

The ISIS School of Holistic Health Newsletter



Issue 65: November 2021

**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 offer you the wisdom of the Living Light, that flows into your World, transforms your reality, and helps you access higher states of consciousness. I offer you the link to your wise, enlightened Self.

This is the time for you to activate this link and stay in your centredness, while the World around you attempts to engulf you in states of chaos. There are some things you have no control over. What is happening at the global level is largely out of the individual's control. Yet, you can learn to attain power over your thoughts, actions, and responses, and over your way of life by accessing the higher state of consciousness that exists beyond the conditioned mind.

In your World the states of separation are becoming more pronounced as a result of the high vibrational Light that is flowing to the Earth. This may appear a contradiction, but it is not. The Light is exposing the shadow, the wounded reality, the collective that acts out of fear, that wishes to control, suppress, and hide. This creates a reaction against the collective shadow, a reality that wishes to expose, accuse, blame, and fight the shadow.

Both these movements, that are found in the collective consciousness, come from the conditioned mind. They are generated by third dimensional thinking. These two ways create separation in the collective consciousness – a division between those who think one way and hide in the shadow, and those who wish to condemn and fight the shadow.



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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This separation is not new. It exists in your World of duality because it exists in each of you. Each person has a shadow, and at the same time blames and judges their shadow. For example, imagine that you wish to do something that is important to you, such as write a book, exercise, or lose weight. Your shadow will try to dissuade you. Instead of writing, you watch endless episodes of TV programmes. You are too busy to go to the exercise class. You eat the food that puts weight on.

At some point you may find that you are criticising yourself. You blame yourself for wasting time, or overeating. This is the shadow and its counterpart operating. These two aspects are evident in the World. One part of the collective behaving in a certain way and the other part blaming them.

As you know from your personal experience you cannot win over the shadow. Even if you control the shadow for a while, it will re-emerge, and pull you back. It is the same in the collective. Revolutions and changes in government take place, and old regimes are replaced. Still the shadow finds a way to slip through the cracks and, after a while, brings states of chaos. Your only way out is to recognise, accept, and heal the shadow within yourself and the collective. I offer you two practices to do this.



Healing the Shadow Self

Healing the shadow is a life-long journey. You were not born with the shadow, but it has been developing all your life. It has been formed through the difficult times, the childhood traumas and the times you felt vulnerable.

The shadow tries to protect you from further hurt. It functions in the third dimensional reality of 'friends and enemies.'

The first step in overcoming the shadow is to accept it. Rather than thinking you should be perfect and able to do all the things the shadow stops you from achieving, accept this vulnerable part of you with limitless compassion. Understand that this part is frightened and is trying its best to protect you, even though you do not like what it is doing.



Practice: Healing the Shadow in the Spiritual Way with High Vibration Light

- In this meditation I invite you to first welcome any Beings of Light who work with you for the highest good, including your own infinite spirit. Ask them to create a sacred space around you and your room for this practice.
- Connect to your body, that knows everything about you. Ask your body to show you where the pain of the shadow is within you. You may begin to feel pain, or pressure, or a slight discomfort in a part of your body.
- Take your awareness to that part of your body. Ask that it shows you what it is carrying. What happened to you? It may be something you remember, or something that your body communicates to you in the form of a metaphor. Thank your body and affirm that you are doing this practice with no judgement because you wish to truly heal. This is important. The shadow hides if it thinks it is being judged.
- Now intend to connect to the highest vibration of the Living Light that you are able to channel right now. And ask that this Light flows to all of your body, and especially that part that is holding the shadow. Invite the shadow self to stand in front of you and appear to you in some way. The shadow may be a different age to the age you are now. It is not unusual for the shadow to present as a child.
- Connect to the shadow part and invite it to step with you into the Living Light. Imagine holding the shadow's hand. Reassure it of your love and ask it to let go of the pattern. Keep channelling the Light until you see, feel or know, that there is a transformation in the shadow.
- Invite this transformed part to come into your heart where it belongs, and to shine its radiant light, the light that has been hidden. Stay in this space until you feel that this light has filled every cell of your body.
- Your practice is now complete. Thank your body for being your ally in this very important work of transforming and healing the shadow. Ask if there is any further guidance about how you can continue to love and appreciate yourself, and integrate and heal all the wounded parts, including the part that just re-integrated within you.
- If you wish you can stay in the space receiving the Living Light energy for a while, or come back. When you finish, thank your helping spirits and ISET, and ask that you and your room are closed, sealed and protected before they leave.

In the next few days keep a diary of what happens in your life and any coincidences that occur. Perhaps this will shed more light on the work you have done.



