasgow  
G4 9BL  
Scotland





## 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:** The Ancestral Spirits recommend that everyone has completed the Online Programme: Path of the Eagle 3 – Ancestral Shamanic Work, or, people have trained or are training to be a Shamanic Practitioner with the ISIS School of Holistic Health.

### 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](#)*

# In Person March Equinox Shamanic Fundraising Ceremony



This fundraising Ceremony is part of a long-standing support project organised by the Glasgow Lodge of the Theosophical Society. Since 2015, when an earthquake devastated many villages and cities in Nepal, the Lodge has provided funds which have supported the rebuilding of the Shree Saraswoti School in the Sudurpaschim Province and paid the school fees for orphaned and impoverished children.

The Ceremony will be facilitated by Fotoula as a gift from the ISIS School of Holistic Health. The Ceremony is in person and open to all – bookings are essential. Entry is by donation and all proceeds go directly to the Society's Nepalese Children Support Project.

The **donations** are collected by the Glasgow Theosophical Society and sent to Nepal once a year. **To donate** via PayPal you can use this link – [https://www.paypal.com/donate/?hosted\\_button\\_id=XGWR2BPH344JC](https://www.paypal.com/donate/?hosted_button_id=XGWR2BPH344JC) or email us and we can send you the Society's bank account details.



## **In Person March Equinox Shamanic Ceremony - Monday, 20th March, 19.00-21.00**

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

***(Places limited: booking essential)***

We will celebrate and connect with the Cycles of the Seasons and the life-force energy of growth and expansion. We come together to remember that we

too are nature and that through our bodies we are attuned to the Earth.

We engage the drum, the heart beat of the Earth, and the rattle, the heart beat of the sky, to empower us and our intentions for this springtime.

On this day of balance, between equal day and night, we will work with the four sacred elements to bring ourselves into a state of balance, honouring both the physical and the spiritual self.

**To book your place** please email us on [info@isis-school.com](mailto:info@isis-school.com)

**Things to bring** (optional): Drum or rattle, a crystal that will be charged with the power of the ceremony and then placed in the Earth at a place near where you live.



# Online Circles & Energy Transmissions – March

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

Fotoula has been facilitating a weekly shamanic circle since 2009. Circle dates for March – **6th & 20th** – the Circle on 20th is in person as a Fundraising Ceremony see previous page

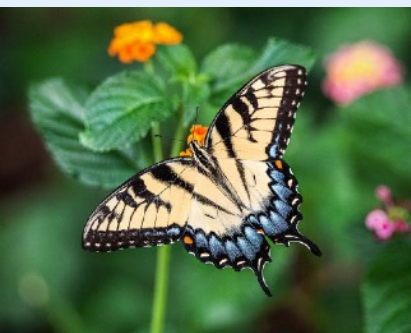
The Investment for the Circle is £15.00

Payment can be made either by bank transfer or via PayPal using – [info@isis-school.com](mailto: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 March: 2nd, 9th, 16th, 23rd & 30th**

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

## ISIS Energy Transmissions of the Living Light – March

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: **1st, 8th, 15th, 22nd & 29th March**

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 March

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 28th March**. 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](mailto:info@isis-school.com))*

