

The ISIS School of Holistic Health Newsletter

Issue 58: April 2021



**ISIS,
the Mother
of All Beings, offers
these words of wisdom**



This is ISET (ISIS) speaking (channelled by Fotoula Adrimi)

We, the Enlightened Ones, observe your prayers on your path of soul evolution. Many of you are reclaiming your spiritual path, a path that brings you into deeper contact with your heart essence. The path of the heart is the only way to grow spiritually. It cannot be analysed, reasoned, or broken down into segments. It has to be experienced.

The opening of the heart is the way towards realisation of the central sun of creation that lies within you.

Yet, some prefer the way of the mind. This has limited value. It is within the sacred heart that your radiance exists. You are touched by this radiance through experiencing expansive states of consciousness. This is the path to ascension into the higher states of being, the awakened states.

One way to achieve this expansion is to meditate while invoking high vibrational energies of light. I bring you this light of which I am the keeper. I offer you this light unconditionally as the Divine Mother. This light of ascension can only be used for the highest good.

I invite you to focus on your spiritual path, and place both feet on your path. There are opportunities that these changing times offer you, such as waking up from the sleep of the conditioning, and accessing a way to freedom. The conditioning, the programming, is like a chain that keeps you stuck and your light hidden.

I invite you to work to unveil your light, and break free of the conditioned chains through spiritual practice, and the opening of the heart that it activates. To support you, I bring Teachings of Light.



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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There are many distractions in your world that pull you away from your inner centre of power. When you are grasped by these distractions, you are no longer in your sovereignty. Instead, you are at the mercy of the programming and other forces that exist in your world. The changing times is one of the reasons why your soul chose to incarnate now on Earth. Life called you, and you answered the call.

These times of transition will also come to an end. Everything changes. And where there has been one reality, another emerges. During these periods of change your contribution to the collective consciousness is vital, and it is this collective consciousness that can manifest the next stage of the world's evolution. The seeds of the next stage are planted now. At the same time, the seeds of your own evolution and your own changing reality are planted now.

We ask you to stay in the moment, be aware, open your heart centre and bring your awareness into your heart. Your own radiance exists there. You have to find it, experience it, and live it.

The Path of the Living Light - Introductory Course - Spiritual Path of ISET, Part 1 - Online

*For the first time ISET (ISIS) has directed us
to teach this course online*

The **Spiritual Path of ISET, Part 1** is the introductory course for the Path of the Living Light teachings. Through eons of time, these teachings have been a spiritual path to Awakening and Ascension.

This course is a wonderful opportunity to connect with this ancient lineage, receive practices and teachings that will empower your spiritual and personal development. **Next course: 9-11th April 2021.**

For more information on the course and the Teachings of the Living Light, see the [website](#) or email the School - info@isis-school.com

Online ISET Practitioners Circle: 20th April

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

Date: 19.00-20.30, (UK time) Tuesday 20th April

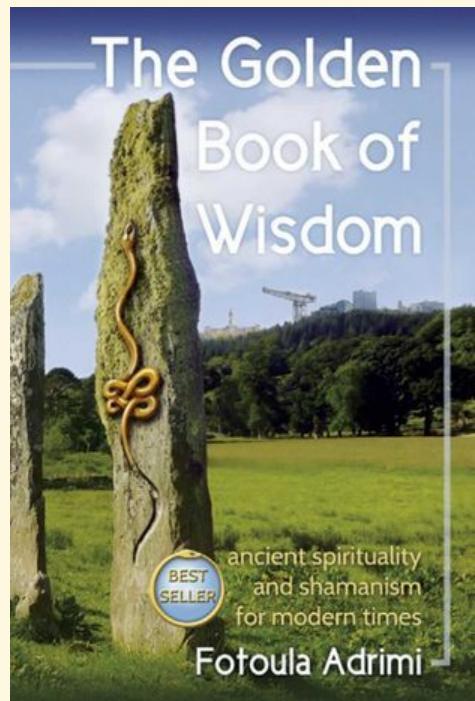
Cost: £10.00 per person (UK), £11.00 (overseas) Pay via bank transfer, or through PayPal using - info@isis-school.com



The Golden Book of Wisdom

The Online Webinar Course continues with Part 4

Online Seminars - Tuesdays, 19.00-21.00 (UK time)



Part 4: The Rainbow Spirit, starting Tues 18th May

In Part 4 Fotoula shares the spiritual teachings of the last six chapters of her best selling book, *The Golden Book of Wisdom: ancient spirituality and shamanism for modern times*. During the sessions Fotoula will also guide us through the key ceremonies and exercises within the chapters. Each of the six modules is a live, interactive webinar through zoom. There are no prerequisites to join this course - participants do not need to have attended Part 1, 2 or 3.