At this time of transition into higher states of awareness, it is the development of qualities such as compassion, self-love and gentleness that can carry us to the next stage of our soul's evolution

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Image by Erika Varga

Working to Disengage from the Collective Shadow

The collective shadow of humanity is created through everyone's contribution, including the people who lived in the past, our ancestors. As with the individual shadow, the more you blame and fight the collective shadow, the more it grows, attaches to you, and affects you. It is insidious, cunning, and very clever at defending itself. The collective shadow exists in the fear states. It lives, generates, and thrives on fear. If you try to fight it, even spiritually, you are interfering in Divine Order, and you are creating karma for yourself and your family lineage. Remember the old axiom that there can be no winners in a war. This is true for any war, including those taking place at an energetic level.

The only way to overcome the collective shadow is to heal yourself. You are part of the collective and you have the potential to affect the world positively. Instead of fighting, become the observer, the one who stays in their power, in their centre. In order to achieve this, we suggest you detach from the collective shadow so that you are free to create your own high vibrational reality.

Practice: Unhooking from the Collective Shadow

- Invite the Enlightened Masters, compassionate Karmic Lords and the Divine Mother as ISET, Teacher of the Path of the Living Light, and your infinite spirit to guide and support you during this practice. State your intention to set yourself free from the collective shadow.
- As in the practice above, intend to connect to the highest vibration of the Living Light that you are able to channel right now.
- As you channel the light take your awareness to your solar plexus. Your solar plexus chakra is located at the higher abdominal area, above your navel. This chakra is the centre of your personal power. There are several cords in that area that connect you to different people and situations. There is a certain cord that connects you to the collective shadow. Now ask to feel this cord.
- As you connect to this cord, ask to feel the energy that is flowing through this cord to you. Ask, "Is this energy good for me." Ask, "Do I wish to continue receiving it?"
- Then bring your awareness to the energy that flows from you to the collective shadow through this cord. Is this energy always for the Highest Good?
- Now speak to the collective shadow as if you are speaking to a person. Say that you wish to cut this energy connection, this cord, and that you are doing this without blame or judgement. You may even be able to understand and have compassion for the way the shadow is acting. At the same time, it is important for

you to set yourself free from this exchange of energy, especially if this energy is unhealthy for you.

- In this practice you are now going to cut this cord. Imagine you have a pair of golden scissors. Take the scissors and cut the cord between you and the collective shadow. Once you cut the cord, you can offer the scissors to the collective shadow to give it the chance to also cut the cord that existed between the two of you. It may or may not wish to do this. Like you, the shadow has free will and it is good to respect its choice.
- Whether the collective shadow cuts the cord or not, you are free. And the shadow leaves.
- Now ask the Living Light, ISET, and all the enlightened spirits you invited in the beginning of the practice to heal your solar plexus and your body. Ask them also to seal and protect you and keep the collective shadow away from you by creating a strong protective aura around you. Receive the healing energy for a while, until you feel the healing is complete.
- At the end of the practice thank all the helping spirits and ISET, and ask that you and your room are closed, sealed and protected before they leave.



In the next few days be aware of what happens with the collective shadow. Sometimes, the collective shadow may try to bring you out of your centre, and back into its control. It may take some time, but recognise that you have a choice and you can keep re-affirming it. Keep a diary of any synchronicities and events that may shed more light into your relationship with the collective shadow and explain further how it had hooked you in the past.

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. For more information see our [webpage](#)

Together we bring in the Light to support the highest good of All Beings

Another Channelling from ISET

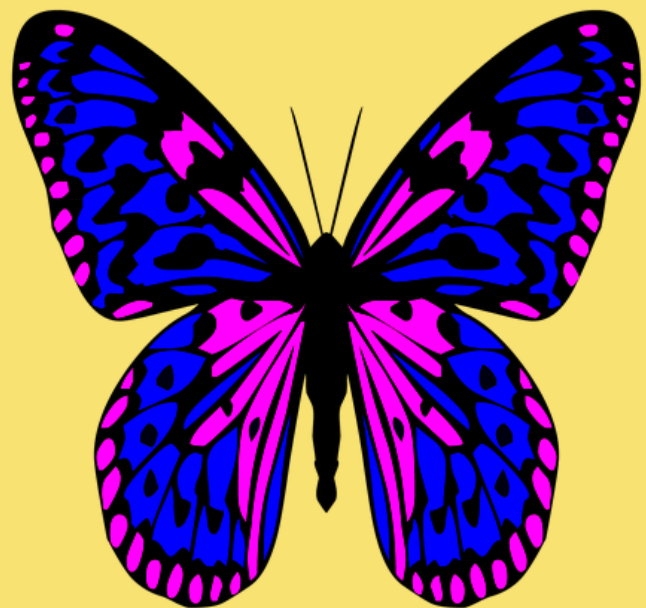
After the Rays of Divine Consciousness Transmission on Sunday, 24th October, ISET and other enlightened spirits confirmed that we are living through a very important energy shift, a dimensional change. At this time the chaos that already exists in our world is becoming more apparent so that it can heal. It is like an illness that was hiding inside the body of humanity and making it sick. Now, due to the high vibrational energies, the illness is surfacing. Consequently, we can now see it, suppurating and smelling of disease. What was hidden is being exposed and we can no longer ignore it.

