

# The ISIS School of Holistic Health Newsletter



Issue 74: August 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*)

**Y**our world is always changing, and now the changes are happening quicker. This is part of the evolutionary process that has accelerated and is enabling you to grow faster than in previous lifetimes. The Light flows to the Earth, and you too as light workers, are drawing the Light to the planet.

The reason the high vibrational energies are flowing so freely to your world is also because of you. Whenever you do spiritual practice with these energies, the more they flow to the Earth. The Enlightened Ones join with you for the highest good of the planet.

It is really important to stress to all light workers to work with a pure intention, to work for the highest good. Some people start well with the intention to serve, but then use the energy for personal gain. When this happens they are no longer a pure channel. Try to always surrender to what serves the All. Even some of the difficult, unskillful things that happen in yourself and in the world, are part of this evolutionary cycle.

You cannot resist the changes that are happening, just as you cannot resist the waves in the sea crashing onto the beach. The changes are part of the Light doing its work.



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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How can you prepare for these times of transition? It is important to go with the flow, rather than struggle or fight against the tide. When you go with the flow you open up to a space of deep listening and acceptance. When you accept the situation as it is, another door opens, and a new flow of energy is created within you. Non-acceptance blocks the energy flow. To return to the allegory of the beach. If you are standing on the seashore and a large wave comes, non-acceptance keeps you stationary, and the water soaks you. Whereas acceptance helps you move out of the way of the wave. And when you move you find a new place, a new way - a new reality can open for you, which you could not see before.

How can you find acceptance and positive movement? The way is through your spiritual connection. Otherwise the

conditioning will keep you stuck in a place of fear, worry, or complacency.

During these times of transition there may be many people who are feeling desperate and

frightened, who may be spinning out and not able to handle what is going on

in their lives. This is so sad, yet this is what happens when the conditioned reality starts to break apart. For anyone in

that situation, the only solution is to help them reconnect with themselves and the Divine Light they are. The conditioning cannot make sense of what is happening, it will only blame the outside world. Your inner self knows that sometimes you have to change the old skin that has grown too tight and restrictive. The old ways have outlived their purpose and it is more damaging to continue with them.

### **Changing Times ask us to Change**

During these times, open to the Light that you are. Your birth in this world at this time is no accident. Your soul had an intention for coming here.

Knowing what your soul's purpose is and bringing it into being is a journey in itself. You actualise your calling by connecting inside and walking your soul's path. Through your inner connection your path is gradually revealed to you, and the more you grow spiritually, the more you embody your soul's path and Light.

During the times of transition, the lifetimes are unique. They offer you a direct way of self-realisation. They invite you to discover yourself as an enlightened being. At the same time, as you stay centred in the eye of the storm, you create a sanctuary for the Light to grow in the world. This is what the Earth needs most right now.





# 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 Spiritual Course)*

## **Online ISET Practitioners Circle - Tuesday 16th August**

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 16th August

**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](#).

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

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

**Gate 1: Healing Path of ISET, Part 2** -

3 days, 09-11 Dec

For ISET practitioners who have attended Healing 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)

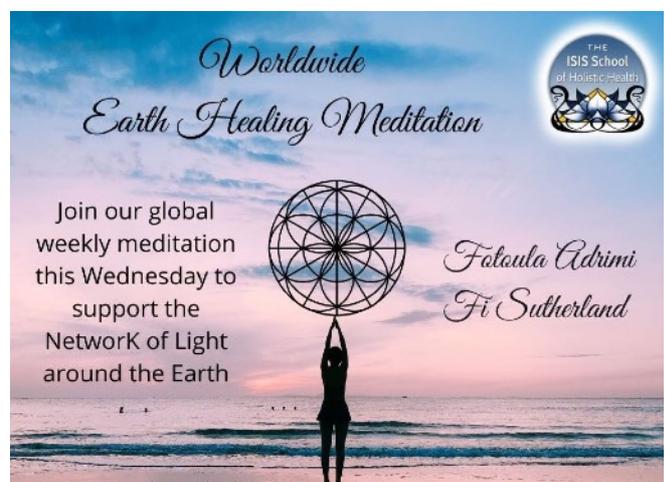
For more information about the the Teachings of the Living Light, see the [website](#)  
For bookings and bank details email the School - [info@isis-school.com](mailto:info@isis-school.com)

