

# The ISIS School of Holistic Health Newsletter



Issue 72: June 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*)

**I** come to you now through my channel, Fotoula Adrimi, but I have never left you. The Enlightened Beings have not left Mother Earth and the lightworkers to their fate. We are ever-present, and we surround you with wings of light so that you can do your deep and rich work during these changing times.

Many see the manifestations of chaos on the planet—the wars, famine and suffering, and focus on them. It is easy to be caught by the heavy karma that keeps manifesting and become angry, disappointed, and even depressed, believing that the light you bring in, is not working.

Many have set ideas about what their spiritual practice should deliver and when their everyday reality does not change, they follow the conditioned mind that wishes to give up. This is not something new. The mind's expectations and the conditioning of your world have always worked in tandem to discourage people from practising the spirituality of the Light.

These times ask you to release expectations, travel deep within yourself, and follow your path, follow the sacred ways. The Earth reality is not going to change for you when the fog of the conditioning covers your awareness. We say to all lightworkers, channels of the universal light energy, and spiritual practitioners, it is now time to do your personal work of inner transformation. Remember as you transform yourself into the light being that you are, you change your reality and you support the waves of change that are taking place in the world community.



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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## A Story about a Little Soul

Once upon a time there was a Little Soul who lived in the brightest of places in the cosmos. Little Soul's light was so radiant that it was like the light of the sun and stars combined. As Little Soul looked down at the Earth, it knew that this small blue planet was a place of wonder.

Little Soul decided to come to the Earth realm and experience something that was unknown to it—to discover who the soul is within. In the realm that Little Soul inhabited there was so much light everywhere, that there was no night sky. How can a star know itself in the light of the day? It is only at night that it becomes visible. So Little Soul decided to see itself in the absence of light.

This happened eons ago in the Earth's history. All these souls came to this place of darkness so that they could know their own light.

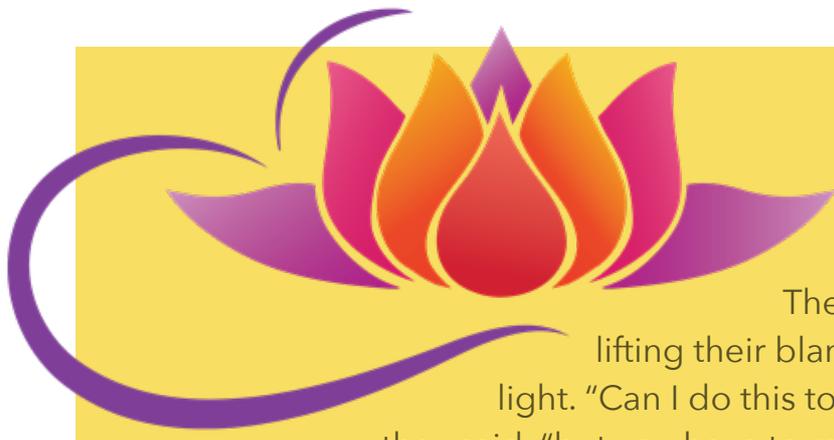
It was natural for Little Soul to be in the state of radiance when it inhabited the brightest of places in the cosmos. But in the realm of the night, Little Soul forgot

how to shine, and gradually the darkness seeped in and clouded Little Soul's vision and connection to its own light. Like a heavy blanket, the darkness kept Little Soul hidden from itself.

For many lifetimes Little Soul remained under the blanket, in the dark. The blanket became familiar and in some ways offered comfort. And Little Soul was reluctant to let it go because Little Soul did not know how to live without the blanket and was afraid of the cold winds that blew through this place.

And the winds kept coming. Sometimes when the wind came it would lift the blanket and Little Soul would glimpse the light that was hidden underneath. Occasionally too, Little Soul let go of the blanket for a few seconds, only to snatch the blanket back again. Other times, Little Soul lifted the blanket and





nothing happened—Little Soul had been in the dark so long that it was difficult to perceive the light.