The Masters of Light advise us to continue our spiritual work, to keep channelling the light, and engage in spiritual practice. Even if we feel that the world outside, is turning upside down or being pulled apart, this does not have to apply to us. We can, through our higher connection, create our own reality, remain in our centre, and continue walking our spiritual path.

At the same time, ISET said that many souls are choosing to exit the human realm during these unsettling times of vibrational shift. Many people may choose to pass to the other side and continue their work in the spirit world, or choose to reincarnate at a different time. She asks us to honour their lifetime and treasure the moments we had with them, wishing them the most beautiful continuation of their journey.

For those spiritual practitioners who stay on Earth, these times offer an incredible opportunity for soul evolution and spiritual expansion. At this time, all our lifetimes that need to be healed, converge into this one life. This lifetime may be the one where we rediscover our Divine essence and overcome the patterns, issues, and traumas that we have carried from lifetime to lifetime.

This is why our spiritual work in this life is so important.



ISSET Practitioners' Community

(The information on this page is for ISET (ISIS) Practitioners – anyone who has taken part in a Path of ISIS/The Teachings of the Living Light Course)

Online ISET Practitioners Circle: Tuesday 2nd November

This is a beautiful way for the community of ISET practitioners to come together and share teachings and practices. Each Session is guided by ISET through her channel Fotoula.

Date: 19.00-20.30, Tuesday 2nd November

Cost: £10.00 per person, £11.00 (overseas if paying with PayPal using – info@isis-school.com)



ISSET Practitioners – 21-day Online ISET Practitioner's Circle

For the first time ISET has asked us to hold a 21-day Online ISET Practitioner's Circle. The Circle is open to all ISET Initiates. For 21-days ISET, through Fotoula, will guide us in practices to strengthen our connection with the Living Light, the Light that we are. Each Circle will be recorded and even if you cannot attend every session we will forward the recording to you so that you can receive the teachings and Light.

This is a unique opportunity to practice together as a Community for 21 days, and to experience the benefits of a regular practice. It is a gift that ISET is offering her practitioners.

Time: 19.00-20.30 (uk) each evening, Wed 1st Dec – Tues, 21st December

Venue: Online **Cost:** £210.00. Deposit: £105.00

We have a donation fund and can offer half-price places to anyone who may be struggling financially and wishes to take part. To let us know if you wish to receive a donation or book your place – email The School: info@isis-school.com Payments can be made through bank transfer (please email info@isis-school.com for bank details).

The Path of ISIS / Path of the Living Light Courses **Dates 2022**

The Course dates for the Path of ISIS teachings for 2022 are now on our **website**. We have dates for the **four Gate 1** courses – Spiritual Path of ISET, Part 1 & 2, Healing Path of ISET, Part 1 & 2. As well as:-

Gate 2 (for those who have attended Healing Path of ISET, Part 2;

Gate 3 (for those who attended AUSIR 1); **AUSIR 3** (for those who attended Gate 4); and **AUSIR 4** (for Initiates who attended Gate 5).



Light Activations – An Invitation from the Star Beings

A series of three Online Light Activations:
Tues 16 Nov, Tues 28 Dec, Tues 11 Jan 2022
– each activation building on the previous one

An Invitation

In this time of deep transformation, the Star Beings of the Light wish to empower us to walk the path of the spiritual warrior, and overcome the chaos of the conditioning, and the states of fear and separation that exist in the human community. We are strengthened to become pillars of light for the New Earth that is built through the connection with our limitless wisdom and sacred heart.

A long time ago we answered a call to come to the Earth reality and the Earth School of the soul. For thousands of years we lived in peace and harmony with each other and with the natural world. Since then the heavy karma of separation and the inner and outer division has been repeating itself and affecting the way we live and act.