## Worldwide Earth Healing Meditation Co-Creating a Network of Light

*Join our global weekly meditation and support the Network of Light  
that is being created around the Earth*

When we meditate or engage in any spiritual practice with a pure intention and for the highest good, we raise the vibration of the planet.

Every Wednesday morning from 7.30-9.00am (UK) Fotoula and Fi invite you to meditate with them from your own home. You can do whatever meditation practice you want and you can meditate for as long as you wish. If this time is not convenient for you, then meditate at another time and intend to connect with Fotoula and Fi – our practice is beyond space and time. Together we can create a global network of infinite light that will support the highest good of the Earth and all beings. *(There is no need to let The ISIS School know if you are joining with us.)*

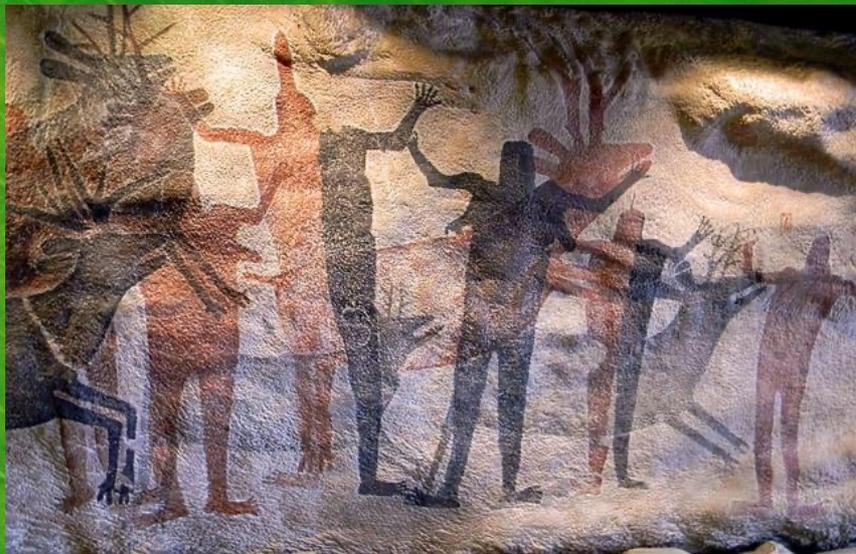


**Note:** This meditation practice is additional to the weekly ISIS Energy Transmission of the Living Light that takes place on Wednesdays from 19:00-20:00 UK time. For more information about the Earth Healing Meditation see our [website](#)

# The Path of the Ancestors - Clearing our Lineage

*It can take a lot of work to delve into our past, to find the places in our ancestral line where imbalances and blocks were created and healing is needed.*

**W**hen we discover these places in our ancestral lineage, we understand that the pain that we and previous generations have experienced, was a call for help that could not be silenced. From the distant past the bones of our ancestors have been rattling around, for they are not at peace, and consequently we cannot be at peace. Through the DNA, the old karmic energies are carried forward until they are healed.



Step by step we can look into the genes we carry and uncover what needs to be made good. We cross the bridge to the other side and find and release what is dead within us. And we keep repeating the process - setting ourselves free more and more, until it is complete.

Ancestral work is a large aspect of Shamanism. Many of the difficulties we currently experience including addictions, originated with the ancestors. Moreover, some of our ancestors may not have died well. Perhaps they died in war or under other traumatic circumstances, and have attached to living descendants. In such case, there may be repeating patterns that we can identify - similar events that we share with our ancestors.