Module 20: Tuesday, 18th May

The Power of the Sun

I immerse myself in the sun's life force energy to discover the radiance of my spirit

Module 21: Tuesday, 25th May

The Guiding Light of the Moon and the Great Cosmic Mother

The moonlight shines into my unconsciousness, revealing a pool of hidden wisdom and feminine power

Module 22: Tuesday, 1st June

Star Alignments

On sacred sites, I meet the legacy of the ancient ones and walk through star gates of power

There is no meeting on Tuesday, 8th June

Module 23: Tuesday, 15th June

The Grace of the Holy Spirit

The Holy Spirit, the essence of God, brings light, truth, and life to the world

Module 24: Tuesday, 22nd June

Our Golden Core: Awaken, Enlighten, and Ascend

I awake through the heart, and find the path to enlightenment and ascension

Module 25: Tuesday, 29th June

The Dawn of the Age of Horus and Q&A session

Cost: Each Module is £20 and can be purchased separately or paid together (£120.00). This price is reduced to £100 if paid as a single payment by the 30th April. Payment can be made by bank transfer (please email info@isis-school.com for our bank details), or by PayPal. (PayPal cost for the full course is £125, or £105 if paid before 30th Apr).

Online Platform - Zoom

Fotoula will teach the course through zoom. All sessions will be recorded. The audio recordings will be sent to you so that you can revisit the sessions as often as you wish. These recordings are for personal use only and remain the intellectual property of The ISIS School of Holistic Health and cannot be shared with others.

Singing the Goddess Back: Awakening the Divine Feminine within Ourselves and in the World

Fotoula's Vision

As I was drumming a journey for participants in the Shamanic Practitioner's Course I received a vision. Across the street from my home is a hill with numerous buildings and a small copse of trees. In the vision I saw the hill as it was in ancient times - a beautiful place in nature. The only sign of human activity was a small stone altar on the hilltop.

In the journey I saw the Bride (the Goddess Brigit) rising next to the altar. She was telling me that this place was dedicated to her, and it was where her sacred fire was lit at key times of the year.

In the vision I saw Brigit in her full power and light; in her sovereignty. She was standing, holding a staff of power with a sphere of light at the top. She wore the cow horns as a symbol of the Goddess who nurtures the people.

In our current world the Divine feminine is not in her sovereignty. The conditioned thinking can view the feminine as lesser than the masculine. This has had huge repercussions in our societies, and both women and men have suffered from this

denouncement and denial of the feminine within themselves and in the world.

The Bride said that to heal, men and women must accept, honour and integrate their feminine power, and restore the harmony between these two powers - masculine and feminine. Unless the feminine rises and takes her place once more, the masculine will always be in trauma, pain and unhappiness.



©Photograph by Gill Hastie

or the Goddess, or to Mother Earth. As we sing we connect with the vision of the Divine feminine being fully empowered within us and on the Earth. You can do this by yourself. We have also created a [Facebook Group](#) for those who wish to participate in this project and interact as a community - <https://www.facebook.com/groups/244788633987060>



©Brigit - artwork by Gill Hastie.

(If you would like a copy of this picture please email - info@isis-school.com and we will forward your details to Gill.

The Invitation

The feminine sovereignty lies within everyone. Brigit said that she is in her power, and she wishes to help us embody the Divine feminine power within us and in the world.

She invites us to sing a song once a day to her, the Bride,

'May we all walk in beauty'

New Online Shamanic Course: The Path of the Eagle 2 - Shamanic Purification

7.00-8.30pm (UK time) 6th Apr, 16th Apr, 23rd Apr, 27th April & 11th May

In this **five module online workshop**

Fotoula will share practices, teachings and ceremonies that will help participants to step on a healing journey of purification. As we go through these planetary etheric energy shifts, we will support our physical and etheric body to cleanse the old heavy energies from this and other lives and from our ancestors.