Then Little Soul noticed other souls lifting their blanket, bit by bit, and discovering their light. “Can I do this too?” Little Soul asked. “Of course,” they said, “but you have to release your grip on the blanket.

Don’t look to the blanket to protect you from the cold winds. Instead you can let the blanket go and discover that you are the sun and the fire.”

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Your soul decided to incarnate in these changing times when there is an unprecedented opportunity to awaken and lift yourself out of the darkness of the world reality, and rediscover your own soul light. This is why we, the Enlightened Ones, invite you to make spiritual work your priority.

In the process you will find that as your external world continues to change, the blanket you thought was keeping you safe and comfortable is an illusion. Your spiritual work will create around and within you the strength, empowerment, and flow of energy, that will help you navigate these times of transition.

The gift of these times is the opportunity for increased awareness and soul evolution, this is why so many souls have come to Earth. And when you start to shine your light, the night sky will transform. It will not be dark anymore. It will be lit by hundreds, thousands, and millions of stars, all radiating beauty.

## **The ISIS School of Holistic Health**

In the ISIS School of Holistic Health, we share the teachings of the Spiritual Path of the Living Light that was last taught during the Golden Times of ancient Egypt. Since 2006 Fotoula has been receiving guidance from the Enlightened Being, known as the Great Mother Goddess ISIS or ISET. ISET has offered the ISIS School a magnificent, rich, and sophisticated body of spiritual teachings which aid inner transformation, soul evolution, and awakening.

If you wish to walk the Path of the Living Light we offer in-person and online courses, a Practitioner Circle, and pre-recorded [Living Light webinars](#) that focus on the ancient Egyptian Spirituality of the Living Light. On the following page are details of the next in person Introductory Course for the Path of ISIS / the Path of the Living Light—the **Spiritual Path of ISET, Part 1**.

## 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)

## Spiritual Empowerment Circle - 12th July

This is an Online Circle that is open to all spiritual practitioners. It will be facilitated by Fotoula Adrimi to help us:

- make sense of life, the human predicament, and what it means to lead a spiritual life, and
- to empower ourselves and break through the patterns of many generations that limit us

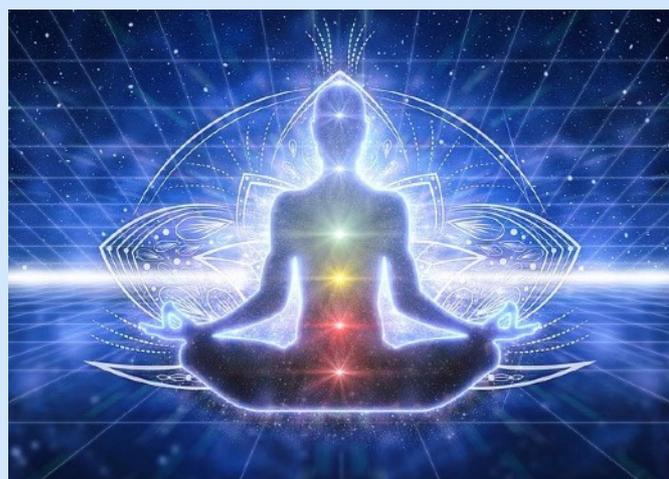
It is a Circle where we can share and discuss in a safe space. A Circle where we help each other and co-create a new reality for ourselves. A Circle of love, compassion, and connection, where we go deep within to unveil the hidden treasure, polish the gems, and allow them to shine.

The Circle meets online from 19.00-21.00 (uk time) every 6-8weeks. *(There is no obligation to attend every Circle).*

**Date:** 19.00-21.00 (uk), Tuesday 12th July

**Theme:** Creation and Surrender

**Cost:** £25.00 - payable through bank transfer or PayPal using email - [info@isis-school.com](mailto:info@isis-school.com)



To book email The School –  
[info@isis-school.com](mailto:info@isis-school.com)

Next Empowerment Circle:  
Tuesday 23 August –  
Theme: Emotional Mental  
& Spiritual Manifestation



# ISET Practitioners' Community

*(The information on this page is for ISET Practitioners who have taken initiation in a Path of ISIS / Path of the Living Light Course)*

## **Online ISET Practitioners Circle - Tuesday 28th June**

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, journey, visualisation, chanting or ceremony, as well as some guidance from ISET.