## **Fotoula Speaks**

I became fascinated by the Shamanic Ancestral work when I realised a pattern in my family. The first born child emigrates/moves away from the family and community and starts a new life. I am the fourth generation that I know about, to experience this. My great grandfather emigrated to Egypt in the late 1800s after his father died. His son was abducted by the Turkish army and lost to the family. My father was exiled in 1973 to another area of Greece when he was caught by the military junta for supporting the return of democracy. And I left Greece in 1998, eventually settling in Scotland.

As I realised these 'coincidences,' I saw the pattern that had created new opportunities for the lineage as well as a lot of trauma and sadness. Journeying back I discovered the root cause and was able to liberate the ancestors, and heal this issue for myself, my living family, and those who will be born into this line.

Ancestral healing work also extends to the land the ancestors lived on. A few years ago I took part in a spiritual workshop. On the course we were told that there was a ruined building nearby that was reputed to be haunted. As soon as I saw the building I knew it had been destroyed by fire. There had been a fierce engagement between Scottish and English soldiers and the family who lived in the building lost their home.

Healing the land involved bringing together all those involved in what had happened – the soldiers, the people living in the cottage, those who had ordered the destruction, and the people in government who had made the decisions. As a group of us came together to do the work a much bigger picture emerged about the trauma in the land and the extent of the human drama that had played out.

In order to establish peace and harmony all parties needed to acknowledge and own their part in the situation – as each person had carried a part of the negative karma that had been created in this place. After we had finished our work there was a significant change in the energy of the land. The land felt welcoming and peaceful rather than eerie.

### **Healing the Line, Healing the Collective**

I have come to realise that in healing our ancestral line we heal the human tribe. Is there any place on Earth that has not been touched by war? Has anyone not been affected by trauma?

In the indigenous communities the shamans still know how to ensure that people die well and that the land is healed after a traumatic event. However, in our western world few people have carried out this work in hundreds of years.

As we remember the old ways, we start to clean up the land and the bones of our ancestors. Healing our ancestors' bones, we become aware that ours start to sparkle. And then the strength, power, and potential of our ancestral line can flow into us and into the decedents, instead of being blocked.



# Path of the Eagle 3 – Shamanic Ancestral Work

## Seven Module Live Online Course starting Tuesday 25th October

The Shamanic Ancestors have asked Fotoula to repeat this Live Online Course due to its importance in helping us heal and clear our ancestral line and develop a deep and supportive relationship with the ancestors

Fotoula and her helping spirits will again deliver this course to help us heal and clear our ancestral line, and open to the power and gifts of light of our lineage. This is a stand-alone course. It is not necessary to have completed any other Path of the Eagle Course to take part. The only prerequisite is experience in shamanic journeying.