Workshop Content

Five Modules, each from:
7.00pm-8.30pm (UK time)

Module 1 - Tuesday, 6th April

Into the Cauldron of Rebirth - *Invoking the Power of Mother Earth*

Module 2 - Friday, 16th April

The Green Earth - *Purification in the Middle World*

Module 3 - Friday, 23rd April

Back to the Underworld - *The Pathway of the Dead*

Module 4 - Tuesday, 27th April

The Star Connection - *The Temple of Light*

Module 5 - Tuesday, 11th May

The Cave of the Ancient Teacher - *Chiron's Gift of the Animal/Human State*

Who Can Take Part

Path of the Eagle 2 is a stand-alone course. You do not need to have taken part in Path of the Eagle 1 Online Course to do Path of the Eagle 2. The only prerequisite is experience in shamanic journeying.

Online Platform

Fotoula will teach the course through zoom. All sessions will be recorded (no participants will be seen and no recordings will take place during question and sharing time. Only Fotoula will appear in the recordings). The audio recordings will be sent to you so that you can revisit the sessions as often as you wish. These recordings are for personal use only.

Cost

The total cost for the course is £175.00. Any participant who has completed the shamanic practitioner training course with The ISIS School of Holistic Health is eligible for a 50% discount - £87.50.

For bookings email info@isis-school.com, for methods of payment click [here](#)

For more information email - info@isis-school.com

Online Shamanic Workshop with Nepalese Shaman, Bhola Banstola

25 - 27 June 2021

Workshop Theme: Maha-Kala – Psychopomping

Prerequisites: A working knowledge of shamanic journeying is required

Bhola Banstola is a Nepalese Shaman. At a young age, Bhola was chosen by the spirits of his ancestors to carry their message and healing traditions. Bhola received his training from his grandfather who is a skilful and well-known local shaman. He has also studied shamanism with different teachers in Nepal, Northeast India, Bhutan and parts of Sikkim and Darjeeling.

Bhola was educated in Nepal and India and holds a Master's Degree in Cultural Anthropology from Delhi University. He is a graduate in Naturopathy from the Indian Board of Alternative Medicines in Calcutta and has conducted extensive research on shamanism within different ethnic groups and traditions in his native country as well as in India and elsewhere.



Workshop Times (UK)

Friday, Saturday and Sunday, 25-27 June

09:30-12:30 (shamanic work)

14:30-17:30 (shamanic work)

19:00-20:00 (lecture on shamanic theory Friday and Saturday only - participation optional)

Cost and bookings

Fee for the workshop is £330.00. Your place can be reserved by a deposit of £250, which is non refundable and non transferable. To book your place, or for any further questions, please contact Fotoula: info@isis-school.com

Sandra Ingerman's Testimonial

"Bhola is an extraordinary shaman who is continuing a beautiful tradition that he was initiated into by his grandfather. Bhola is a true example of a shaman who can walk into a room and uplift and transform everyone with the light and love of his presence. His teaching style is filled with love, clarity, truth, wisdom, and humour.

Everyone I know who has studied with Bhola has loved his workshops. And it is a true gift to receive a healing from Bhola. Do not miss any opportunity you have to work with Bhola!"

Sandra Ingerman is a shamanic practitioner and teacher. She is the author of many books including, "Soul Retrieval" and "Medicine for the Earth."



Online Circles and Energy Transmissions - April

Fotoula's Online Shamanic Circle - Monday Evenings: 19.00-20.30 (UK time)

Fotoula has been facilitating a weekly shamanic circle since 2009. The Circle meets twice in **April: 12th & 26th.**

The fee for each circle is £12.00 and you can pay either by bank transfer or via PayPal using the email address - info@isis-school.com. (*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 that lie within us, and overcome the obstacles that prevent us from experiencing our Divine Light.

April dates: 1st, 15th, 22nd and 29th

The cost of the circle is £7.50 - payment is by bank transfer or via PayPal using the email address - info@isis-school.com. (The PayPal fee is £8.00 for overseas participants. For 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 healing qualities of the Living Light.

The April dates for the ISIS Energy Transmissions are - **7th, 14th, 21st and 28th.**

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 - 4th April

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, 4th April from 16:00-17:00** (UK time). Please check your time zone when connecting from overseas. There is no need to let us know you are connecting with the Rays Transmission.

(*If you find the energy transmissions beneficial and you wish to make a donation, this would be gratefully received. You can donate through PayPal using the email address donations@isis-school.com*)