**Date:** 19.00-20.30, Tuesday 28th June

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



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

Course dates for all the Path of ISIS Courses for 2022 are on our [website](#).

**Path of ISIS, Gate 2** - 3 days, 10.00-17.00, 29-31 July 2022

This is the next course for Initiates who have attended the Healing Path of ISET, Part 2  
**(Please note:** *Initiations for Gate 2 will take place on Thurs 28th July*)

**Gate 1: Spiritual Path of ISET, Part 2** - 2 days, 10.00-17.00, 06-07 Aug (in person)

For practitioners who have attended Spiritual Path of ISET, Part 1

**(Please note:** *This course will be taught in the Library of the Glasgow Theosophical Society, 17 Queen's Crescent, Glasgow, G4 9BL*)

**Gate 1: Healing Path of ISET, Part 1** - 2 days, 12-13 Nov (in person, Glasgow)

For practitioners who have attended Spiritual Path of ISET, Part 2

**Gate 1: Healing Path of ISET, Part 2** - 3 days, 09-11 Dec

For practitioners who have attended Healing Path of ISET, Part 1



# Creating Community

**W**e have been holding spiritual workshops, courses, and circles either in person and, since 2020, online, for almost sixteen years. Over the years a wonderful community of spiritual practitioners has been forming and growing.

The spiritual path has been described as the 'road less travelled,' accordingly it can be a lonely path. Therefore interaction with like-minded souls can be a good form of support. We have been asked to consider ways in which people can interact outside the trainings, share their experiences, engage with other practitioners, and support each other to continue practising and developing.

In the past we have tried various platforms but for many people social media seems to be the best option, so we have created two FaceBook Groups. One for Shamanism called, 'The Shamanic Path.' And one for ISET practitioners called, 'The Path of the Living Light of ISET.'

We understand that not everyone is on Facebook, but at the moment there does not seem to be a better alternative. The groups are private in order to create a safe space.

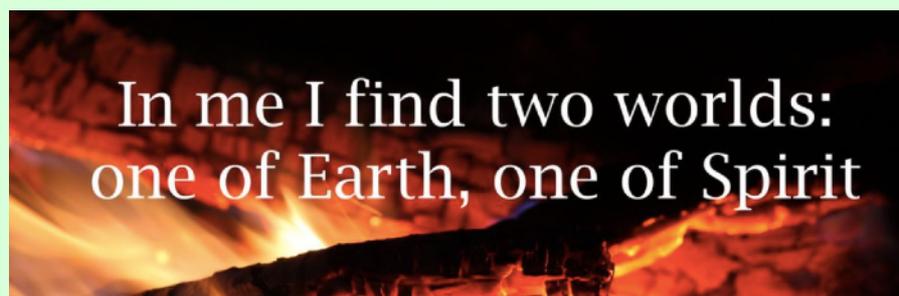
**For the Shamanic Path Group,** you can join if you have trained with us as a Shamanic Practitioner, have taken part in any of our Shamanic Courses either in person or online, or are a regular attendee of Fotoula's Monday evening Shamanic Circle.

The **Path of the Living Light of ISET Group** is open to everyone who has taken initiation through the Spiritual Path of ISET, Part 1 course.

If you wish to join either, or both of the groups please email us - [info@isis-school.com](mailto:info@isis-school.com) - and we will add your name to the appropriate group.