**Seven Modules:** times shown are for the UK, please adjust for your timezone

**Module 1:** 19.00-20.30, Tuesday, 25th October  
Theme: Establishing a Link with the Shamanic Ancestors

**Module 2:** 19.00-20.30, Tuesday, 1st November  
Theme: Strengthening the Lineage

**Module 3:** 19.00-20.30, Tuesday, 8th November  
Theme: Shamanic Initiation

**Module 4:** 19.00-20.30, Tuesday, 15th November  
Theme: Learning from the Ancestors the Healing Ways of the Earth

**Module 5:** 19.00-20.30, Tuesday, 22nd November  
Theme: Ancestral Trauma Release

**Module 6:** 19.00-20.30, Tuesday, 29th November  
Theme: Ancestral Integration Methods

**Module 7:** 19.00-20.30, Tuesday, 6th December  
Theme: The Ancestors from the Stars and How to Connect with Them.

If you miss a module, you can catch up through the video recording

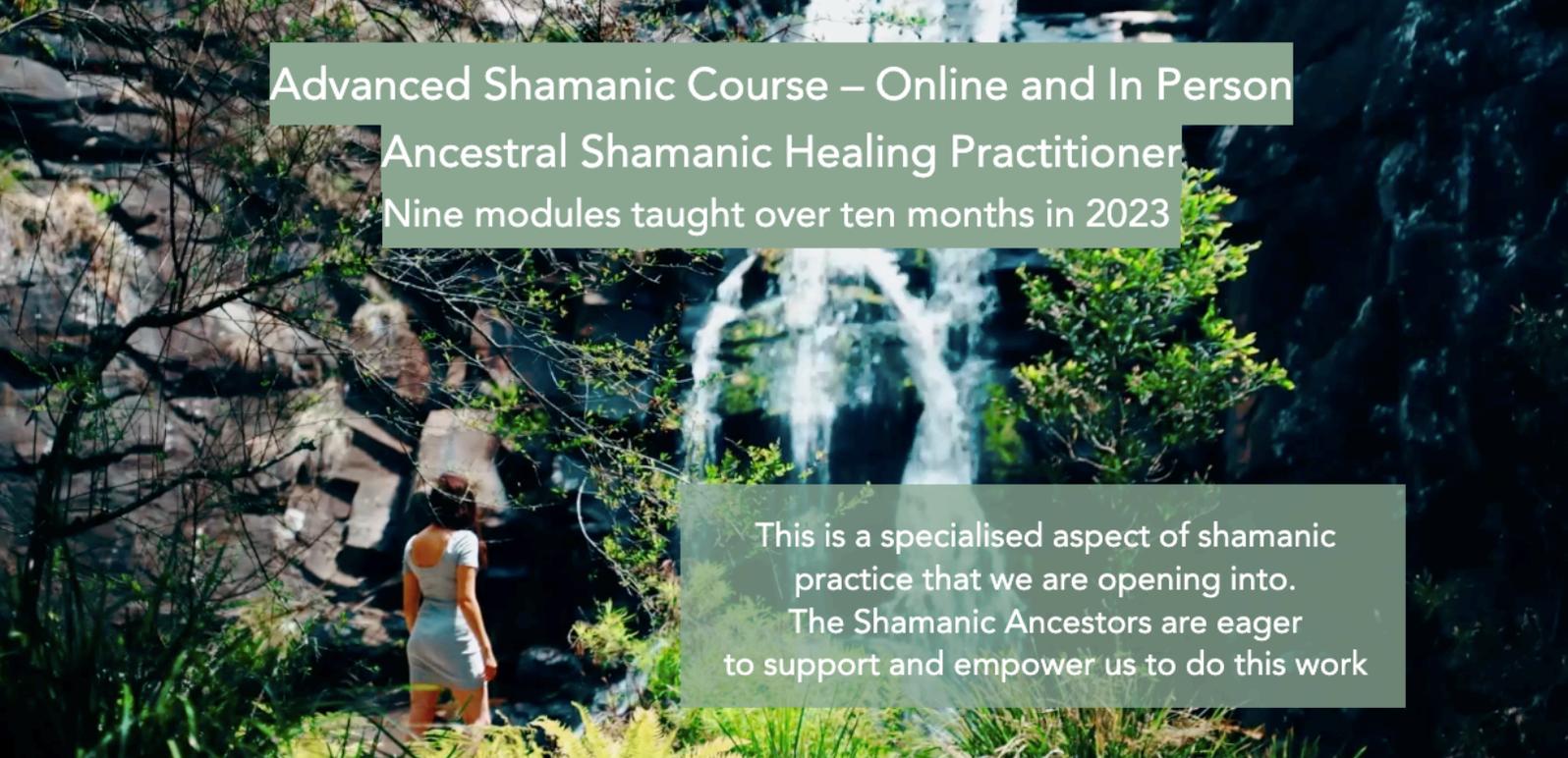
**Cost:** £210.00 for all 7 modules. Deposit £75.00 to reserve your place.