Our spiritual awakening out of these cycles of turmoil, has the capacity to lift us into higher states of consciousness where we can manifest our essential nature of Light.

The Star Beings of the Light invite us to work with them in a series of three Light Activations – each activation will build on the one before. These Activations will be delivered online via Zoom in three separate sessions. If you miss a session you can access it via the recording, however the Star Beings recommend that you are present for each activation.

Date: 19.00-20.30 (UK time), Tues 16 Nov, Tues 28 Dec, Tues 11 Jan 2022

Venue: Online through zoom

Cost: £60.00 for series of three webinars paid at time of booking

You can book your place for the three Light Activation Webinars by emailing The School on info@isis-school.com. Payments can be made through bank transfer (email info@isis-school.com for bank details), or PayPal using the same email address. For more information on the Light Activations see our [website](#)



Donation Fund – free and half-price places

If you would like to take part in this series of three Light Activation Webinars and you are struggling financially, we have some free and half-price places to offer. Please email us – info@isis-school.com – if you wish to request one of these places. Thank you.

NEW Living Light 2 - Seven Module Live Online Course

Ancient Egyptian Spirituality - Resurrection and Rebirth

Starting 19:00-20:30 (UK time), Friday 21 Jan 2022

In this new 7 Module Live Online Course Fotoula has been guided to share more of the key aspects of the ancient Egyptian pathway of spiritual development and soul evolution. As with the earlier course (Living Light 1: Multi-dimensional Self Activation) Fotoula will be guided by her main spirit guide, ISIS (ISET in ancient Egypt), as well as other enlightened teachers from the NETERU (cosmic Beings of Light).

The course is open to beginners in spiritual work as well as experienced practitioners. Anyone who is drawn to the teachings of the Path of the Living Light and ancient Egyptian spirituality, whether they have just stepped onto the pathway or have been walking it for many years, is invited to participate. And there are no prerequisites. This is a stand-alone course. There is no need to have attended the first Living Light 1 Online Course to take part in this new course. The only recommendation is the Introduction to Ancient Egyptian Spirituality Webinar (*This is optional and not a prerequisite*).



The Course will be taught Online via Zoom in 7 Modules, from 19.00-20.30 (UK)

Module 1: Friday, 21st January 2022 - The Living Temple of ISET

Module 2: 4th February 2022 - As above, so below. As below, so above. Astral connection and sacred geometry. IM-HOT-TEP - He who comes in peace

Module 3: Friday, 11th February 2022 - The Law of Divine Order

Module 4: Friday, 18th February 2022 - In the halls of MA'AT. The weighing of the Heart Ceremony

Module 5: Friday, 25th February 2022 - Death, resurrection, and reincarnation

Module 6: Friday, 4th March 2022 - Releasing the dead and healing the living

Module 7: Friday, 11th March 2022 - Rebirth and Initiation

Participants will be sent a recording of the Module after each Live Zoom session. Please note: the Course and the Recording are for personal use only, and the content cannot be shared with others. It is to inform your practice and spiritual work.

The Cost of the Course

Cost: £195.00 (£95.00 deposit to secure your place).

To Book: email The ISIS School on info@isis-school.com Payments can be made through bank transfer (email info@isis-school.com for bank details) or through PayPal. The cost if paying with PayPal is £205.00, deposit £100. (Use info@isis-school.com for PayPal)

There is a discount in the Course cost for any Initiate of the Living Light who has completed the Spiritual Path of ISET, Part 1 with The ISIS School of Holistic Health, and who wishes to participate. Course cost for Initiates - £77.00 (deposit £30.00).

Past Life Regression Therapy Course

Tues 9th - Sun 14th Nov

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 9th - Sun 14th Nov **Venue:** Glasgow

Cost: £695.00. Deposit: £295.00, to book your place



Master Practitioner, Past Life Regression Therapy

Course 2022, dates TBC

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.

More details will follow.

2 Year In Person Shamanic Practitioner Training

facilitated by Fotoula Adrimi, Shamanic Teacher

- starting Jan 2022 until 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.

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 Jan 2022 and completes in Dec 2023. 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 – November

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 four times in **Nov: 8th, 15th, 22nd & 29th**

The fee for each circle is £12.00. Payment can be made either by bank transfer or via PayPal using the email address – info@isis-school.com. (Email 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.

November dates: 4th, 18th and 25th

The cost of the circle is £7.50, and you can pay by bank transfer, or PayPal using email address – 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 – November

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 November dates for the ISIS Energy Transmissions are – **3rd, 17th & 24th**

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 – Sun, 28th Nov

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 **Sunday, 28th Nov, 16:00-17:00** (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)