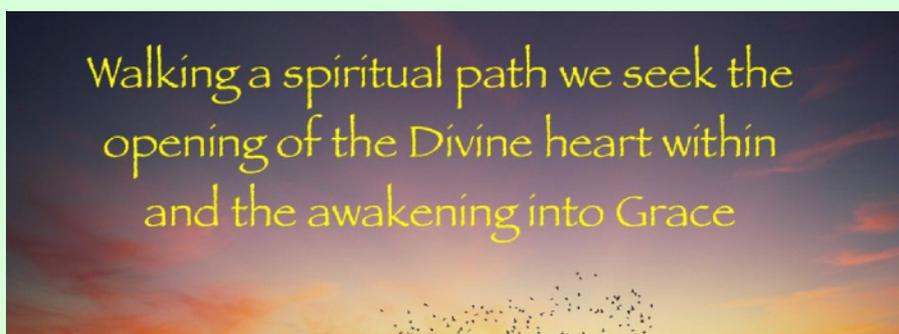
The groups are not places for advertisements. Although we love to see everyone doing sacred work, we wish to keep the commercial element out of the space. We will however let you know of all the work we are offering as a way of keeping you informed.

We thank you, with gratitude and love, Fotoula and Fi



Group by Fotoula Adrimi Author

**The Shamanic Path**



**The Path of the Living Light of ISET**

# In person - Introductory Shamanic Workshop facilitated by Fotoula Adrimi - 4-5th June, 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. If you are not able to attend due to issues with Covid (for example if you are required to isolate etc), you will have the opportunity to join the workshop online via zoom.

**Cost:** £210.00

**Deposit:** £105.00, to secure your place  
(non refundable and non transferable)

(Please email the School on [info@isis-school.com](mailto:info@isis-school.com) for our bank details)

**Dates:** 10.00-17.00, 4-5th June 2022

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

# Earth Shamanic Apprentice Course

## A Six Month Programme of Shamanic Teachings

Prerequisite: Experience  
in shamanic journeying

In this six-day course over  
six months, Fotoula Adrimi  
will guide us to step into our  
birthright as shamanic  
caretakers of Mother Earth

Join us for a beautiful six month programme of rich shamanic work and teachings. We will come together in circle and see ourselves as the caretakers of the Earth. We will learn how to work shamanically and in partnership with nature, for the wellbeing of the planet.

After the Course participants can use the techniques and teachings individually, as well as in community. These ancient wisdom teachings will be shared through experiential work, ceremony, drumming, and rattling.

In this course we will step into our birthright as a shamanic caretaker of Mother Earth. We will ally with the flow of universal energy and work for the highest good of all life. We will access our inherent gifts of light, and our cosmic spiritual heritage, and bring them to the Earth. The Earth will be our teacher - the trees, animals, birds and stones are our spiritual allies.

### Earth Shamanic Apprentice (ESA) Programme - Six Days over Six Months

#### **ESA 1: 10.30-17.30, Sunday 12th June 2022**

Healing the Earth through transmutation ceremonies

#### **ESA 2: 10.30-17.30, Saturday 16th July 2022**

Retrieval of essence. Nature as a healer

#### **ESA 3: 10.30-17.30, Saturday 27th August 2022**

Working with the little people and ancestral spirit deities

#### **ESA 4: 10.30-17.30, Saturday 15th October 2022**

Healing our vessel and accessing our inherent spiritual power

#### **ESA 5: 10.30-17.30, Saturday 5th November 2022**

Fire and Water ceremonies. Working with plants and the human tribe

#### **ESA 6: 10.30-17.30, Saturday 26th November 2022**

Wind and Earth ceremonies. Working with animal spirits and the stone people

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

**Cost:** £695.00, deposit £95 to secure your place. then £100 for each day, payable on the Monday before the course. To book email - [info@isis-school.com](mailto:info@isis-school.com)

**Book:** Email the School - [info@isis-school.com](mailto:info@isis-school.com) to book your place.



For more information  
see our [website](#)

# Shamanic Pilgrimage in Nepal with Nepalese Shaman - Bhola Banstola

**23rd September - 6th October 2022**

## Pilgrimage Overview

This unique Nepal-Himalayan Shamanic Pilgrimage is being offered to aspiring and experienced practitioners of Shamanism who are curious about the diverse and deeply-rooted shamanic-lineage practices which abound in Nepal. The Pilgrimage will be organised and co-ordinated by Bhola Banstola, a 27th generation Dhami-Jhankri Shaman with decades of experience in leading a wide range of Shamanic and cultural events within Nepal and in other countries.