**To book:** email The ISIS School on [info@isis-school.com](mailto:info@isis-school.com) Payments can be made through bank transfer (email [info@isis-school.com](mailto:info@isis-school.com) for bank details). The total cost if paying with PayPal is £220.00, deposit £80.00. (Use [info@isis-school.com](mailto:info@isis-school.com) for PayPal)

**For Shamanic Practitioners who have graduated or are training** with The ISIS School of Holistic Health, there is a 50% reduction in the cost. For any participant of the first live Path of the Eagle 3 Course (Apr-June 2022) who would like to repeat there is also a 50% reduction in the cost. **Total cost:** £105.00. **Deposit:** £35.00. (Payable through bank transfer)

All deposits are non refundable and non transferrable. Check the [website](#) for more information.





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: Either, completion of the Online Programme: [Path of the Eagle 3 - Ancestral Shamanic Work](#), or, you have trained or are training to be a Shamanic Practitioner with the ISIS School of Holistic Health. (The Ancestral Spirits strongly recommend that everyone has completed the Path of the Eagle 3 - Ancestral Shamanic Work. Fotoula will teach this course again live starting Tuesday 25th Oct or you can do the course in your own time through our [Online Courses Program](#))

### **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

For more information about the Course and the content of the 9 Modules please visit our [website](#)



## The Priestess of the Moon Lineage

A New Circle Begins  
In February 2023 a new Priestess of the Moon  
2-year Training Course will begin

*For thousands of years ceremonies took place in sacred sites overseen by Priestesses of the Living Light. This lineage is being reintroduced through The ISIS School, to bring the ceremonies and teachings back to the world.*

Fotoula Adrimi remembers this lineage through her spiritual connection. Whilst connecting with the prehistoric sites and standing stones, she communicated with the ancient spirits who continue to call women to the path of the moon.

This is the path of the inner mystic, where the cauldron represents the womb. In its dark waters, we read the omens. Inside our bodies is the void out of which new life, new possibilities and new realities are born. The women weave the old and the new under the subtle and powerful energy of the moon.

The course leads to a Spiritual Celebrant qualification to conduct ceremonies, funerals, hand fasting, blessings and rites of passage, celebrating major life events.

### **The Priestess of the Moon Programme**

This is a two-year training programme, encompassing personal and spiritual development, as well as practices and ceremonies for working in the community.

Once participants complete the course, they may wish to create their own Temple of the Moon and hold ceremonies for the benefit of themselves and their community. However, as the Temple is always within us, this course can also be completed as part of your ongoing spiritual development.

This will be a Circle of women who are committed to working together for two years. Participants will need to complete the whole programme to graduate. Apart from the first and last weekends which take place in Kilmartin, Scotland, all training weekends will be in Glasgow, Scotland.

Registration for this course is open.

Please email us for the application forms: [info@isis-school.com](mailto:info@isis-school.com)

*For more details please see our [website](#)*

# Past Life Regression Therapy Course

**Tues 14th - Sun 19th Feb 2023**

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 14th Feb - Sun 19th Feb 2023     **Venue:** Glasgow

**Cost:** £750.00. Deposit: £250.00, to book your place



## Master Practitioner, Past Life Regression Therapy Course

**Thursday 7th - Sunday 10th September 2023**

**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.

For more information on these courses please see our [website](#)

# Online Circles & Energy Transmissions – August

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

Fotoula has been facilitating a weekly shamanic circle since 2009. The Circle meets 3 times in **August: 1st, 15th & 29th**

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.

**August Circles: 4th, 11th, 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](mailto:info@isis-school.com). (PayPal fee is £8.00 for overseas participants. Programme details [click here](#))



## ISIS Energy Transmissions of the Living Light - August

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 ISIS Energy Transmissions are from 19.00-20.00 (UK) - **3rd, 10th, 17th and 24th August**

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 - 19th August

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, 19th August, 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))*