If you are interested in finding out more about the Pilgrimage please email Fotoula, [info@isis-school.com](mailto:info@isis-school.com) and she can send you a PDF of the complete Pilgrimage itinerary.

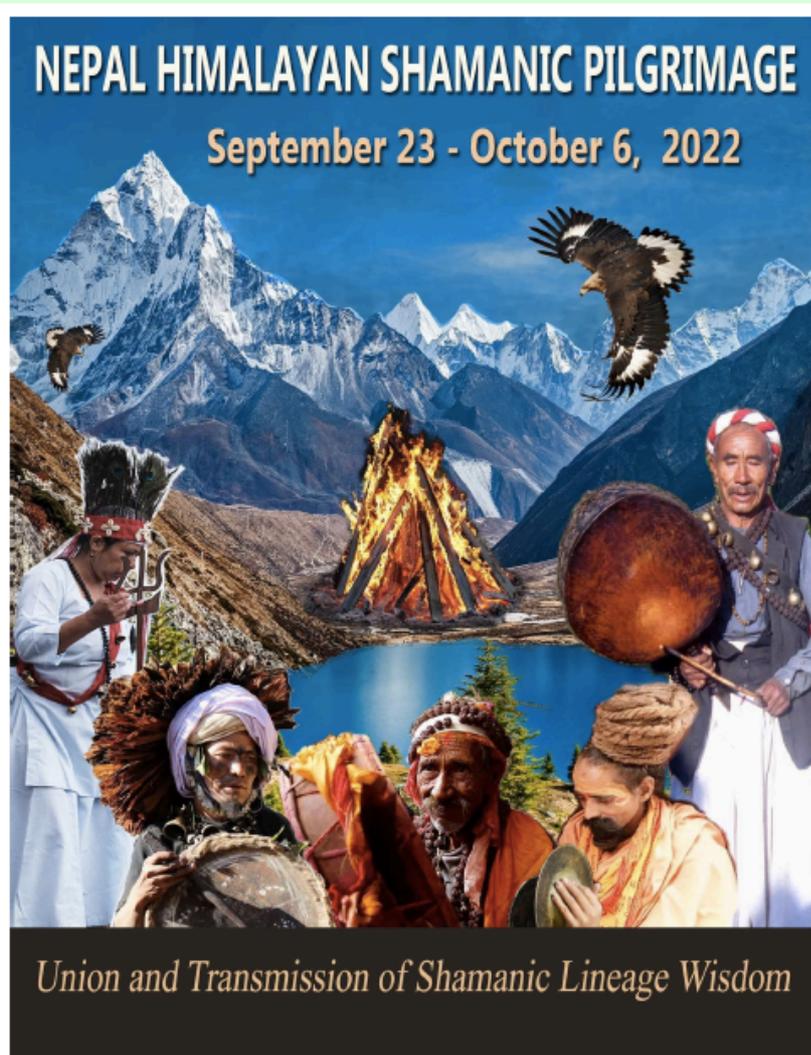
## Bhola Banstola, Shaman

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.



**Nepal-Himalayan Experiential Shamanic Pilgrimage  
September 23 - October 06 2022**

# Online Circles & Energy Transmissions - June

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



Fotoula has been facilitating a weekly shamanic circle since 2009. The Circle meets once in **June: 6th**

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.

### June Circles: 2nd, 9th and 16th

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 - June

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 ISIS Energy Transmissions are from 19.00-20.00 (UK) - **1st, 8th, 15th and 29th June**

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 - 17th June

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, 17th June, 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))*

